



Kandos High School

NEWSLETTER

Term 2 Week 10
2025

What's On?



NSW CHS Boccia Championships



CHS Western Cross Country

📍 Fleming St, Kandos, NSW 2848

☎ 02 6379 4103

✉ kandos-h.school@det.nsw.edu.au

📘 Official Kandos High School

Friday, 4 July

- Beanies for Brain Cancer & Pyjama Day
- Student Cafe
- After School HSC Visual Art Class

Tuesday, 22 July

- First Day of Term 3
- CHS Cross Country
- After School HSC Industrial Metal & Timber

Wednesday, 23 July

- Breakfast Club
- Afterschool HSC Ancient History Class

Thursday, 24 July

- RFS Cadet Training Program

Friday, 25 July

- Student Cafe
- After School HSC Visual Art Class

Monday, 28 July

- Aurora Collage
- Standard English HSC Study Day

Tuesday, 29 July

- After School HSC Industrial Metal & Timber

Wednesday, 30 July

- Moolarben Mine Tour
- Aurora Collage
- Advanced English HSC Study Day

Principal's Welcome

As we approach the end of Term 2 and look towards the holidays, it is a good time to pause and reflect on the work that is taking place in our school. Last week, our school completed our External Validation (EV) process. This process refers to a set of standards and guidelines established by the NSW Department of Education to ensure that schools provide a high-quality education for all students. Schools provide evidence against these standards and discuss with a panel in an interview various aspects including curriculum, wellbeing and community engagement.

I am proud to announce that our school has successfully fulfilled these standards. This achievement reflects our dedication to providing an inclusive and engaging learning environment, fostering the academic and personal growth of each student.

Our school was able to demonstrate:

Curriculum Alignment: Our curriculum meets the diverse needs of our student body. This means engaging students in relevant, real-world learning experiences that prepare them for future challenges.

Professional Development: All of our staff participate in ongoing professional development opportunities to enhance their ability to perform their roles across the school.

Community Engagement: We have strengthened our partnerships with parents, community organisations, and local businesses. By fostering collaboration, we create a supportive network that enriches our students' educational experiences and provides additional resources for learning.



Wellbeing Initiatives: Understanding the importance of student wellbeing, we implement programs that promote mental health, goal setting and resilience. These initiatives are crucial in helping our students thrive both academically and personally.



As we near the end of Term 2, I want to extend my heartfelt thanks to our dedicated staff, students, and families for your support and collaboration throughout the term. Your ongoing commitment to our school community is genuinely appreciated.

Looking ahead to the next term, we remain focused on maintaining these high standards and continuously improving our practices. Together, we can ensure that our school remains a place where every student feels valued, engaged, and inspired to reach their full potential.

Thank you for your ongoing support. I wish you all a restful and enjoyable break.

Mrs Deb Johnston

Relieving Principal



Deputy's Report

As we approach the end of Term 2, I'd like to take a moment to commend all our students and staff for their incredible dedication and effort throughout the school term. It has been a busy and productive few months, and the progress made in classrooms, in co-curricular activities and on the sports field is a true reflection of the hard work and commitment shown by our whole school community.

The upcoming semester one school reports, which will be sent out shortly, provide valuable insight as a summary of student learning and achievements so far this year. We encourage parents and caregivers to take the time to read through these reports together with their children. This shared reflection not only helps students to feel supported and celebrated in their efforts but also opens up meaningful conversations about learning goals, areas of improvement, and future aspirations.

To further support this, Parent-Teacher Interviews will be held on Wednesday, July 31 – in Week 2 of Term 3. This is a great opportunity to connect with teachers, ask questions, and gain deeper insights into your child's progress and how we can continue working together to support their learning journey.

Thank you once again to everyone – students, staff, and families – for the effort, energy, and enthusiasm that make our school such a vibrant and supportive place. We wish all families a happy, restful, and safe winter break, and we look forward to welcoming everyone back in Term 3, on Tuesday, July 22.

Mr Rod San Martin

Relieving Deputy Principal

Parent Teacher Interviews

Kandos High School will be holding Parent Teacher Interviews for students in Years 7 to 10 on Thursday, 31 July, starting at 4:30 pm – 6:30 pm.

This evening provides a valuable opportunity for parents and carers to connect with classroom teachers, discuss student progress, and work together to set goals for the remainder of the school year.

Booking details will be shared early in Term 3. We encourage all families to attend and look forward to welcoming you on the night.



Kandos High School
Stage 4 & 5



Parent Teacher
Interviews
Thursday, 31 July
4.30pm - 6.30pm
Bookings Open
Term 3

100% attendance

This week, we proudly recognised a group of dedicated students who achieved 100% attendance, receiving awards from the NSW Department of Education.

These students have demonstrated exceptional commitment by attending school every single day – an incredible accomplishment that reflects perseverance, focus, and personal responsibility.

Although Debbie-Lee Hughes, Director Educational Leadership for the Lithgow Network, was unable to attend the presentation in person, we extend our sincere thanks to her for providing the awards and for acknowledging the outstanding efforts of our students.

Congratulations to all our award recipients, your consistency and dedication to school life is something to be truly proud of!





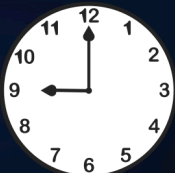
Kandos High School



Every Minute Counts



Your child has arrived in time to settle well and has the best possible start



Your child has probably arrived just after most students as Period 1 has commenced and students are expected to be in class



Your child is late and has missed the beginning of the school day. This often unsettles students



15 Minutes Late = 8 Days Lost a Year



20 Minutes Late = 11 Days Lost a Year



25 Minutes Late = 14 Days Lost a Year

ArtExpress

On Thursday, June 5, Kandos High School Art students enjoyed an unforgettable day immersed in creativity at the ArtExpress exhibition, held at the Mudjee Arts Precinct. This fantastic opportunity was made possible thanks to the generous support of Cementa and the Mid-Western Regional Council.

The day began with a warm welcome at the Gallery Café, where students enjoyed delicious drinks and morning tea before receiving a special introduction to the exhibition from co-curator Denise Jackson. Her insights offered a unique behind-the-scenes perspective on the incredible artworks featured in ArtExpress, sparking thoughtful reflection and conversation among our students.

After exploring the exhibition, the group headed to Lawson Park for pizza and a relaxed picnic lunch, followed by a scenic walk through the sculpture trail—soaking up fresh air, artistic inspiration, and a whole lot of creative energy.

A heartfelt thank you goes to all involved in making this opportunity possible, including local artist Gabrielle Bates, who supported our students throughout the day. Events like this play a vital role in nurturing creative thinking and inspiring the next generation of artists.

Mrs Shannon Prosser

Visual Arts Teacher





Education Week Open Day at KHS!

Kandos High School is thrilled to announce our Education Week 2025 celebration will take place on Thursday, 7 August – Term 3, Week 3!

We're inviting our wonderful school community to join us for an exciting day featuring an Open Day, BBQ lunch, and a whole-school Assembly.

This is your chance to experience what makes KHS so special, explore our fantastic facilities, see the inspiring work of our students, and meet the passionate teachers leading innovative learning every day.

Mark it in your calendar now! Full event details will be released in Term 3.

Join us as we celebrate the incredible talents, achievements, and energy that make KHS a place where potential truly comes to life. 💡🔥



The poster features a dark blue background with a faint image of a school building. In the top left corner is the KHS crest, and in the top right is a circular logo with a torch and the words 'Positive Relationships', 'Respectful', and 'Responsible'. The text is centered and reads:

Kandos High School
Ignite your potential
Education Week
2025
Save the Date
Term 3 Week 3
August 7



New School Website Coming Soon!

We're thrilled to announce that Kandos High School will be launching a fresh, new website towards the end of the year to better showcase our amazing students, staff, and all the fantastic things happening in our school community!

But here's the important bit...

As we transition to the new site, all current photos and newsletters will be archived and become unavailable.

We strongly encourage all students, parents, and carers to jump on the current website ASAP to:

- ✓ Download any photos featuring your child
- ✓ Save copies of past newsletters or important documents
- ➡ Scan the QR codes below to head straight to the photo gallery and newsletter archive!

Don't miss the chance to keep those special memories and moments before they're gone for good!

Stay tuned, we can't wait to share our new digital home with you soon.

Newsletters

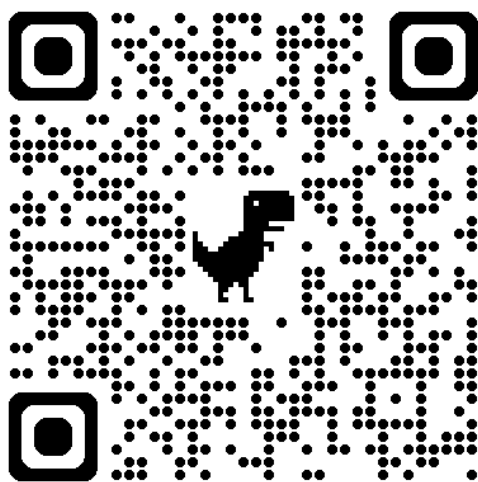
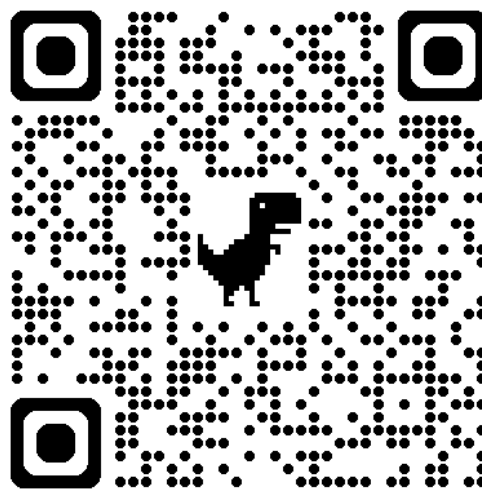


Photo Gallery



The REZource Force Energises Year 7 & 8

On Monday 23 June, our Year 7 and 8 students participated in The REZource Force, an engaging STEM program developed by The National Theatre for Children and delivered to schools within the Central-West Orana Renewable Energy Zone (REZ).

This curriculum-aligned initiative offered students a dynamic and hands-on opportunity to explore how electricity is generated and used, the science behind renewable energy, and the exciting career possibilities emerging in Australia's rapidly growing renewable energy sector.

Throughout the day, students learned about energy sources such as solar and wind power, investigated how energy reaches our homes, and gained insights into how Australia is transitioning to a more sustainable future. Most importantly, they discovered how they can play an active role in creating positive change.

Kandos High School is proud to support programs that inspire curiosity, increase awareness, and prepare students for the challenges and opportunities of the future. Well done to all of Year 7 and 8 for your enthusiasm and engagement!



Aurora College Biology HSC Study Day

Our Year 12 Biology students were lucky to take part in an amazing learning opportunity this week, the Aurora College Biology HSC Study Day!

This full-day, livestreamed event brought together HSC students from across NSW for expert-led revision sessions, exam strategies, and interactive Q&A, all designed to boost confidence and prepare students for success.

By revisiting key syllabus content and learning how to tackle exam-style questions, our students are gaining the tools they need to achieve their best possible marks in the HSC. These kinds of targeted experiences are invaluable in helping students feel prepared, focused, and ready to shine.

A huge thank you to Miss Karen Simpson for making it possible for our students to participate. It's opportunities like these that make a real difference.



Trade Readiness Program

Three of our enthusiastic KHS students, Athina Grimshaw, Tansy Fisher, and Chelsea Ford, recently took part in the NSW Department of Education's Trade Readiness Program, held at Mudgee TAFE. Accompanied by Mrs Julie Parsons and Mr Nick Nassis, the students immersed themselves in a two-day, hands-on carpentry course designed to introduce them to the trades industry.

Throughout the course, students worked under the guidance of skilled TAFE trainers to design and build their very own fold-away chairs using recycled timber. Along the way, they developed essential trade skills such as:

- Using traditional tools including chisels, hammers, mallets, block planes, and saws
- Reading and following detailed carpentry plans
- Measuring, marking out timber, and constructing each component with care and accuracy



But this experience was about more than just making furniture. The program fostered critical thinking, problem-solving, and a strong sense of confidence and independence. Students were encouraged to take ownership of their projects and apply patience and precision at every stage.



By the end of Day 2, all three students had successfully completed their chairs, each one a symbol of their hard work, growth, and newfound skills.

A huge thank you to the NSW Department of Education for funding this fantastic learning opportunity, and to the staff and trainers at Mudgee TAFE for supporting our students through such a valuable experience.

Well done to Athina, Tansy, and Chelsea, your craftsmanship and commitment were outstanding, and we're incredibly proud of what you've achieved.



CSU Future Moves Program

On Monday, 16 June, Kandos High School had the pleasure of hosting representatives from Charles Sturt University (CSU) as part of their inspiring Future Moves program. This initiative is designed to empower students to confidently explore their post-school pathways.

Throughout the day, each year group engaged in tailored sessions that focused on building self-belief, setting goals, and discovering the various opportunities available after high school. Whether students are considering university, TAFE, employment, or alternative pathways, these workshops encouraged them to think big and have faith in their abilities.

The CSU team delivered each session with enthusiasm, insight, and genuine care, equipping students with practical strategies and a renewed sense of motivation for their futures.

We extend our heartfelt thanks to the Future Moves team for their invaluable support in helping our students envision the possibilities that lie ahead!



KHS Chess Team Sweeps Cobar High!

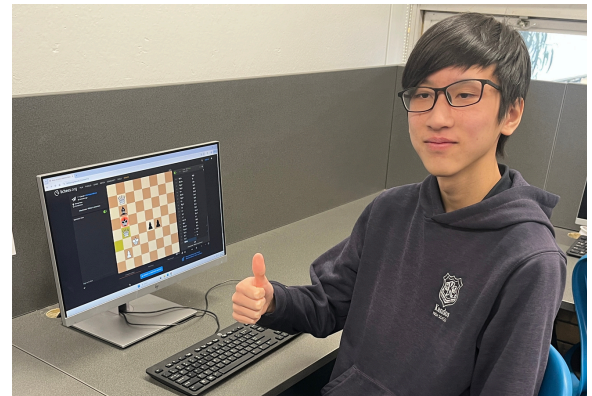
Kandos High School's chess team has once again proven they're a force to be reckoned with, claiming four straight wins in their recent online match against Cobar High School!

Each player brought their A-game, showing strategy, patience, and a few bold moves that kept their coaches on the edge of their seats. David wrapped up his game in under 15 minutes with a decisive and confident win. Andy followed with a textbook performance, claiming victory at the 29-minute mark. Seth played a methodical and strategic game, sealing the deal after an intense 50-minute battle. And in classic Ivy style, she left it to the wire, snatching a clever victory with just 5 minutes to spare!

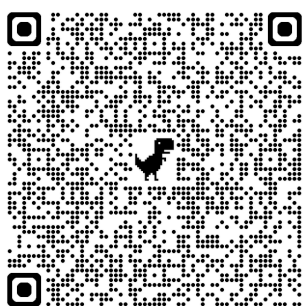
Special thanks to Coach Miss Belinda Innes and Mr Rod San Martin, who left the match with a few more grey hairs, but also very proud hearts.

Congratulations to the team on a flawless result!

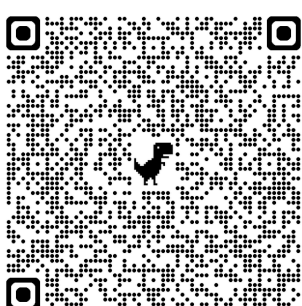
Want to watch the action unfold? Scan the QR codes below to view some of the match highlights! (And don't worry, David, next time we'll get your link working too!)



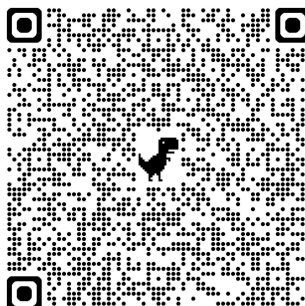
📱 Ivy's Match



📱 Andy's Match



📱 Seth's Match



NSW CHS Boccia Championships

On Wednesday 11 June, seven students from our Support Unit travelled to Bathurst to participate in the Western Division of the NSW CHS Boccia Championships.

Boccia is a relatively new school sport designed to be inclusive of all students, particularly those with physical disabilities. Players can throw, kick, or use a head pointer with a ramp to try and get their balls closest to the 'Jack' (a white ball). Much like lawn bowls, the team with the balls closest to the Jack scores the points for that round.

Our team competed in five round games and, by the end of Round 4, were sitting equal on points with Forbes and Henry Lawson High School. We faced Henry Lawson in the final round, with the winner progressing to the grand final and the loser heading into the fifth-place playoff. After a tightly contested match, we finished 3–3 at the end of regular play, resulting in a bonus round to break the tie. Unfortunately, Henry Lawson secured the bonus point, but we bounced back strongly to win the fifth-place playoff against Holman Place School.





Game Results:

- ✗ Loss 2–6 vs Forbes
- ✓ Win 5–1 vs Carenne
- ✓ Win 4–2 vs Blayney
- ✓ Win 4–1 vs Canobolas
- ✗ Loss 3–4 vs Henry Lawson
- ✓ Win 6–2 vs Holman Place (Fifth-place playoff)

Mrs Nikki O'Brien, Mrs Natasha Vidler and Mrs Sherie Thorn were extremely proud of the team's performance in our first year competing in the tournament. We gained valuable experience and are eager to build on this success next year!

And yes, we definitely enjoyed the Macca's run on the way home! 🍔 😊



Hall Table Challenge

Our Stage 5 Timber students have been hard at work building hall tables and their efforts have just been put to the test in a friendly class competition!

Three teams designed, built, and presented their tables for judging based on creativity, craftsmanship, and overall finish. And the results are in...

1st Place – Hall Table 3

Alex Edwards, Mitchell Moore, and Emily Gallaher wowed the judge, Industrial Arts teacher Mr Mick Vaughan, with their beautiful design and clean finish, scoring an impressive 24 marks.

2nd Place – Hall Table 2

Brienna Fuller, Seanna Duffield, Chase Stewart, and Mia Reddish produced a unique and stylish piece that showed off great shaping.

3rd Place – Hall Table 1

Audrey Beck, Ryley Sack, Saxon White, and Jock Allans delivered a solid build, praised for its simplicity and strong construction.

The quality of work from all students was outstanding, and the feedback shows just how much thought and care went into each piece. Projects like this are a fantastic way for students to apply practical skills, problem-solve, and take pride in creating something lasting.

Well done to everyone involved, your craftsmanship is on full display, and we couldn't be prouder! Watch this space, there maybe a SHAPE nomination in a few students' future!



Hall Table 1 Audrey, Ryley, Saxon, Jock (3 rd)		
Rank 1/2/3	Marks /10	Comments
3	4	Limited design
1	8	Solid Project
3	4	Lacking quality
Hall Table 2 Brienna, Seanna, Chase, Mia (2 nd)		
Rank 1/2/3	Marks /10	Comments
2	6	Legs over done slightly
2	8	Love the legs and shape
2	7	Interesting design
Hall Table 3 Alex, Jack, Mitchell, Emily (1 st)		
Rank 1/2/3	Marks /10	Comments
1	8	Beautiful
3	8	Too much shape in legs
1	8	Very clean design
Final Score & Positions		
Hall Table 1 16 marks 3 rd		
Hall Table 2 21 marks 2 nd		
Hall Table 3 24 marks 1 st		

NAPLAN Results

A reminder for families that NAPLAN results will be released in Term 3. We'll notify you as soon as the individual student reports arrive at the school and are ready to be distributed.

What is NAPLAN?

NAPLAN (National Assessment Program – Literacy and Numeracy) is a nationwide test for students in Years 3, 5, 7 and 9, assessing skills in reading, writing, conventions of language (spelling, grammar and punctuation), and numeracy.

When is it taken?

NAPLAN is held annually in Term 1 (around March), and results are released later in the year.

Why is it important?

NAPLAN gives schools and families insight into how students are progressing with foundational skills. It helps inform teaching and identify areas where students might benefit from additional support.

It's not a pass or fail test, it's about progress and identifying strengths and growth areas. Student reports are individual. You'll receive a personal report that shows how your child performed in each area, with a comparison to the national average.

If you have questions about NAPLAN or the upcoming results, feel free to reach out to the Front Office on 6379 4103.



CHS Western Cross Country

On Wednesday, 11 June, six of our KHS students, Liam Ashford, Jack Spry, Jacob Kiely, Emily Gallaher, Mia Reddish, and Finlay Aguirre, travelled to Gosling Creek to compete in the Combined High Schools Western Cross Country Championships.

Despite the chilly conditions, our team gave it their all, showing determination, grit, and plenty of heart on the course.

A special shoutout to Emily Gallaher, who placed 1st in her race! She now qualifies for the CHS State Cross Country Championships to be held at the Sydney International Equestrian Centre on Tuesday, 22 July.

Well done to all our runners, you've made KHS proud!



Oskar Sander Selected for NSW Country Squad!

A huge congratulations to Kandos High School student Oskar Sander on his outstanding performance at last week's Rugby Union tournament, where he represented the Central West Junior Rugby Union team.

The team had a strong campaign, edging out Far North Coast 14-12 in a hard-fought Plate Semi Final. They then went on to contest the Plate Grand Final, narrowly going down to Manly by just one point in a nail-biting 15-14 finish.

Central West finished 3rd in Country NSW and 7th overall in the state, an incredible result against strong competition.

Over the three-day event, selectors were on the lookout for emerging talent to invite into the next level of competition: the NSW Country Squad. We're thrilled to share that Oskar was selected for this elite training opportunity!

Oskar will now attend a NSW Country training camp at Lake Keepit near Tamworth next week, an exciting next step in his rugby journey.

Well done, Oskar! Your hard work, grit, and passion for the game are paying off, and your KHS community couldn't be prouder.

A big shout out to Oskar's mum, Daina, for keeping us updated and for the fantastic photos!





Goodbye Don Fisher

It was with a heavy heart that we farewell Don Fisher, one of our much-loved Show Team rams. With no more ewes to join with, a new home was needed. As luck would have it, Ken and Sylvana Thompson from Ridgestone Coloured Sheep were searching for a handsome ram.



After meeting the girls, it was love at first sight. Don Fisher only had eyes for a ewe named Rose. We are sure he will be very spoilt in his new home.



Fun fact: When our show team first started showing black and coloured sheep five years ago, Sylvana and Ken kindly donated the now-famous Alf Stewart to our breeding program. It is with a sense of pride that we are now able to return the favour in a small way.





Rose Hill Speckle Park Visit

On Monday, 16 June, our Year 12 Agriculture students spent the morning with Alex Pateman from Rose Hill Speckle Park Stud. They weighed steers, learned about the finer aspects of running a stud, and explored how to meet market specifications in the beef industry.

This fantastic hands-on opportunity helped reinforce classroom learning with real-world experience.

A heartfelt thank you to Alex and Natalie for generously donating your time to work with our students. It was genuinely appreciated.



Love is in the Air

Recently, Erik the bull, named by our Year 12 Agriculture students, dined with two very attractive school heifers, Mar and Crystal.

Fingers crossed that in nine months' time, we will have a couple of very cute calves to brag about.





The Grass is Always Greener

Zulo, Carter and Stevo are enjoying the sunshine and oats at Mt Hercules in Growee. Not wanting the boys to have all the fun, Zulo and Cudgie snuck onto the truck and joined their best mates.

Thank you to Steve, Kandee and Dave Thorn for providing pasture for the gang to graze on until show preparations begin again in Term 3.



Introducing Tom Fletcher

With Don Fisher moving on, there is a new ram on the block. Meet the very handsome Tom Fletcher. Tom is a Corriedale ram, and we hope he will produce some ribbon-winning lambs in the future.

Kandos High School Show Team would like to thank Kirsty Warren from Oviston Coloured Sheep Stud and the Black and Coloured Sheep Breeders Association of Australia (NSW) for jointly donating Tom Fletcher to our team.

We cannot wait to show him.

Mrs Deb Johnston
Agriculture Teacher



Winter Uniform & Dress Code Reminder

As we head into the winter school holidays, it's the perfect time to prepare for the chilly months ahead by ensuring students have warm, appropriate school uniforms.

Our School Uniform Shop stocks:

- Navy trackpants
- Navy chino pants
- Jumpers, hoodies, and jackets

If you're purchasing uniforms elsewhere, please make sure all items are navy blue to align with our school dress code.

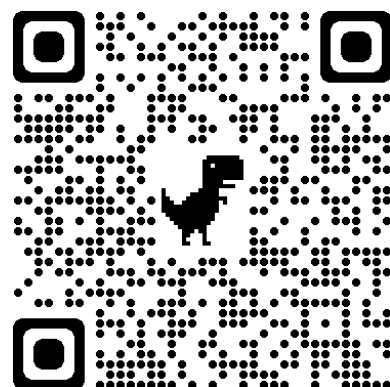
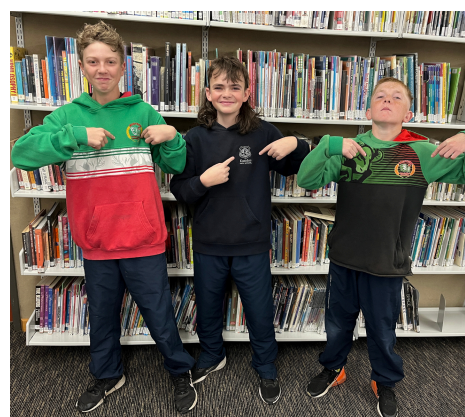
Please remember that the following items are not permitted as part of the school uniform:

- Clothing that ends higher than halfway up the thigh
- Footless tights or leggings (unless worn with a navy skirt)
- Bike pants or activewear
- Clothes with bright colours, patterns, or non-uniform logos/insignias

These guidelines also apply on mufti days. Students must still dress appropriately, no activewear, inappropriate lengths, or non-compliant items. If students choose not to participate in mufti days, they must wear full school uniform.

If you'd like to purchase items from our Uniform Shop, please contact our lovely admin team at the Front Office ☎ 6379 4103 between 8:30am and 3:30pm, Monday to Friday during school term. Our Front Office will open Tuesday, 22 July. Scan the QR Code to view the price list on our school website.

Let's work together to keep our school respectful, warm, and unified this winter. Thank you for your support!





KHS is proud to recognise NAIDOC Week 2025, celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

This year's theme is "The Next Generation: Strength, Vision and Legacy", and there are some incredible community events lined up across the region:

 Walk Around Adams Nature Reserve

 Saturday, 5 July |  11am–2pm

 Adams Lead Reserve, Gulgong

 Pat Collins First Aid Workshop – Using Native Plants

 Sunday, 6 July |  10am–4pm



 NEWco, Kandos

 Youth Workshop – Shape & Decorate Clapping Sticks

 Tuesday, 8 July |  9am–12pm



 NEWco, Kandos

 Documentary Screening – 'More Than a Fish Kill'

 Wednesday, 9 July |  6pm

 NEWco, Kandos

 Flag Raising Ceremony

 Thursday, 10 July |  10am

 Kandos Museum

 Walk Around Putta Bucca Wetlands


 Saturday, 12 July |  11am–2pm

 Putta Bucca Wetlands

Let's come together as a community to celebrate culture, share stories, and support our next generation.

 For more details or to RSVP, contact:

Virginia Handmer – Community Development Officer

 0427 063 686



WINTER SCHOOL HOLIDAYS PROGRAM

7 July – 18 July 2025

Mid-Western Regional Youth Council is proud to present a range of youth activities and events across the region, as part of the winter school holidays 2025.

Movie – Karate Kid: Legends

After kung fu prodigy Li Fong relocates to New York City, he attracts unwanted attention from a local karate champion and embarks on a journey to enter the ultimate karate competition with the help of Mr. Han and Daniel LaRusso. Entry fees apply.

WHEN Saturday, 5 July 4pm and Sunday, 6 July 1.30pm

AGES PG Rated

WHERE Mudgee Town Hall Cinema, 64 Market Street, Mudgee

COST Varied

Kandos Drop-in Session

Haven't been to one of our activities or workshops before? Drop-in to see what we have to offer. We'll be including activities such as journalling, keyring making, gaming with your friends (console and TV supplied), and boardgames! Snacks and drinks also provided.

WHEN Wednesday, 9 July 10am – 2pm

AGES 12 - 24 years

WHERE Kandos Community Hall, 44 Angus Avenue, Kandos

COST Free

NAIDOC Workshop – Clapping Sticks

Come and celebrate NAIDOC week with North East Wiradjuri Company (NEWco) and join in on a cultural activity involving shaping and decorating your own clapsticks. Drinks and snacks provided.

WHEN Tuesday, 8 July 9am – 12 noon

AGES 10 – 24 Years

WHERE 28 Angus Avenue, Kandos

COST Free

Gulgong Drop-in Session

Haven't been to one of our activities or workshops before? Drop-in to see what we have to offer. We'll be including activities such as journalling, keyring making, gaming with your friends (console and TV supplied), and boardgames! Snacks and drinks also provided.

WHEN Thursday, 10 July 10am – 2pm

AGES 12 - 24 years

WHERE Gulgong Memorial Hall, 112 Herbert Street Gulgong

COST Free

Provide CPR – First Aid Course

This is a three hour course with Big Kev aimed at providing hands on experience with providing CPR and applying other basic first aid. The CPR component is accredited, and participants will be issued with this accreditation upon completion. Pizza and refreshments will be provided.

WHEN Tuesday, 15 July 5.30pm – 8.30pm

AGES 16 – 24 years

WHERE Country Universities Centre, 70 Court Street, Mudgee

COST Free

To book, visit [mwrcyouth.eventbrite.com](https://www.mwrcyouth.eventbrite.com)

> MORE EVENTS OVER THE PAGE



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This is a three hour course with Big Kev aimed at providing hands on experience with providing CPR and applying other basic first aid. The CPR component is accredited, and participants will be issued with this accreditation upon completion. Pizza and refreshments will be provided.

WHEN Tuesday, 15 July 5.30pm – 8.30pm

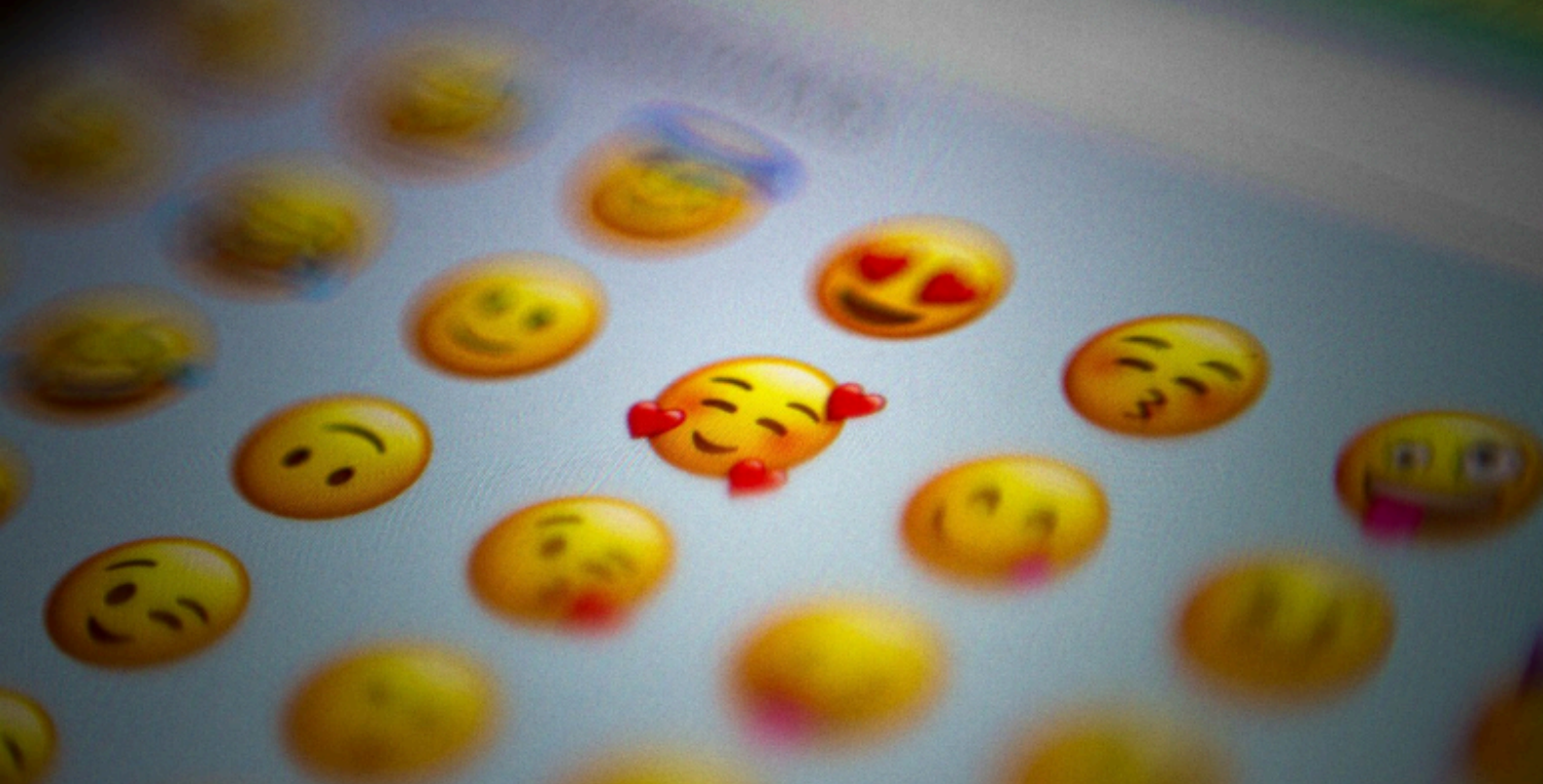
AGES 16 – 24 years

WHERE Country Universities Centre, 70 Court Street, Mudgee

COST Free

To book, visit mwrccyouth.eventbrite.com

> MORE EVENTS OVER THE PAGE



WINTER SCHOOL HOLIDAYS COMPETITION

Create your own emoji!

Use the stickers provided (or paper) and try your hand at creating your very own emoji. Maybe you want one that is brave, kind, silly or a face you pull at someone when you don't understand them! Submit your finished emoji to any Library (or school) and they will be collected and put on public display. Four random emojis will be drawn to win a \$50 Mudgee Gift Card.

Entries close Friday 18 July 2025.

Please note submitted post cards will be on public display and may be used in online promotional material for this event.

To be eligible for one of the prizes, you must be 12 – 24 years of age.

Please ensure your emoji includes; Your name, Age and School (if applicable) and a contact in case you win one of the prizes.



For Terms and Conditions of entry

Visit Council's website



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

To book, visit mwracyouth.eventbrite.com

HOOK IN 2 HOCKEY

GET STARTED WITH HOOKIN2HOCKEY

Thursdays in Term 3 @ 5.30-6.30pm
10-week program for primary schoolers
Glen Willow Field 8 - Mudgee
Contact: maree.hockey@gmail.com
Cost: \$31.34

**OPTIONAL
EQUIPMENT
PACK**



REGISTER BELOW



HOCKEY.ORG.AU/HOOKIN2HOCKEY

WASTE 2 ART

MID-WESTERN COMPETITION

YEAR OF TOYS



COMMUNITY ART COMPETITION & EXHIBITION

EDUCATE, INFORM AND CHALLENGE THE WAY WE LOOK AT WASTE!

EXHIBITION

3.30^{PM} Fri 4 Jul – 3.00PM Mon 4 Aug 2025 (upstairs at Mudgee Arts Precinct)

ENTRIES

Open to residents living in the Mid-Western local government area.

Categories: Primary School, High School, Community and Open

Sections: 2D, 3D and Functional



ENTER ONLINE

Entries close 5pm Monday 30 June

www.mudgeeartsprecinct.com.au

MUDGE
ARTS
PRECINCT



Health4Life

Parents & Teens



THE UNIVERSITY OF
SYDNEY

Matilda Centre

Are you a Parent or Guardian of a Teenager?

Help us test a new program for parents!

We are looking for **parents experiencing socio-economic disadvantage** to **test a new online program** designed to **improve the 'Big 6' health behaviours**

The 'Big 6' Health Behaviours

are **screen time, sleep, exercise, food and nutrition, alcohol, and smoking and vaping**

Scan the QR code
to see if you are eligible!

Parents

Will complete an **interactive online program** that includes:

- **Videos with experts** about parenting **tips** for the **'Big 6'** health behaviours
- **Two online surveys**
- **Goal setting**
- You might also receive **text messages**, access to a **health coach**, **tips for coping with stress** and/or **feedback** about your parenting behaviours



Who can take part?

You must be:

- Currently **living in an eligible suburb across NSW**
- A **Parent/guardian of an 11-15 year old**
- **Willing to participate** and able to **access the internet**



Questions?

If you have **any questions**, you can contact:

Dr Lily Davidson

info@parentsandteens.org.au
0407775648



Compensation

In gift cards:

- **Parents** - as a thank you for contributions, parents can be compensated up to **\$60 for participating** and up to **\$45 extra for referring others (maximum of 3 referrals)**.



info@parentsandteens.org.au

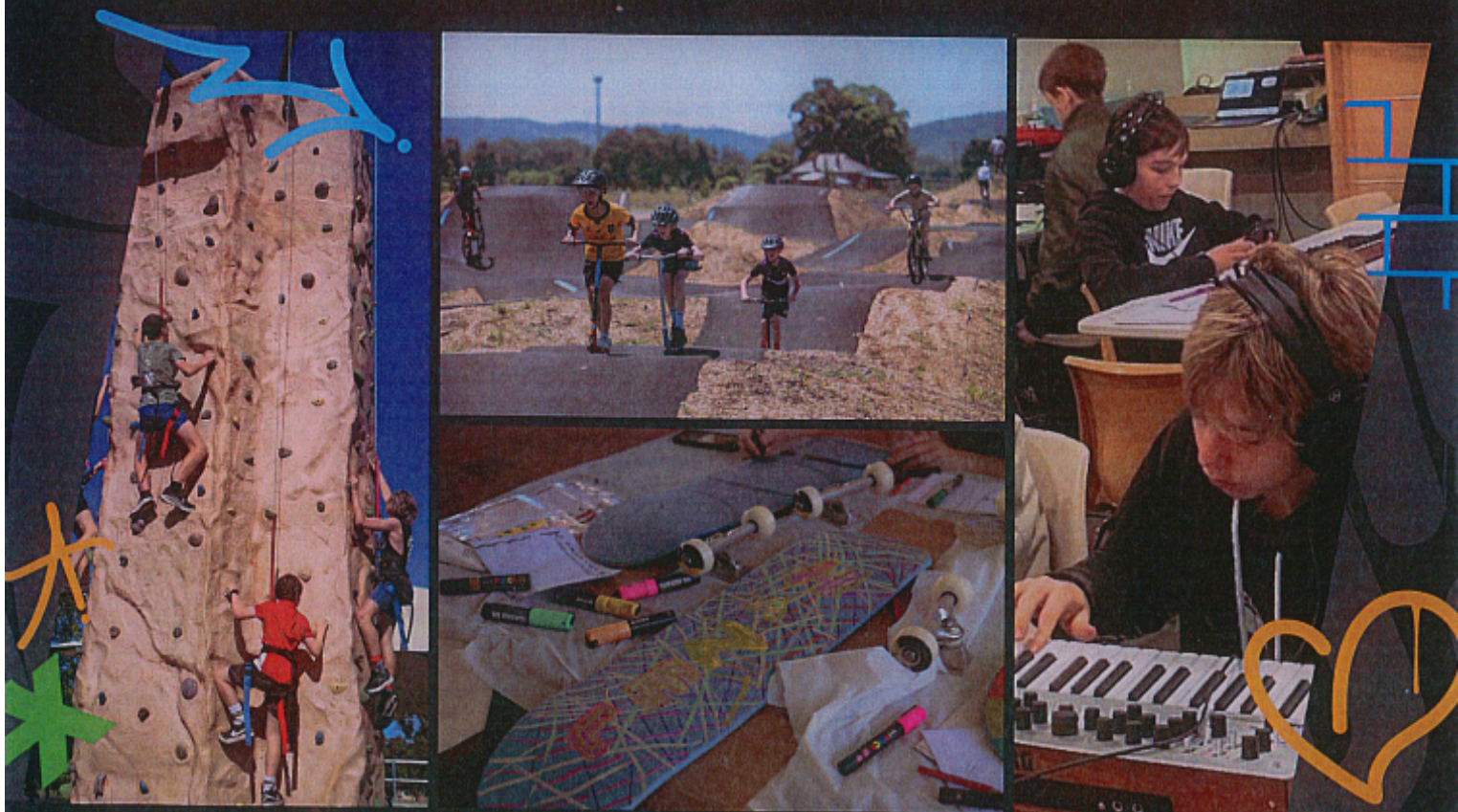


<https://parentsandteens.org.au/>

HREC Approval: 2024/HE001483

MID-WESTERN YOUTH COUNCIL

CULTURE • EDUCATION • CONNECTION
YOUTH • OPPORTUNITY • WELLBEING



Ages 12-24

FIND OUT MORE



Follow us on Facebook
and Eventbrite

midwestern.nsw.gov.au/Community/Youth

Mid-Western
Youth Council

Permission Forms & Payment Reminders

Don't
Forget!

A friendly reminder that payments and permission notes for the following are now due:

- ♥ Biology Textbooks
- ♥ RFS Cadetship Program
- ♥ Western Athletics
- ♥ You Expo - Canberra

Payments can be made via cash, cheque, or EFT at the school office. Alternatively, parents can now take advantage of our new online payment system in Sentral for added convenience. Instructions on how to use this system can be found on our School Website.

Thank you for your prompt attention to these payments, we appreciate your support!



Kandos High School



Term 3
Commences
Tuesday
22 July