

GOOD NEWS WEEK

The Future Chef Challenge is an exciting and innovative local competition developed by Youth Directions to encourage all budding chefs to get creative, get competitive and start cooking!

The guest Chef introduces a core seasonal ingredient, which is used to create a signature dish. The Chef discusses ideas and encourages students to use their creativity. Students then participate in a live cook-off in class, which is judged by a panel, including the Chef, Youth Directions representative and the class teacher. Woolgoolga High School would like to thank the inspiring guest Chef, Joel McCulla of Zulus Restaurant, for his participation. (More photos and story on page 4.)

Woolgoolga High School

15 November 2013 Issue No. 18



Future Chefs Challenge



Inside this Issue

From the Principal	P.2	NCIE Bike Project	P.5	Canteen Roster	P.11
Upcoming events	P.3	Yr 12 Formal	P.6-7	Risk Newsletter	P.12
Future Chefs	P.4	Gold Awards	P8	Community Pages	P.13-14

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E-mail: woolgoolga-h.school@det.nsw.edu.au

From the Principal's Desk



Nothing but positive feedback from the students who are in Sydney this week at the Schools Spectacular. To quote Mrs Claire O'Halloran "Having a ball and so well behaved—a great credit to the school". They arrive

back in Coffs Harbour late Sunday afternoon by train. Thank you to Claire O'Halloran and Jenni Williams for taking the students to Sydney.

Yesterday I had the privilege of attending Melissa Donnelly's Year 8 class, who were participating in the Youth Directions "Future Chefs Challenge". The inspirational guest local chef was Joel McCulla from Zulus restaurant. The two winners were Julie Bond for her *Lemon Delicious* and Jaspreet Singh making *Pakorras*. What a great event! So many students creating gourmet treats.

This week I also visited Mrs Duver's Agriculture class. It was so heartening to see the enthusiasm, creativity and technology being used to effectively engage this dynamic class. I would like to thank Mrs Duver for the great job she has done in Agriculture this year as a beginning teacher.

The MC class is taking shape and excitement is growing as the new teacher, Kyla McIntosh and teachers aide, Liz Scholten remodel room 11. The classroom will be ready for 2014.

The introduction of electronic period by period roll marking is a resounding success. We are now effectively able to track students throughout the entire day. Partial truancy will become a thing of the past!

Next Tuesday, 3rd December, the NSW Teachers Federation has called a stop work meeting from 9.00am-11.00am to consider the latest developments in the negotiations between the Department of Education and Communities and the NSW Teachers Federation. The school will be staffed with a minimum number of teachers and minimum supervision will be in place. The school will resume normal classes at 11.00am with a roll call.

Next Monday and Tuesday, Tristram Horn, Melissa Hyder, Helen Rook and myself have been invited to Microsoft Headquarters at Ryde (Sydney). Our school has been identified as a leader in technology innovation and Microsoft have offered to train our staff to become state wide leaders in the implementation of the latest Microsoft 365 Suite. This software will enable more collaboration and innovative, quality 21st century learning across our school. As part of this initiative, all staff and all students in Years 7 and 8 will be provided with access to this latest software.

This is another significant direction that our school is taking to deliver a technology rich learning environment for our students.

Our staff will lead in the professional learning, not just at our school, but across NSW.

The next Newsletter will give firm directive on how our school will embark on a "bring your own device" (BYOD) strategy for the whole school in 2014.

Until next time

Guy Wright
Principal



EFTPOS Facilities for credit/debit card transactions are now available for making payments at the school office. There is no cash out facility. The office is open for students to make payments before school and during Break 1.

IMPORTANT COMING EVENTS



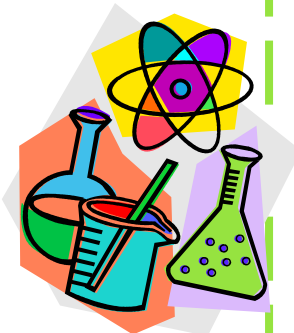
Wednesday 4th Dec	Year 6 Transition Day
Wednesday 4th December	Yr 8 Wet n Wild Excursion
Friday 6th December	Yr 7 Wet n Wild Excursion
Tuesday 10th December	P&C Meeting
Monday 16th December	Annual Presentation Day
Wednesday 18 December	Students last day 2013



Orientation Day

Year 7 students 2014 have been invited to experience a day in high school on:

- Wednesday 4th December
- 9.00am—3.10pm
- BBQ lunch provided
- Students to wear the uniform of the primary school they currently attend.
- Students and parents will view an introduction to Woolgoolga High School followed by mini lessons for the remainder of the day after farewelling their parents.
- Students are encouraged to experience bus travel at the end of the day.
- Canteen will be open for light snacks, drinks during recess break.
- Book packs available in the canteen for purchase @\$35.00.



Clearance forms

will be issued to all students to return books, pay fees etc. Please have these completed by the due date.

Years 7, 8, 9, 10 issued on:

Monday 25 November - for return on 12 December



Future Chef Challenge

On Thursday 14/11/13 some lucky year 8 Food Technology students had the chance to participate in a demonstration, discussion and tasting of Chef Joel McCulla's creations. Chef Joel McCulla is from Zulu's Restaurant in Coffs Harbour and is renowned for his enthusiasm in creating illusionist dishes and sharing his time so generously with the youth in our area. He is an inspiration to young aspiring chefs and food scientists!

Youth Directions of Coffs Harbour play an integral role in the facilitation and part funding of this wonderful initiative. This is the first time that Woolgoolga High School has participated in the Future Chef Challenge with most schools on the coast vying for a 'challenge date' with Joel. Joel shared with the students a realistic account and various avenues for careers in the food industry.

Students witnessed some amazing chemical changes to food which can be used to enhance food and shock consumers! Students are now busily preparing their very own recipe to prepare for Chef Joel for when he returns in a fortnight.

Good luck to the Future Chef Challenge participants. I am sure we will see some impressive dishes on the day!

Mrs Donnelly



NCIE Mountain Bike Project

The Indigenous mountain bike project (IMTBP) is run by the Lifestyle Innovations For Everyone (LIFE) team at the National Centre for Indigenous Excellence (NCIE) in New South Wales (NSW).

The aim of the project is to promote bike riding as a form of physical activity to Indigenous people of all ages and health levels.

The IMTBP has a fleet of 19 bikes for use by staff and program participants. The program offers:

- Regular bike trips for groups of Indigenous and non-Indigenous people around Sydney
- Entry into local and regional mountain bike competitions

Workshops on bike maintenance and safe cycling skills.

We were very lucky to have the guys from NCIE attend our Learning Centre last Monday to share their skills and knowledge with our students.

Before heading off on a ride along the bike trails to Safety Beach and Woolgoolga Lake they were given some tips on road rules and cycling safety. Leading the pack were Ben Bowen (professional triathlete) and Sean Appoo, (head of LIFE Program at NCIE)

Once again we have our great mate Clark Webb to thank for organising this fantastic experience.



Top left Ty Cowan, Top right Ben Brazier and Jarrah Bill, Bottom Zoe Cowan, Mayah Boyle and Olivia Kennedy



Year 12 Formal



Celebration

The Year 12 Formal for Woolgoolga High School was attended by 285 people, varying from Year 12 students, parent and family members, ex-students and staff of the school. Those in attendance at Opal Cove Resort on Tuesday 12th November raved about the beautiful place settings, table arrangements and exquisite food served on the night. Thankyou goes to Year Advisor Mrs Megan Hart and her team for organising such a wonderful event, to conclude their six years of high school education. Past school Principal and Deputy Principal Mr Ward and Mr Grundy were able to attend the night; further bringing their 'family' back together.





Gold Awards

Year 7

Angus Allison
Jayden Amos
Innogen Armitage
Luke Beresford
Jesse Bertolacci
Rhianna Birch
Taylar Briley
Aimee Carr
Timothy Della
Macey Donohoe
Sarah Dunn
William Dunning
Chloe Fairbairn
Joshua Francis
Breana Freeman
Elaine Good
Isabel Hallam
Grace Harre
Amber Irwin
Prabhdeep Kaur
Simranjit Kaur
Cavan Lalli
Addisen Mallett
Riley McNab
Jacob Mezher
Cameron O'connor
Hayley Rush
Savannah Sheelah
Akash Singh
Harpreet Singh
Kartar Singh Thiara
Riley Smiles
Blake Stapleton
Shannon Trinder
Charlie Worsnop

Year 8

Tabitha Allison
Meg Beedie
Ryan Brichall
Angus Cameron
Milli Carr
Salina Chahal
Lachlan Collins
Lyndon Coulson
Zoe Cowan
Cinamin Frost
Amy Garrett
Damanpreet Hans
Isabelle Hill
Oscar Hill
Aiden Humphreys
Cameron Hutchinson
Harkeerat Insan
Isabel Jones
Jaspreet Kaur
Skye Lacy
Japjeet Maan
Awal Bol Maker
Connor McRae
Lauryn Moss
Jacob Nelson
Lane O'Hara
Raman Phoonie
Owen Semple
Jaspreet Singh
Parveen Singh
Joel Swain
Mackinley Taylor
Bayley White
Kobi Wood

Year 9

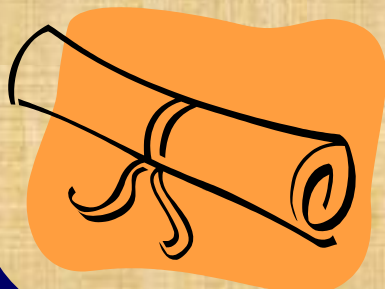
Matthew Alford
Jaiden Axisa
Hayley Baker
Liljana Brain
Emma Cahill
Brittany Clark
Jordan Constable-Love
Tahlia Deacon
Kennedi Donohoe
Gabrielle Dowler
Jack Fogarty
Bowen Frahm
Clarence Harre
Jazmyn Hennessy
Gemma Hutchinson
Briton Hutchison
Ashlee Johnson
Jai Johnston
Tanisha Lalli
Kelera Marsden
Kelsey McDonald
Damian McTighe
Ashley Mower
Rachele Murray
James Peutrill
Jason Reinecker
Daniel Ridge
Jake Rovere
Jarrod Sadler
Gabrielle Simons
Symantha Simson
Nicola Sippel
Amrit Tiwana
Jennah Turner
Elani White
Mia Williams

Year 10

Saihaj Arkan
Billy Arvidson
Mishayla Beringer
Emma Cotton
Tommy Gatti
Cadan Glattback
Eva Harper
Crystal Hodgetts
Mitchell Huthnance
Amanjot Kandola
Nathan Kendall
Jonathan Livingstone
Edward Lonsdale
Gemma McCann
Joshua Murray
Rachael Norton
Cooper Stichbury
Gabbi Thompson
Emily Treuer
Caitlin Valentine
Bradley Williams
Kyle Worrall

Year 11

Jessica Burton
Joel Collinson
Zac Donald
Kajal Gill
Jimmy Linke
Jackson Mower
Chloe Sankey
Madeline Valentine
Jake Vandermeel
Maddy Weiss
Tia Weiss
Calan Wellspring



Parenting Tips



Reading challenge



The NSW Premier's Reading Challenge Preview app is a great way for students to find new books and track their progress in the challenge. It's free to download.

To download the app: <http://apps.microsoft.com/windows/en-au/app/nsw-premiers-reading-challenge/7a451df8-214b-4cd7-92a8-f8a4ea6dbe78>

Natural disasters

Is your child studying the science behind natural disasters? The science assignment starter gives interesting links and resources that explain the causes of disasters such as earthquakes, tsunamis and volcanoes.

Science assignment starters: <http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/natural-disasters-project>

Word clouds

Has your child made a word cloud yet? It's a great idea for adding to book reports, assignments and even for revision. Cut and paste a big slab of the text into a Wordle for a visual summary of the major themes. Create a Wordle: <http://www.wordle.net/>

Understanding climate change

Is your child learning about climate change at school? CSIRO's scientists are learning how the earth's climate system works through observation, measurement and modelling.

Find out more: <http://www.csiro.au/Outcomes/Climate/Understanding.aspx>



WOOLGOOLGA HIGH SCHOOL P&C FUNDRAISER



**"L & P" PLATES
ORDER &
PAY THROUGH
CANTEEN**



IMPORTANT SPORT DATES 2014

SPORT	DATE	CARNIVAL	VENUE	TERM
SWIMMING	Wed 5 Feb	School Swimming Carnival Year 7 to 12 Competitors Only	Woolgoolga Pool	1
	Wed 12 Feb	School Swimming Carnival - Whole School	Woolgoolga Pool	1
	Tue 4 March	MNC Zone Swimming Carnival	Coffs Harbour Pool	1
	Tue 11 March	NC Regional Swimming Carnival	Lismore Pool	1
	Sun 6 April to	NSW CHS State Swimming	Home Bush Aquatic	1
CROSS COUNTRY	Fri 11 April	School Cross Country	Woolgoolga	1
	Mon 19 May	MNC Zone Cross Country	South Grafton	2
	Fri 6 June	NC Regional Cross Country	Port Macquarie	2
	Fri 18 July	CHS State Cross Country	Eastern Creek	3
ATHLETICS	TBA	School Athletics Carnival	Woolgoolga Sports Ground	2
	TBA	MNC Zone Athletics Carnival	Coffs Harbour International Stadium	2
	Fri 1 August	NC Regional Athletics Carnival	Coffs Harbour International Stadium	3
	Thurs 4 Sep to Sat 6 Sep	CHS State Athletics Carnival	Homebush	3

Please note: all dates and venues are correct at time of printing but are subject to change so please check closer to event.



Uniform Reminder

Enclosed shoes in school colours—black, white, navy, grey, blue—preferably leather—NOT canvas as they do not adequately ensure safety.



Try our delicious
freshly made
vegie juice!

The Canteen provides healthy rolls, sandwiches and lavash available to order every day before school and during Break 1. A variety of salad plates are also available as a gluten free option.



MONDAY 2nd December	TUESDAY 3rd December	WEDNESDAY 4th December	THURSDAY 5th December	FRIDAY 6th December
Lynn Marr	Bev Moodie	Cathy Bond	Kathy Stevens	Justine Bonney
Need Volunteer	Need Volunteer	Need Volunteer	Need Volunteer	Need Volunteer
9th December	10th December	11th December	12th December	13th December
Amanda Williams	Jane Maione	Etty Herrera Oates	Need Volunteer	Jackie Walsh
Need Volunteer	Vikki Fogarty	Need Volunteer	Need Volunteer	Need Volunteer

Contact Kerri Green 6649 2303 or 6654 1500

If possible, please arrange a swap if you are unavailable on your rostered day

CANTEEN HOURS MON/TUE/THUR/FRI 10am to 2pm WEDNESDAY 10.30am to 1.30pm



REDUCE RISK - INCREASE STUDENT KNOWLEDGE

www.rrisk.com.au**Newsletter 5****Young Drivers aged 17-25 years.****Why are they at risk?****Facts:**

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
 - Drink driving
 - Driver fatigue and distraction
 - Not using seat belts

Driver inexperience: Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

Developing brain: Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what's happening on the road.

Busy lifestyles: Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn't feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website www.rrisk.com.au

Community News

Leftovers to Lunchbox

Do you have some great ideas for using last night's leftovers for school lunches? P&C Federation will be running a campaign to collect some great lunchbox ideas from all of our Mum and Dad followers on Facebook. Simply tell us about your lunchbox hero and you will have a chance to win some great prizes.

The leftovers to lunchbox campaign aims to reduce food wastage in our homes – did you know:

- Each NSW household throws away more than \$1,000 of food per year. Across the state that totals 800,000 tonnes.
- \$231 million worth of drinks are wasted in NSW per year.

Our aim is to increase awareness of food wastage and share ideas on how we can help to reduce the amount of waste that goes to landfill each year. At home we can make a few small changes that can make a big difference to our environment. And think of all the yummy things we can come up with.

Share your ideas and join in on the conversation follow us on Facebook and keep up to date with the Leftovers to Lunchbox campaign. Let's get involved and make a difference to help our environment.



Coffs Harbour Legacy Bursary Opportunity 2014

Coffs Harbour Legacy will offer Bursary opportunities to students graduating Year 12 and enrolling in Tertiary studies in 2014. Applications are available to students enrolled in high schools located within the Coffs Harbour and Bellingen Local Government Areas. One successful applicant from each school will be awarded \$1000 to assist with tertiary education expenses in 2014. Applicants must be a child or grandchild of a returned Ex-service man or woman as defined by the Department of Veteran Affairs.

For further information please phone the Coffs Harbour Legacy office on 6652 7583 or email activities@chlegacy.com.au.

Applications close 28 February 2014.

Community News

YOUNG WRITERS COMPETITION



COFFS HARBOUR CITY COUNCIL INVITES SUBMISSIONS FOR
ITS YOUNG WRITERS COMPETITION AS PART OF THE

2014 Australia Day Celebrations

ENTRANTS ARE INVITED TO SUBMIT A SHORT STORY,
PERSONAL NARRATIVE OR POEM BASED ON THE FOLLOWING
TOPIC:

'Describe your Dream Australia Day'

PRIZES WILL BE AWARDED TO STUDENTS IN THE FOLLOWING
CATEGORIES :

* Grades 5 & 6

* Grades 9 & 10

Application Forms are available from your local school or on
Council's website: www.coffsharbour.nsw.gov.au
Closing Date: 5.00 pm on Friday 6 December 2013.

	SHORT STORY			
PERSONAL	NARRATIVE			POEM

Application forms available at the Front Office

**RITCHIES COMMUNITY
BENEFIT CARD PROGRAM**

This program donates a percentage of the money spent by customers to their nominated club, school or charity. Many schools and charities are receiving over \$1000 every month.

By shopping at Ritchies' Coffs Harbour IGA, you can help our school and benefit students. Ritchies' Community Benefit Card saves you money and helps your favourite organisation at the same time

Tuition
All ages, all abilities
All subjects, Qualified Teachers
NAPLAN preparation
Woolgoolga and Coffs Harbour
Drama, Art, Languages—Coffs
Phone 6654 8397



Paid Advertisement

**The WHS P & C
meets on the
second Tuesday of
every month at
6.30pm**

**Woolgoolga High School Silver & Bronze
Awards are generously supported by:**

EAGLE BOYS PIZZA

Fawcett Street, Woolgoolga

Phone 13 14 33 or 6654 9433



MCDONALDS

Pacific Highway, Coffs Har-
bour

**WOOLGOOLGA
PIZZA PLACE**

Beach Street, Woolgoolga



Woolgoolga High School
Centenary Drive
Woolgoolga NSW 2456

E-mail: woolgoolga-
h.school@det.nsw.edu.au



We're on the Web:

www.woolgoolga-h.schools.nsw.edu.au