

# Woolgoolga High School

## Newsletter

Issue 16 · October 21, 2016



Last week Isaiah Koopmans of Year 11 and Jonathon Gusman of Year 12 travelled to Sydney to represent Woolgoolga High School at the NSW All Schools Track & Field Championships. Isaiah competed in the Open boys 5000m and in the 2000m Steeplechase and Jonathon competed in the Open boys 400m and 800m races. Both boys were extremely competitive in their events. Isaiah placed 1<sup>st</sup> in the 5000m with an amazing time of 16 minutes and 56 seconds bringing home the gold medal and placed 5<sup>th</sup> in the Steeplechase. Jonathon came 3<sup>rd</sup> in both his events claiming two bronze medals. What a fantastic achievement for Isaiah and Jonathon out of all the students in NSW. Both boys are very committed to their training and it's great to see the rewards they have achieved for their many years of hard work.

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## From the Principal's Desk

Today sees Year 12 students sit their Mathematics examinations. As our senior students complete their exams one by one, I can see significant weight being lifted off their shoulders.

The exams so far have been “testing” for students, however they feel they have been very well prepared; for example Modern History students have been writing up to eight pages for each essay.

Last Saturday was our Super Saturday where the excel class is chosen for 2017. There were 60 applicants for the 30 positions. I did notice that next year's students seem a very capable group and the teachers present felt they will be an outstanding group of learners. Please note that it is compulsory for all students who will be placed into 7Red next year to have access to a computer out of school.

Our school values input from parents in relation to how our school can improve and also to get feedback on what is working well at our school so we keep doing the things that work well. I encourage all parents to complete the “Tell Them From Me Survey” by clicking on the link <https://nsw.tellthemfromme.com/survey/splash/whs2016>

We indeed have had some recent success on the sports field. Congratulations to Isaiah Koopmans, who along with Jonathon Gusman achieved success at the NSW All Schools Track & Field Championships. Isaiah gained 1<sup>st</sup> place in the Open Boys 5000m and 3<sup>rd</sup> in the 2000m Steeplechase. Jonathon secured 3<sup>rd</sup> place in the 400m and 800m events. I know we will continue to read about these young champions in the future. Well done – we are proud of your achievements!

Thanks to Makhani Briggs, Abang Desalegn Bekele, Xanthi Hand and Abak Makuer who together recently presented a performance at Southern Cross University in four languages—Gumbaynggirrl, Dinka, Dharug and Anuak. Well done!

I recommend to parents the free talk by Nicole Holmes GP on Anxiety – see details on page 12.

Last Monday all staff were updated in the use of Google Apps. Staff are increasingly keen to embed technology into their individual classrooms with many staff already significantly using technology to enhance their student's work and encourage collaboration between students. Student learning groups are growing across the school and are especially evident at the Academic Achievement Centre, where staff, students and groups of students work together to enrich their learning.

I encourage all students to bring an electronic device to school. More information about our BYOD (Bring Your Own Device) policy can be gained from our website <http://www.woolgoolga-h.schools.nsw.edu.au/parent-information/bring-your-own-device>.

Until next time  
Guy Wright  
Principal

**IMPORTANT COMING EVENTS**

Oct Tue 25	Senior schools open day SCU
Oct Thur 27	Art Xpress excursion to Port Macquarie
Nov Wed 2	Year 8 VALID test
Nov Thur 3	Year 7 vaccination and Year 8 catch ups
Nov Fri 4	HSC examinations conclude
Nov Fri 4	Year 12 final sign out day Year 8 VALID test
Nov Tue 8	P&C Meeting
Nov Fri 11	Creative Expo ( <i>to be confirmed</i> )
Nov Mon 14 to Wed 16	Year 10 excursion
Nov Wed 16 to Fri 18	Year 9 excursion
Nov Mon 21 to Fri 25	Year 11 VET work placement
Nov/Dec Mon 28 to Fri 9	Year 10 work experience
Dec Tue 6	Years 7 & 8 reward excursions
Dec Tue 6	Year 6 orientation day
Dec Wed 14	Annual assembly
Dec Thur 15	HSC results released
Dec Fri 16	Last day for students
Dec Mon 19 to Tue 20	Staff development days

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

**Year 8 VALID***Validation of Assessment for Learning  
& Individual Development*

The VALID Science test is an interactive, multimedia test completed entirely on a computer and will be held between Wednesday 2 November and Friday 11 November 2016.

For more information see page 10.

**Term 4 Maths test dates:**

Year 7 Week 5

Year 8 Week 4 Tues 1/11/16

Year 9 Week 5 Thurs 10/11/16

Year 10 Week 3 Thurs 27/10/16 and  
10M1 have additional test Week 4

**Year 7 Vaccinations**

Gardasil (HPV) Dose 3

Catch up of Boostrix, Varicella and HPV  
as required

Year 11 and 12 students - click the link to  
do multiple choice questions online  
through the BOSTES past HSC papers:  
<http://mcq.bostes.nsw.edu.au/hsc.cfm>





It certainly  
was a “Super”  
Saturday last  
weekend at  
Woolgoolga  
High School!

Students who have nominated for the 2017 Year 7 Excel class completed the practical/activity component of their nomination process. All parents, caregivers and students arrived at 9:00am for a brief introduction to the day, with students participating in the four activities thereafter. A morning tea was provided and an exciting day was had by participating staff and students. Congratulations to all students involved and their Year Advisor, Miss McIntosh and Head Teacher Wellbeing, Mr Ian Cook (and their helpers) for organising this wonderful annual event.

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## Welcome Gina Scott

Gina has been with the Department for 5 years having recently relocated to Coffs Harbour from Bargo Public School in the Southern Highlands and is now the new face of the Front Office team.







Makhani Briggs, Abang Desalegn Bekele, Xanthi Hand and Abak Makuer (Year 7) were invited to perform a song at a multi-cultural festival at Southern Cross Uni at the end of last term. Singing in the four languages that reflect their heritages, Gumbaynggirr, Dinka, Dharug and Anuak, they made such a big impression that they have been invited back to perform an extended set next year.

*Pictured right:*

Congratulations to Lachlan Rook and Brocq Holland of 7 Red who each won a Mangahigh Maths Star Award gold medal from a Mathematics competition entered earlier in the Year. Well done boys!



**WOOLGOOLGA HIGH SCHOOL**  
PRESENTS  
**CREATIVE EXPO**  
**2016**  
**11<sup>th</sup> November 2016**  
**6pm**  
**In The Art Department Quad**  
We would like to invite you to  
come and share  
**Music, Dance & Drama**  
**Performances.**  
**Visual Arts, Textiles and Industrial**  
**Arts projects on display**  
Coffee will be available for purchase  
**Gold coin donation entry**



**Pictured is a sample of  
work from 2015**





## **SCHOOL BASED TRAINEESHIP**

### **Applications are open!**

GTES in conjunction with our highly respected client the Commonwealth Bank is currently seeking applications from students **currently in Year 10** who are looking to kick start their career in finance/banking/business by commencing a school based traineeship.

The school based traineeship is structured to allow you to complete the traineeship whilst still studying for your Higher School Certificate. (In most cases, the units even count towards your ATAR!)

You will be required to work one day per week at the bank during the school term and also half of your school holidays.

(Note: this is **PAID** work!)

If you successfully gain a position you will be required to attend a week-long training course in Sydney (16<sup>th</sup> – 20<sup>th</sup> January) and be escorted by your parent/guardian for the duration.

***It's the best part time job you can have!***

For a copy of the application package, please contact Amanda at GTES on 0409 593 740 or [ahoop@gtes.com.au](mailto:ahoop@gtes.com.au)  
(Your careers advisor at school will also have information)

**Applications close on Friday 4<sup>th</sup> November 2016**

**POSSIBLE Locations:** Moss Vale/ Bowral/ Wagga/ Ulladulla/ Batemans Bay/ Mudgee/ Goulburn/ Morisset/ Bathurst/ Condobolin/ Gulgong/Brunswick Heads/ Grafton/ Hay/ Murwillumbah/ Toormina/ Woolgoolga/ Maitland/ Muswellbrook/ Taree/ Deniliquin/ Kiama.

**careers**

## **C.ex GROUP TERTIARY EDUCATION SCHOLARSHIP**

for acceptance to a University for a particular course. Applicants have to have made a distinctive contribution to school, University and/or community life in one or a combination of the following categories as detailed in the Selection Criteria below: SPORTING ACHIEVEMENT COMMUNITY INVOLVEMENT CULTURAL / ARTISTIC ACHIEVEMENT

Information brochure and nomination form: <http://www.cex.com.au/wp-content/uploads/2015/01/C.ex-Group-Scholarship-Nomination-Form2.pdf>

**CRITERIA & SELECTION PROCESS** Awarded to a student who is a Member or the child of a Member of the C.ex Group and resides in the local Government areas of Coffs Harbour or Bellingen Shires and who has applied





## UNSW Mining Summer School (UMSS)

18 - 20 January, 2017

Never Stand Still

Engineering

Mining Engineering



Unique opportunity to get inside the Mining industry as part of the 3 day residential UNSW Mining Summer School (UMSS). Learn about study, careers and opportunities in the Australian mining industry from professionals, current students and recent graduates.

Start at the UNSW campus in Sydney to experience university life including lectures, labs & the School's 3D virtual reality simulator. Then travel for 2 nights to visit underground & surface mines, learn how coal and minerals are extracted and processed, view mine rehabilitation sites, dine with industry reps and Alumni and have fun with an awesome bunch of new friends with similar interests.

when: 18-20 January 2017

eligibility: Students currently in Year 10 or 11, interested in science or engineering and studying/planning to study subjects such as physics, mathematics (advanced) & engineering

cost: \$200 closing date: 30 October, 2016

For more information and to apply  
[unsw.to/summer-school2017](http://unsw.to/summer-school2017)

### Contact Us

T 612 9385 5006  
E [umss@unsw.edu.au](mailto:umss@unsw.edu.au)  
W [mining.unsw.edu.au](http://mining.unsw.edu.au)

@UNSW\_Mining  
UNSW Mining Engineering

CRICOS Provider no. 00099G

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THE AUSTRALIAN MINING INDUSTRY

## Careers : dates for the diary

All students are encouraged to check their email and [woolgoolgahighcareers.com](http://woolgoolgahighcareers.com) to ensure they are up to date with information relevant to their interests.

### Year 11

October 25 : Senior Schools Day at Southern Cross University

December 1-2 : QLD University excursion

### Year 10

Work Experience : November 28 to December 2; and December 5 to 9

Mrs Chivers

## 2017 UNSW Mining Summer School

The 2017 UNSW Mining Summer School (UMSS) is to be held from **Wednesday 18th – Friday 20th January, 2017.**

The UMSS provides a unique introduction to the Mining and Minerals Industry for students currently in Years 10 or 11. At UNSW Mining Engineering we are keen that students are as well informed as possible before they make university and career decisions and our Summer School aims to inform students about study and career options in the Mining and Minerals Industry.

### Applications close 30 October, 2016.

The application form and further information is available at:

**[unsw.to/summer-school2017](http://unsw.to/summer-school2017).**

Did you know we offer many UNSW Mining Engineering **Scholarship Opportunities?** Please visit our website **[scholarships.unsw.edu.au](http://scholarships.unsw.edu.au)** for full details.

# APPRENTICESHIPS & TRAINEESHIPS 2017 Intake

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02 9715 7344

[www.1300apprentice.com.au](http://www.1300apprentice.com.au)



## EXCURSION INFORMATION

Merit excursions reward students who have had an excellent behaviour and academic record throughout the year. They provide students with the opportunity to meet other students from their year group, consolidate friendships, learn new skills, increase understanding of natural environments and of course have fun!

### Year 7

A maximum of 50 Year 7 students will be going on an excursion on Tuesday 6th December to the Coffs Coast Adventure Centre at Bonville. The cost of this excursion is \$50 which covers travel to and from the camp and activities and supervision by qualified staff at the camp.

### Year 8

Excursion to Dreamworld on Tuesday 6th December—cost \$63 covers entry and bus travel. Payment can be made any time from when a student becomes eligible:

11/10/16—students on gold or silver with less than 3 behaviour records

18/10/16 students on bronze with less than 3 behaviour records

25/10/16—all students


More information available on Woolgoolga High School Facebook page or contact Year Adviser, Rachel Piper (Year 7), Rob Pursch (Year 8).

### SCHOOL EXCURSIONS AMBULANCE COVER

We have been advised that the Ambulance Service of NSW has reciprocal health care agreements with all Australian states **except Queensland and South Australia**.

This means that, even though Woolgoolga High has Ambulance School Cover for students who have an accident or fall ill whilst at school or at an organised school activity, they are **not covered** while on school excursions to Queensland and South Australia.


Only students whose parents/guardians hold a Commonwealth Government Health Care Card or have private health insurance (including ambulance-only cover) are possibly covered when on a school excursion to Queensland or South Australia. **It is strongly recommended that parents/guardians who do have cover with a private health fund, check their family's eligibility with regards to travel to all the states.**



## Tell Them From Me Parent Survey

Woolgoolga High is participating in a survey that allows parents to express their views about their perceptions of their children's experiences at home and school. Your participation in the survey is anonymous and confidential. Follow this link to complete the survey:

<https://nsw.tellthemfromme.com/survey/splash/whs2016>



Education  
Centre for Education  
Statistics & Evaluation

**Tell Them From Me parent survey  
Frequently Asked Questions (parents and carers)**

Centre for Education Statistics and Evaluation

[http://surveys.cese.nsw.gov.au/images/pdf/TTFM\\_Student\\_Survey\\_2016.pdf](http://surveys.cese.nsw.gov.au/images/pdf/TTFM_Student_Survey_2016.pdf)

## MENTAL HEALTH

If you or someone you know is having issues with their mental health: like feeling sad or down all the time, come and have a read to learn more about the issue. Located in the reading area of the library are some excellent brochures for you to read about mental health and mental health issues. Topics include:

- What is Mental Health
- Psychosis
- Depression
- Anxiety
- Eating disorders
- Grief
- Self harm
- How Headspace can help





Congratulations to Taylor Briley of Year 10 who finally received her Champion medal for winning the North Coast Multi Class Senior Girls' Swimming Champion Award way back in March at the North Coast CHS Swimming Carnival in Kempsey. Well done Taylor!

Apologies to Taylor Briley of Year 10. Last newsletter stated Taylor won four Bronze medals at NSW CHS State Athletics in the events of 200m, 800m, Javelin and Shot Put. The Javelin event was incorrect, Taylor won bronze in Long Jump.

## SPORT

### State Athletics

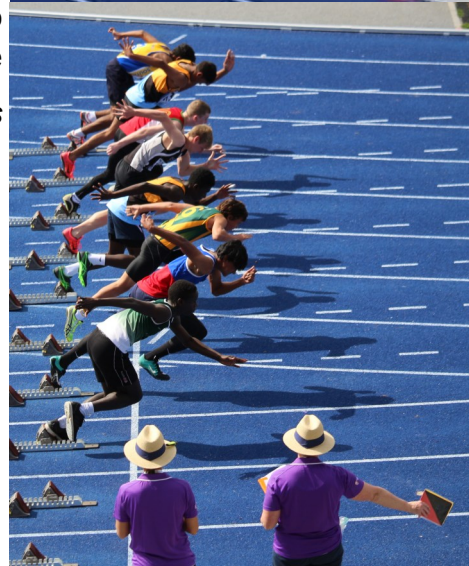
*Pictured right:*

Jayden Amos—400m

Kyla Wallace—100m

WHS 16 girls relay change  
from Abbey Nudd to  
Tanisha Wallace

*Thank you to the parents  
who have submitted photos.*



### NSW All Schools Track and Field Championships

Isaiah Koopmans and  
Jonothan Gusman on  
the podium with their  
winning competitors



# Woolgoolga High School

Guy Wright (FACE)  
Principal

Centenary Drive  
Woolgoolga 2456  
Ph (02) 6654 1500  
Fax (02) 6654 1936

Email: [woolgoolga-h.school@det.nsw.edu.au](mailto:woolgoolga-h.school@det.nsw.edu.au)  
[www.woolgoolga-h.schools.nsw.edu.au](http://www.woolgoolga-h.schools.nsw.edu.au)

14<sup>th</sup> October, 2016

Dear Parent or Carer

The *Validation of Assessment for Learning & Individual Development* (VALID) test for Year 8 students will be held between Wednesday 2 November and Friday 11 November 2016. The test takes approximately 70 minutes. The *VALID Science 8* test is an interactive, multimedia test completed entirely on a computer.

*VALID Science 8* contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 4 outcomes and essential content in the *NSW Science Years K-10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values about science. Since students complete *VALID Science 8* on a computer, each student needs to bring headphones or earbuds that plug into a school computer. Earbuds for an iPod or portable player are suitable.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from the test.

Results of the test will be available during Term 1 2017. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the science knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test.

The principal of your child's school is able to provide you with more details about the VALID program if you require additional information.

Yours sincerely



Bruce Inwood  
R/Director, High Performance  
Department of Education



Guy Wright  
Principal



# Girls and ADHD

It is important to know the differences in how ADHD manifests in girls and boys, as currently girls tend to be diagnosed 5 years later than boys, meaning support offered is also five years late! Girls with ADHD are also at an increased risk of having an eating disorder, issues with self-esteem, anxiety and depression. As girls get older they tend to keep their feelings to themselves, therefore making them more susceptible to these issues.

## TALKS TOO MUCH

- often continues talking when they've been asked to be quiet, but don't mean to
- boys will move constantly whereas girls are verbal constantly
- teachers can provide opportunities where students share information with buddies to provide this outlet

## MESSY

- homework and schoolwork is unorganised
- lose things all the time
- difficulty understanding what they wrote in class as it was written too fast/ not checked
- forgets what she's been asked to do
- trouble understanding time concepts
- teachers can help by sending homework via email or posting on the school website

## DRAMA QUEEN

- struggles to keep emotions in check, often overly sensitive, dramatic, angry, etc.
- once puberty hits the emotional aspects of ADHD can become a bigger issue.
- Provide her with strategies to cope with strong emotions.

## SOCIAL ISSUES

- ADHD has a greater impact on girls socially
- girls have trouble making/keeping friends, as a result they often have low self-esteem
- there are many rules to socialising that most girls pick up, but girls with ADHD struggle to understand these and often respond the wrong way, thus increasing peer rejection
- teachers can encourage friendship connections in class to help provide and foster social interactions with other girls.

## FOCUS

- finds it hard to listen and take in information (especially complex directions)
- loses concentration and focus easily and struggles to finish work
- moves from one thing to another, often leaving an unfinished trail behind.
- teachers can include the ADHD girl in their lesson presentation to help her keep focus, eg. hand out the sheets, keep a tally on a vote, etc
- teachers can reduce how long they talk in one block in lessons
- break tasks up into smaller segments to make it more achievable

*References: "Girls and ADHD: Are You Missing the Signs" by C Adams, [www.scholastic.com](http://www.scholastic.com), "ADHD in Girls - Symptoms of ADHD in Girls" by K Low <http://add.about.com>, "Understanding Girls with AD/HD: Symptoms and Strategies" by Great Schools Staff [www.greatschools.org](http://www.greatschools.org)*

**Have you read this article...**

Tourette Syndrome and CBIT: [https:// www.thesaturdaypaper.com.au/2016/08/20/tourette-syndrome-and-cbit/14716152003614](https://www.thesaturdaypaper.com.au/2016/08/20/tourette-syndrome-and-cbit/14716152003614)

**Have you seen this book...**

Disclosing the Diagnosis: Talking to Family and Friends about the diagnosis of Asperger and ASD, by A Tullemans Available from [www.suelarkey.com.au](http://www.suelarkey.com.au)

**Have you googled this website...**

[www.friendsofquinn.com](http://www.friendsofquinn.com). This website has many articles, interviews and videos relating to learning differences.

# Community News



Dr. Nicola Holmes on

## Anxiety

at Harry Bailey Memorial Library, Coffs Harbour

Thursday, 27 October at 3:00pm



Home-grown GP *Dr. Nicola Holmes* currently working at Headspace Coffs Harbour talks about anxiety disorders, practical management strategies and building resilience in ourselves, our families and our community

- this is a FREE event -

For more information or to secure your place at this event  
p: 6648 4900 e: [library.bookings@chcc.nsw.gov.au](mailto:library.bookings@chcc.nsw.gov.au)  
w: [libraries.coffsharbour.nsw.gov.au](http://libraries.coffsharbour.nsw.gov.au)





### Tantrum Toolbox

Wednesday 26th October  
9.30am – 12:30pm  
**CRANES' Pullen Centre**  
3-7 Prince St, Grafton  
Thursday 1st December  
9.30am – 12:30pm  
**CRANES' Pullen Centre**  
3-7 Prince St, Grafton  
(childcare available)

Parents are provided information about the causes of tantrums as well as tips and strategies on how to manage them. Suitable for parents with children aged 2 to 5 years.

### Who's in Charge?

4 Consecutive weeks

Tuesdays 25th October, 1st,  
8th & 15th November  
9.30am—12.30pm  
**CRANES' Pullen Centre**  
Prince St, Grafton  
(childcare available)

For parents of teens or pre-teens who have behaviour that is aggressive and out of control.

### Strong Arms Soft Hands A Fatherhood Workshop

6 Consecutive weeks

Fridays 28th October & 4th, 11th,  
18th & 25th November  
& 2nd December  
9.30am–12:30pm  
**CRANES' Pullen Centre**

This six week workshop will cover a wide range of topics designed to strengthen family relationships, build on your parenting skills and increase your understanding of your child.

### Bringing Up Great Kids

6 Consecutive weeks

Wednesdays 2nd, 9th, 16th, |  
23rd, 30th November  
and 7th December  
9.30am - 12.30pm

▲ **CRANES' Pullen Centre**  
3-7 Prince St, Grafton  
(childcare available)

A comprehensive program for parents covering, age development, communication, understanding behaviours, stress, rules and consequences and more.  
More details visit <http://www.childhood.org.au>

The Family Relationship Skills Program (FRSP) is funded by the Federal Government and aims to reduce the levels of stress experienced within families.

### At No Cost to You!

Our courses are available **free of charge** to families in the Clarence, Bellingen, and Nambucca Valleys and Coffs Harbour area with no referral necessary.

**Free childcare available for most courses**

Contact FRSP at CRANES: 6642 7257  
Bookings are essential

#### CRANES Community Support Programs

3-7 Prince St, Grafton

phone: 02 6642 7257

website: [www.cranes.org.au](http://www.cranes.org.au)

email: [admin@cranes.org.au](mailto:admin@cranes.org.au)

mailing address: PO Box 889, Grafton 2460

## A reminder to parents to notify the school about your child's health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes, and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

A newly formed Driving School servicing the Coffs Coast. Our focus is to prepare our youth for the busy roads, teaching safe driving techniques. Book 5 lessons and get your 6th lesson FREE. Contact Scott to book your lesson on 0448 744896 and check us out on Facebook.

**GEARED UP**  
Driving School  
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**0448 744 896**  
[www.gearedupdrivingschool.com](http://www.gearedupdrivingschool.com)

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- Automatic Gear
- Pre-Test Lesson
- Pay Per Lesson

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### Opening Hours

**Monday to Saturday**

**7.30 to 9.30am - 4.00 to 6.00pm**

**Sunday - 4.00 to 6.00pm**

**Other Times By Appointment.**

*Phone Heather & Max on...*


**0429 661 953**

[www.purrfectcoffscats.com.au](http://www.purrfectcoffscats.com.au)



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are generously sponsored by:***

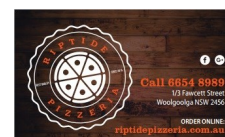
***Years 7, 8, 9 receive vouchers from***

**McDonalds Restaurants  
Pacific Highway Coffs Harbour**

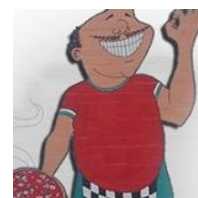


***Years 10, 11, 12 receive vouchers from***

**Riptide Pizzeria  
Fawcett Street Woolgoolga  
Phone: 6654 8989**



**Woolgoolga Pizza Place  
Beach Street Woolgoolga  
Phone: 6654 2744**



# Parent Online Payment (POP)

## Now Available At Woolgoolga High School

A secure Westpac banking facility has now been added to the Woolgoolga High School website to allow parents/carers to make online Visa or Mastercard credit or debit card payments for things like voluntary school contributions, excursions, sporting activities or sales to students.

Look for the *\$ Make a Payment* button next to *Contact Us* at the top of our homepage.

For those experienced in paying online, the process will be familiar. Detailed instructions are available by opening the *Parent Online Payment Instructions* on the *Information* tab on our website.

We hope that you will find this payment option convenient. Payments can still be made at the Woolgoolga High School Office by cash, cheque or EFTPOS before school and during break 1.

<http://www.woolgoolga-h.schools.nsw.edu.au/>

## Canteen—Eat Fresh

<http://www.woolgoolga-h.schools.nsw.edu.au/parent-information>

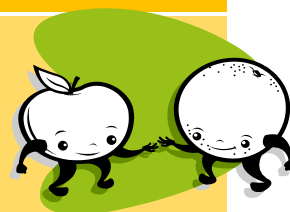
See menu with price list on the school's website

Volunteers needed to serve in only 1 hour increments:

8.30am - 9.30am

11.00am - 12.00 noon

1.00pm - 2.00pm



If you can help please ring the school on 66541500 or follow the link on the school's website to complete the expression of interest.