



From the Principal's Desk

Super Saturday was a very enjoyable day. The students were engaged in the activities and I was very impressed in particular, with the bridge building exercise. Once again the quality of the students coming from our local primary schools is outstanding.

I know all parents and caregivers will be so impressed with the quality of work on display at the upcoming Creative Expo that is to be held on Friday 9 November at 6.00pm.

Super Saturday was a very enjoyable day. The students were engaged in the activities and I was very impressed in particular, with the bridge building exercise. Once again the quality of the students coming from our local primary schools is outstanding. Our primary schools do such a great job in preparing our youngest students for high school.

The Gumbaynggirr Language Choir performed at the Sandy Beach Fete last Friday and to all accounts it was a fantastic performance.

Congratulations to Angela Poultney winning gold in the Australian Goalball Championships.

You must have a look at the pictures on page 8 of this newsletter. It is not often that our students are photographed with the likes of David and Posh Beckham. Well done Lachlan Rook and good luck with your tennis.

Congratulations to our new school captains Alexandra Rook and Kaleb Darbin; vice captains Sevak Clair, Lucy Schulz; and prefects Nimratdeep Gill, Komalpreet Kaur, Swe Aung, Joseph Dare, Beau Pearce and Izaac Hovermann. I look forward to working with you throughout 2019.

Year 12 are part way through their HSC exams and I am certain they will achieve outstanding results this year.

Just a reminder that our bushfire season 2018-2019 letter was sent home with students on the first day of term. A copy can also be found on our school website under Parent Information

<https://woolgoolga-h.schools.nsw.gov.au/parent-information/bush-fire-information/2018-2019-bush-fire-season.html>

Michael Beazley joined our science faculty at the beginning of this term. His last school was Tempe High in Sydney. Michael's science experience is in biology and he may in the future move into chemistry.

Until next time

Guy Wright

Principal

IMPORTANT COMING EVENTS

Thur Oct 18 — Fri Nov 9	HSC exams
Thur Nov 8	RRISK Year 11
Fri Nov 9	Creative expo
Tue Nov 13	P&C meeting
Wed Nov 14	Year 12 formal
Wed Nov 28	Musical performance primary school preview
Thur Nov 29— Sat Dec 1	Musical evening performances
Tue Dec 4	Year 6 orientation
Tue Dec 4	Year 8/9 excursion to Port Macquarie
Mon Dec 10— Fri Dec 14	Year 10 work experience
Tue Dec 11	P&C meeting
Thur Dec 13— Fri Dec 14	Camp Koinonia Year 7 excursion
Tue Dec 18	Annual presentation assembly
Tue Dec 18	Reports issued Years 7-10
Wed Dec 19	Last day for students

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

Disney
**CAMP
ROCK**
THE MUSICAL

SAVE THE DATE

Primary Schools Performance:
Wednesday 28th November 2018

Evening Performances:
Thursday 29th, Friday 30th November and
Saturday 1st December 2018

PUBLIC HEALTH NOTICE

We have been informed there are cases of whooping cough in the local community. If anyone in your family develops a persistent cough, please seek medical advice.

SCHOOL CAPTAINS AND PREFECT GROUP 2019

Congratulations (*pictured from left*) :

Nimratdeep Gill, Komalpreet Kaur, Swe Aung, Sevak Clair (Vice Captain), Alexandra Rook and Kaleb Darbin (School Captains) Lucy Schulz (Vice Captain), Joseph Dare, Beau Pearce, Izaac Hovermann

GOALBALL—WINNING GOLD!



On the Saturday we had to face Queensland in the semi final and astonishingly, we won 4-5. Then Sunday morning arrived and we headed back to Perth Modern School for the grand final against South Australia. With many disgruntled Queensland juniors sitting in the crowd, we stood waiting, ready for our march in where all players and coaching staff were introduced. At full time, the bell sounded. It was 4-7. We had won GOLD!!!

On the first Wednesday of the school holidays I got on a plane with the NSW goalball squad and headed for Perth to compete in the Australian Goalball Championships (alongside hundreds of other goalball athletes from all over the country). On day 1, I had the prestigious job of carrying the NSW flag in the opening ceremony. The next four days consisted of tough competition against the opposing states. My team (NSW Juniors - under 15's) managed to mercy most teams (end a game early because one team is 10 points ahead), while losing on only one occasion to Queensland.

After the medal presentation we headed to the nearby sports club for the official award ceremony. NSW was presented with the state trophy as we won a gold medal in 3 out of 4 divisions - Junior, Youth and Womens. Then, after a big week, I got on a plane at 11pm (arriving in Sydney at 6:30 am) before waiting around for a final flight back to Coffs. Aside from the long flights and inability to check out much of Perth, it was an amazing experience. I hope to attend many more AGC's in the years to come. I have recently been selected for the Australian Youth Program so may even get to represent Australia some time in the near future.

Angela Poultney (Year 8)

(pictured below 3rd from the right)



SUPER SATURDAY

On Saturday 20 October, a group of young, enthusiastic Year 6 students gathered to complete set activities as part of the application process for the 2019 Year 7 excel class.

After a quick word from Mr Guy Wright the students walked nervously to their first class to begin their specific tasks. The calibre of students was impressive as was their eagerness to be challenged as they participated in their range of events.

While the excel class is an excellent educational setting to begin the journey of high school it was pleasing to receive feedback about how the day relieved some high school nerves and the students were looking forward to next year. They reported the 'easy going teachers' were going to make high school fun, even if they were not successful making it into 7 Red. What a great attitude!

Many thanks to the amazing teachers and staff who spent precious time devising, implementing and evaluating the activities. Thank you Aaron Newman, the 2019 Year Advisor, for the camera skills and the ease you brought to the day.

Kim Beedie

Year 7 Excel Class Co-ordinator



GUMBAYNGGIRR LANGUAGE CHOIR



The Gumbaynggirr Language Choir recently received a boost with the purchase of a water coolamon and a set of clap sticks with funds from the Learning and Teaching Directorate.

The sticks and the coolamon were made by master craftsmen Brendan Kennedy and Rick Kirby and were recently presented by Brendan (*pictured*).



Sandy Beach Fete



The Gumbaynggirr Language Choir used their new water coolamon and new clap sticks as they did the Acknowledgement of Country at the recent Sandy Beach Fete. The choir then performed a set with Kayne on bass guitar (for his debut) and Holdyn on didge.

Larry Hancock

COMMUNITY AND FAMILY STUDIES

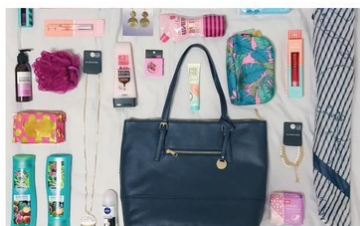


Year 12 Community and Family Studies students came to school during the holidays to continue their preparation for upcoming HSC exams.

Ms Donnelly is very pleased with the continued commitment and team spirit of the girls who attended this study session.

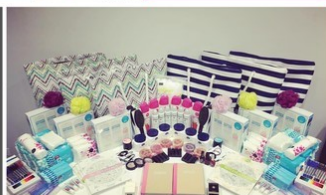
COMMUNITY & FAMILY STUDIES

"SHARE THE DIGNITY" PROGRAM



"It's not the bag or even the contents, It's knowing that someone thinks I am worthy."

"Knowing that this bag was put together by a person who cares about me, gives me hope that things will get better in my life one day."



"My daughter and I hope that the bag we have put together makes a woman feel special on Christmas Day. She deserves to feel loved, regardless of the struggles she experiences each day."



"I'm going to cherish this forever - Thank you"

As a society, we seem to manage the needs of children at Christmas, ensuring **Help us to Share the Dignity by giving the gift of a little luxury to women experiencing hardship this Christmas!** This was the message via social media that sparked our class interest in a project which we could be involved in to give back to the community.

Christmas is a joyous time of year where we get to spend time with family and friends, exchange gifts and feast on festive banquets and treats. Some people in our community are not so fortunate and feel more alone and vulnerable at this time of year. It's an incredibly difficult time for the homeless, especially women; including teenage girls, and those women fleeing domestic violence.

Woolgoolga High School's senior community and family studies class would like to show some love and support

to those less fortunate and provide them with the dignity of knowing someone understands and cares for them.

As a society, we seem to manage the needs of children at Christmas, ensuring they're cared for and made to feel special, but the same can't always be said for those women who put the needs of others before their own or those who are less fortunate.

The "It's in the Bag" Christmas campaign asks the community to donate a handbag that you no longer use, fill it with items that would make a woman feel special and even pop a thoughtful note into the bag to show her that someone cares and that she matters. A combination of essential and/or luxury items can be included which will make any woman feel loved.

Woolgoolga High's staff and students would love the community to get behind this initiative and donate goods and bags. There are pink bins outside the home science staffroom that students can leave items. The students in Year 11 community and family studies will spend a morning filling the bags with items such as the ones listed.

Thank you
Mrs Fluechter
Community and Family Studies teacher

All items included in your bags MUST BE NEW and in sealed packaging for health, safety & hygiene reasons. Medium to large sized handbags or backpacks may be in good to excellent second hand condition or brand new.

ESSENTIALS

- | | | |
|--------------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Soap | <input type="checkbox"/> Pads |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Tampons |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Toothpaste | |

EXTRAS

- | | | |
|--------------------------------------|--|---|
| <input type="checkbox"/> Baby Wipes | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Stationary |
| <input type="checkbox"/> Face Wipes | <input type="checkbox"/> Movie Tickets | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Gift Vouchers | <input type="checkbox"/> Poncho |
| <input type="checkbox"/> Perfume | <input type="checkbox"/> Meal Vouchers | <input type="checkbox"/> Scarf |
| <input type="checkbox"/> Dry Shampoo | <input type="checkbox"/> Phone Card | <input type="checkbox"/> Jewellery |
| <input type="checkbox"/> Hair Ties | <input type="checkbox"/> Book | <input type="checkbox"/> Moisturiser |
| <input type="checkbox"/> Hair Brush | <input type="checkbox"/> Socks | <input type="checkbox"/> Handwritten note or card |
| <input type="checkbox"/> Comb | <input type="checkbox"/> Undies | |

PLEASE DO NOT INCLUDE THESE ITEMS:

SHARPS: Razors, knives and/or scissors.

FOOD: Including but not limited to chocolate, lollies, nuts or alcohol.

PHARMACEUTICALS: Including but not limited to paracetamol, nurofen, condoms and throat lozenges.





CONGRATULATIONS

Congratulations to Sheldon Koopmans of Year 10 pictured with his 16 year old boys age champion medal awarded at Monday's assembly and won at the 2018 MNC zone swimming carnival contested during Term 1.

LACHIE ROOK MEETS THE BECKHAMS



Lachie is training with the Voyager Tennis Academy in Sydney. The Voyager Academy trains at Olympic Park. The Beckhams are here as David is an Ambassador for the Invictus Games. Romeo is a talented tennis player and he joined the Voyager Academy for training today at Ken Rosewall Arena at Olympic Park. Lachie was fortunate enough to hit with Romeo...and then met his family!

Lachlan has moved to Sydney to undertake a tennis program at McDonald College.

INFORMATION TO PARENTS

Year 11

All Year 11 students received the 2019 NESA Booklet on 22/10/18 during assembly. This booklet includes all the rules and regulations specific to the HSC in 2019. It is important that this booklet is read and understood. It is advisable that parents/carers also read this booklet.

Students also received permission notes for the RRISK Excursion, a full day excursion to Coffs Harbour Education Campus on Thursday, November 8.

RRISK is a health promotion program that addresses risk-taking behaviour amongst Year 11 students in the Mid North and North Coast of NSW. It is a mandatory component of NSW Stage 6 education and all students in Year 11 must attend.

Adolescent risk taking associated with alcohol, drugs, driving and celebrating results in unacceptably high levels of injury and trauma. Young people are over-represented in every category of risk-taking behaviour resulting in injury.

RRISK is a resilience building program that is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies. It incorporates factual presentations on risk taking, alcohol, drugs, safe celebrating, safe driving and vehicle safety and is enlivened by life stories and role models. Small group activities incorporate elements of the Red Cross "Save-a-Mate" program. Tertiary based Group Facilitators are trained to demonstrate to students how to physically help a friend who may have collapsed and what to do in an emergency.

Please sign your child's permission note and these should be returned to the box in the library.

There is no cost for this excursion. Students are expected to wear full school uniform and bring lunch.

RRisk also offers a session for parents to attend.

Years 8 and 9

The payment deadline for the end of year excursion for Years 8 and 9 is getting closer. To ensure your place on the excursion you need to pay your money to the front office by 6 November.

The excursion on offer for 2018 is a one day trip to **Stoney Aqua Park, Port Macquarie**. The excursion will involve six fun-filled hours at the water park. Students will have the option of purchasing a day pass for \$55 (six sessions) or individual sessions costing \$12.50 for the first session and \$15.00 for every following session after. The day pass is highly recommended as the Aqua Park is quite large and takes multiple sessions to be able to cover all areas.

Stoney Aqua Park have safety guidelines that make it mandatory for all participants to wear **Buoyancy Vests** supplied by Stoney Aqua Park. Stoney Aqua Park is also staffed to keep a safe ratio of participants to attendees.

Please visit <https://www.stoneyaquapark.com.au/> for further information.



20 REASONS WHY SCHOOLS SHOULD PLACE A LARGER EMPHASIS ON SPORT

01



Teaches students life lessons

02



Reduces anxiety and stress

03



Increases confidence and self esteem

04



Reduces obesity

05



Improves sleep

06



Improves cognitive abilities

07



Builds stamina

08



Teaches children about values

09



Helps to build resilience

10



Increases cardiovascular fitness

11



Teaches respect

12



Teaches emotional control

13



Builds strength

14



Helps children learn from failure

15



Improves communication skills

16



Improves problem solving skills

17



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www.believperform.com

18



Reduces tension

19



Stimulates growth of brain cells

20



Boosts immune system

21



Reduces depression





TEENS, PARTIES AND ALCOHOL

A practical guide to keeping them safe

A free presentation 'NOT TO BE MISSED' by renowned speaker Paul Dillon

ALL PARENTS ARE INVITED TO ATTEND

Paul Dillon (Drug & Alcohol Research Training Australia) has delivered Professional Development seminars for teachers, parents and others who work with young people for many years.

Using the most up-to-date statistics and research, the workshop aims to empower attendees by providing the facts around some of the issues in this controversial area.

Teenage parties provide young people with valuable opportunities to develop a range of social skills that they need to relate effectively with their peers. As they get older, alcohol is likely to become a part of these social gatherings and, unfortunately, things can go wrong. Using the recently released 2016 Australian Secondary Students Alcohol and Drug (ASSAD) survey results, this presentation will examine what we know about school-based young people and alcohol use and its use at parties. It will also provide some practical strategies and simple tips for parents considering allowing their teen to attend such an event to help ensure they are as safe as possible.

Where: John Paul College Theatre
Hogbin Drive, Coffs Harbour

When: Thursday 8th November 2018, Time: 6.30pm

To register: [please CLICK HERE](https://goo.gl/forms/MpBcq1UJfDgSu3ag1) or add this to your address bar
<https://goo.gl/forms/MpBcq1UJfDgSu3ag1>



Student Photographs

There are many occasions where we would like to publish photographs of students involved in various school activities, including reports for the local papers, school newsletters, and the annual report and on our school website.

If you do not wish your child's photograph to be used for these purposes, please notify the school in writing.

Safety First

Parents, carers and students are reminded not to use the staff car park for dropping off or picking up their children, unless using the disabled parking bays.

Our car park is very congested, especially on rainy days directly before school begins and after school finishes. Parking is available at the front of the school for safety and a covered walkway for students' convenience leads from the bus bay into the grounds.

COMMUNITY NOTICES

FEMALE ONLY FOOTY SESSIONS





Who: Females aged 12 to 50
Where: Centennial Oval, Beach Street, Woolgoolga
When: Sunday 28 October
Time: 2:30pm – 4:00pm
Cost: FREE

Why: Northern Beaches Blues are forming a Women's team in 2019. This session will enable girls and women to try Australian Rules Football in a female only environment.

For more information contact Alicia Toms on 0455 414 932 or aliciamay79@gmail.com

FAMILY COLOUR FUN RUN AND PICNIC

MULLAWAY PRIMARY SCHOOL 25TH BIRTHDAY CELEBRATION

**SATURDAY, 17TH NOVEMBER, 2018
STARTS AT 4 PM**

TALLOWOOD BUSH BAND PLAYING 6.00 TO 8.00PM

INVITING ALL PAST AND PRESENT STUDENTS, STAFF AND COMMUNITY TO CELEBRATE

\$10 EACH OR \$30 PER FAMILY OF 3 OR MORE.

TICKETS ON SALE FROM MONDAY 12TH TO FRIDAY 16TH NOVEMBER 8.15 TO 9.00AM OUTSIDE THE LIBRARY.

BYO FOOD & DRINKS, CHAIRS OR A PICNIC RUG.

WEAR A WHITE T-SHIRT AND BRING AN OLD TOWEL.

THIS IS AN ALCOHOL FREE EVENT.



PAID ADVERTISING



Opening Hours

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7.30 to 9.30am - 4.00 to 6.00pm

Sunday - 4.00 to 6.00pm

Other Times By Appointment.

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The program will teach you how to manage your time, write essays, and undertake research – providing you with the skills you need to succeed at university and the confidence to progress towards a new career.

Don't miss this opportunity as places are limited for our late June intake.

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or call 1800 626 481**



**Woolgoolga
High School
Silver Awards
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 66542744**



ROTARY AUCTION

First Saturday of month (except Jan), at Rotary shed behind CWA
inspection from 10am; auction starts 1pm

WEBSITE: woolgoolgarotaryclub.org.au FACEBOOK: www.facebook.com/rotaryclubofwoolgoolga

The Rotary Club of Woolgoolga holds their **monster auction** on the first Saturday of every month (except January). A significant portion of the funds raised goes to **supporting programs for local school students**.

Head down to the Rotary compound and shed **behind the Woolgoolga CWA building**, beside the Diggers RSL club, and check out the bargains available.

Smaller items will be on sale from 10am, with the **larger items to be auctioned off from 1pm**.

A big thank you to each of the members of our community who have donated goods. If you have items for pickup, call Dick Matthews on 6654 1828.

Wanted Homestay Hosts

We are looking for caring families and individuals to provide a wonderful home away from home for international students attending Woolgoolga High School.

Must be able to provide meals and a Working With Children Check.

Hosts receive \$285 per week for a single room. Short (1 term) to long (4 terms) stays are available.

Apply online at www.staydownunder.com.au

For further information contact Stay DownUnder on **(02) 8901 4499**

Or school co-ordinator Mrs Megan Hart
(02 6654 1500)



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.

