

Woolgoolga High School

Newsletter

Issue 18 · 23 November 2018



2018 CREATIVE EXPO A SUCCESS!

The Creative Expo was held Friday evening on 9 November to display the amazing talents of our leaving Year 12 cohort. We had overwhelming support from students, parents and staff who attended the evening and were captivated by the incredible quality of works and performances showcased. The work on display was from Visual Arts, Textiles, Industrial Arts Wood and Multi-media, and the Hospitality students provided food and beverages. The Expo showed the outstanding talent our students at Woolgoolga High School have and they should all be incredibly proud of their efforts. Many hours of time and dedication came to fruition seen in the display of finished works and polished performances. It is a credit to each and every one of our HSC students and their teachers.

The performances on the night were fantastic. We had a variety of music and dance items showcased. As staff, we are privileged to be able to foster this development over their high school years and are lucky to share the end result with our wider school community.

I would like to take this opportunity to thank all staff, parents and students who made the evening such a huge success and congratulate our leaving Year 12 students on all their wonderful projects and performances.

Mrs Jacqui Harrison

Creative Expo Organiser, Head Teacher CAPA



INSIDE THIS ISSUE

From the Principal	P.2
Important coming dates	P.3
Halogen conference	P.4
Girl's get active day	P.5
Year 11 RRISK	P.6 & P.13
History extension excursion	P.7
Year 6 orientation day	P.7
Creative expo	P.8-9
Home economics	P.10
U15 girls' netball	P.11
2019 carnival dates	P.12



From the Principal's Desk

The Creative Expo remains a significant milestone each year. The public showcasing of our outstanding student major work is indeed a sight to behold.

The Creative Expo remains a significant milestone each year. The public showcasing of our outstanding student major work is indeed a sight to behold. A large crowd gathered to delight in the amazing works. Our Director of Education and Leadership (an ex creative arts teacher), commented on the depth of quality student work as some of the best she has had the pleasure of seeing. Congratulations to all students and staff once again.

Another highlight was the inclusion of Georgia Bartley's major multimedia work which has been selected to be showcased at the Intech Exhibition early next year in Sydney. The 3D modelling and animation was astounding. Well done!

A big thank you to our captains Alex Rook and Kaleb Darbin for their inspiring Remembrance Day speech held on 11 November at the Woolgoolga RSL. I received many positive comments from community members on the quality and sincerity of the speech.

Our musical Camp Rock will be held on Thursday, Friday 29 – 30 November and Saturday night 1 December. Many students and staff have been rehearsing over the past months. Thank you to all of the committed staff. The ability of students to perform in front of a live audience is one of those memories that students keep forever.

Reminder our annual Presentation Assembly will be held on Tuesday 18 December. Hope to see many of you there.

Until next time
Guy Wright
Principal



YEAR 7 POLICE TALKS

Year 7 police talks held on Thursday, 15 November focused on anti-bullying strategies and safety, care and respect consisting of a short video; *"Why people bully?"*, awareness game *"The Claim It Game"* and e-safety tips. School Counsellor, Emma Peart and Girls Supervisor, Claire O'Halloran assisted Senior Constable Snow.

IMPORTANT COMING EVENTS

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
Wed Dec 12— Fri Dec 14	Yuraygir coastal walk
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**



Primary Schools Performance:
Wednesday 28 November 2018

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

REMEMBRANCE DAY SERVICE

On Sunday 11 November, the Woolgoolga RSL Club hosted the Remembrance Day Ceremony. This occasion was especially significant because it marked 100 years since the end of World War I.

Our school captains, Kaleb Darbin and Alex Rook were asked to speak on behalf of Woolgoolga High School and the young people of the region. They spoke about the significance of this occasion for the youth of today. It was from the heart and was very well received.

Thank you to Alex and Kalib for speaking and to all the Woolgoolga High School students and families who attended.

HALOGEN YOUTH LEADERS DAY



On Wednesday 7 November, Mr Chadwick and Mrs O'Halloran had the pleasure of taking ten students to attend the Halogen Youth Leaders Day held at the Brisbane Convention Centre. The event aims "to inspire and influence a generation of young people to lead themselves and others well".

Guest presenters shared their experiences and journey of leadership. Students were inspired by the following speakers: the Cotton On Foundation and their work developing schools and education for third world countries, Uli Latukefu Australian actor, Cate Campbell Australian olympic swimmer and Alex Blackwell retired Australian women's cricket captain.

The Woolgoolga High students actively participated throughout the day, taking notes, collaborating with students from other schools, asking questions of speakers and even busted out some dance moves on the front stage.

Thank you to Mrs Byrne for her organisation for the excursion and Mr Wright for providing the students with the opportunity. Since the excursion students have come back inspired, full of ideas and have presented them at an Executive Meeting.

Comments from the students once leaving the conference about what they got out of the day included:

"You shouldn't let the fear of failure stop you from doing anything", "If you're not prepared to fail then you're not prepared to succeed", "To never take schooling and education for granted", "Just as important is what you do is what you become", "To make everyone feel included and get everyone involved", "That challenges make you better", "How to be active", "Leadership can't be defined by a simple statement or sentence it's something that is a culmination of all of your experiences" and "Discomfort is a gift that is there to help you to grow and get better".



Mr Chadwick and I would like to thank the students involved for their excellent behaviour, willingness, participation and enthusiasm over the three days - you were fantastic.

Mrs Claire O'Halloran
Girls Advisor

GIRLS' GET ACTIVE DAY

On Tuesday 13 November, 16 female students from Year 9 and 10 PASS (Physical Activity and Sport Studies) and the Chickionary group, attended the Girls' Get Active Day organised by Sports NSW. The day was designed as an opportunity for students to take part in a variety of fun, safe and inclusive physical activities to highlight the importance of, and encourage female participation in sport and recreation. The event was held at no cost to students and organisers were generous enough to also provide transport.

Students heard from a panel of local elite female athletes who shared their inspiring stories and their craft through the different sessions: Orienteering, AFL, Judo and Goalball.

An extra treat for our students was to have two Woolgoolga High School students represented in this panel: Hope Christie (Year 8) who has participated at a National level in Judo and spoke particularly confidently in front of the crowd and Angela Poultney (Year 8) who recently achieved great success in Goalball.

Our students participated in each of the activities with enthusiasm and were a credit to our school. Great job girls.

Thank you to Mrs Stockton for coming along on the day and getting involved.

Mrs Claire O'Halloran
Girls Advisor



YEAR 11—RRISK

RRISK is a health promotion program that addresses risk taking behaviour amongst Year 11 students on the North Coast of NSW.

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.

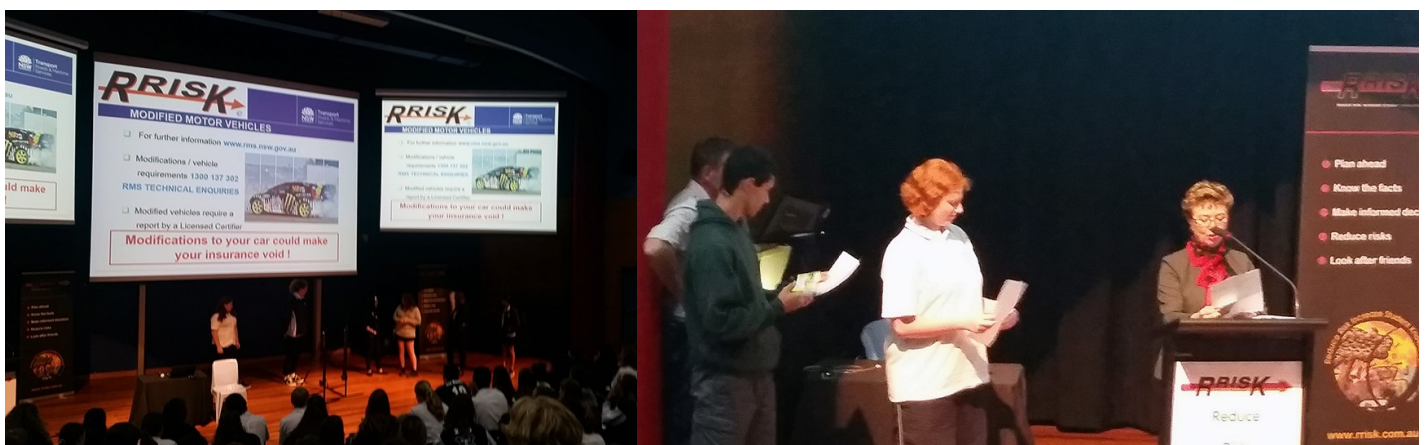
Students from Woolgoolga High School attended the RRISK day at Southern Cross University on Thursday 8 November. Students were educated about road risks and safe behaviours as they were provided with practical skills and strategies to manage risks across many aspects of their social lives by addressing binge drinking and drug use, safe partying and encouraging them to look after their friends.

Ciarnah enjoyed the day and remembered the following:

Woolgoolga High School students joined the other local schools for a day of learning how to be safe and reduce their risk when having a good time. Students listened to Paul Dillon.

- Make sure you have water and drink water before you go out.
- Do not leave people on their back if they are sick.
- Have a fist full of food.
- Get a plastic bucket full of tissues for a sick friend.
- If your friend is unconscious ring an ambulance.
- My extra tip – always cover your drink so it can't be spiked.

Thanks to Mr Elliott, Miss Spillett, Mr Pursch for coming and Mrs Hart and Mrs Bear for helping with organisation of the day.



REDUCE RISK INCREASE STUDENT KNOWLEDGE

Proudly supported by
Southern Cross University

HISTORY EXTENSION EXCURSION

On Thursday and Friday 8-9 November, six intrepid students travelled to Sydney to attend 'The Project: History Extension Day'.

Run by the *Sydney Living Museums*, students were able to attend a wide range of expert talks and workshops, delivered by practising historians, archaeologists and museum professionals. This included an amazing presentation by Dr Bruce Dennett as well seminars by Dr Tamson Pietsch and Dr Ruth Balint.



This unprecedented access enabled our students to gain fresh insights and perspectives into the challenging concept of the changing nature of historiography. It was also an exciting and practical opportunity to develop their research skills and gain invaluable advice, resources and inspiration as they embark on their own history projects. We even had time for a traditional 'Blue Steel'...

WHS YEAR 6 ORIENTATION DAY



An Orientation Day for incoming Year 7 students will be held at Woolgoolga High on **Tuesday 4 December 2018**. Parents are invited to attend an information session in the hall from 9.20am for approximately an hour while students stay on to experience a day of high school. Students will be able to take the bus home in the afternoon.

A letter will be sent home with details of the Orientation Day to all families.

Book packs will be available for purchase at the school canteen on Orientation Day and after that at Woolgoolga Newsagency. Woolgoolga High School is a school uniform school, you can purchase uniforms from the school's uniform shop which will be open on Orientation Day.

The first day of attendance for Year 7 students next year is **Wednesday 30 January 2018**. The day will begin with an Assembly in the Hall at 8.55am.

Please contact the school immediately if your circumstances change and you no longer wish to proceed with this enrolment. We will then offer this vacancy to another student on our waiting list.





HOME ECONOMICS



Year 10 Textiles and Design students have completed their felt making project. The girls have created some quality, unique and beautiful items. Congratulations to the class on embracing these new techniques and transferring their knowledge to complete their range of felted wonderland pieces.

Ms Donnelly



On Friday 9 November, Exploring Early Childhood students went on an excursion to visit a local family day carer's business. Students were able to experience first-hand the high quality of child care offered by a home-based business.

We are grateful for the child growth and development observation opportunities made available to us by Allison Avery and her families.

The students were accompanied by Ms Donnelly and Miss Ogilvie.

U15 GIRLS' NETBALL



The girls now move onto the fourth round and take on Macksville High in the coming weeks.

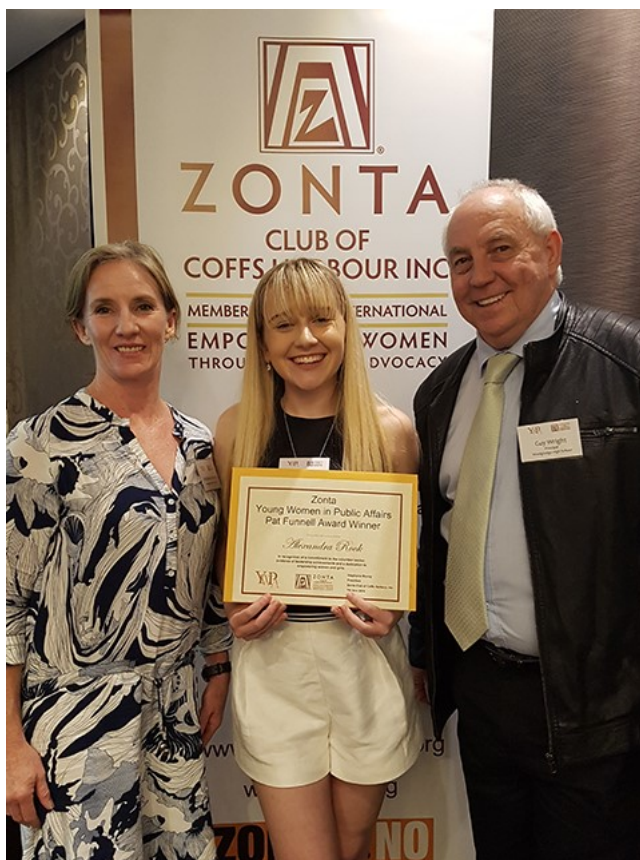
Massive congratulations to the U15 Netball team who were successful in winning the first 3 North Coast CHS knockout rounds at Woolgoolga on Friday 9 October. The first round saw Woopi win on a forfeit and kept the girls fresh for the day ahead in very warm weather conditions.

The second round against Grafton High School gave the girls the opportunity to warm-up and practice their combinations needed to win in a close game 17-16.

The final was played against a much stronger South Grafton High School but the girls stayed in front the first three quarters with South Grafton closing in the last quarter to finish with a 20-all draw. Extra time saw Woolgoolga rise to the challenge despite the heat and come out in front 29-21.

Stars of the court were Alina Sturch with invaluable game experience and sheer determination in centre; Ashman Chaudhry, Emelia Garbers, Ally Mullan and Macy Gardner with some sensational midcourt combinations and plays; Ella Wilson and Paris Kelsall worked super hard in the goal third proving their worth with many fabulous intercepts; Michaela Brauman and Helena Oates-Herrera made a great shooting team; and as always Tayla Murphy was an invaluable asset in both defence and attack. Special mention to Abby Nudd for umpiring and the Woolgoolga Netball Club coaches helping with advice, positioning and cheering. A shout out to Talisha Harboe and Dayna Moss who volunteered with scoring and team support on the day. I am very proud of the girl's sportsmanship and team effort displayed on the day and the tired smiles at the end said it all.

ZONTA YOUNG WOMEN IN LEADERSHIP



Congratulations Alex!

Zonta Young Women in Leadership public speaking awards recently held in Coffs Harbour. School Captain Alex Rook, took out the Pat Funnell Award presented by Dave Funnell (a retired Principal of Woolgoolga High). The Mayor, Denise Knight was in attendance and commented very positively on the calibre of the speakers on the night.

2019 SPORT CARNIVAL DATES

	SWIMMING	CROSS COUNTRY	ATHLETICS
WHS	Wednesday 6/2/19 (whole school) Woolgoolga Wednesday 13/2/19 (competitors only) Woolgoolga	Friday 12/4/19 Woolgoolga	TBA Woolgoolga
MNC	Thursday 28/2/19 Coffs Harbour	TBA Nana Glen	TBA Coffs Harbour
NC	Tuesday 5/3/19 Murwillumbah	TBA Nana Glen	Thursday 8/8/19 Coffs Harbour
NSW	Monday 8 to Wednesday 10/4/19 Homebush	Friday 26/7/19 Eastern Creek	Wednesday 4 to Friday 6/9/19 Homebush

PLEASE NOTE: DATES AND VENUES ARE CORRECT AT TIME OF PRINTING BUT ARE SUBJECT TO CHANGE. PLEASE CHECK CLOSER TO EVENT.



Newsletter 3

Parties - Will You Allow Alcohol at Your Young Person's Party?

Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is called secondary supply of alcohol - an offence that carries a maximum penalty up to \$11,000 and 12 months prison. On the spot fines of \$1100 can also be issued by police.

This information comes to you from the NSW Department of Liquor, Gaming and Racing. Check their website for further information:

www.olgr.nsw.gov.au/liquor_info_young_people_2nd_party.asp

Points to consider:

- What do you do if an underage guest arrives with alcohol?
- What do you do if they arrive intoxicated?
- What do you do if your alcohol has been consumed during the course of the party?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring their invitation for party entry.
- On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgement and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- Have only one entrance or exit to make it easier to control who attends your party.
- Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.
- Host parents need to be aware of appropriate return transport for guests and/or provide overnight, supervised accommodation. Ensure you have alternative arrangements for guests who are drivers, and for guests who are passengers without fit drivers
- Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).
- Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised. Light up dark or hidden areas. Lock off areas of the house that are not easy to monitor. Avoid punchbowl drinks that may easily be spiked.
- Remove BYO alcohol from under 18s and return this to parents or carers.
- If guests are a mixture of under and over 18s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol.
- Actively serve non-salty food and non-alcoholic drinks throughout the party. Attractive non-alcoholic drinks are a great alternative! For example, "Mocktails", non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water. This will slow down alcohol consumption for those who are drinking.

- If under 18s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour. Ensure you have the contact details, not just of guests, but of their carers/ parents.
- Be firm about excluding gatecrashers. If admittance is by invitation only, gate crashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gatecrashers arrive, ensure their safety and safe exit of invited guests by cancelling or postponing the party.
- Parents should be present and provide active supervision throughout the party.
- At the end of the party, try and speak to all guests before they leave. If anyone is unfit to drive, make alternative arrangements for them and their passengers.

If you are planning a large party, it may be a good idea to employ security guard. Useful websites to help you plan a successful party and avoid problems:

www.det.nsw.edu.au/media/downloads/languagesupport/alcohol/acs_english.pdf

Look for information about the RRISK Program and risk taking at our website

www.rrisk.com.au

Community Notices

 Office of the eSafety Commissioner

HOW TO REPORT CYBERBULLYING MATERIAL

-  **1** Report the cyberbullying material to the social media service
-  **2** Collect evidence - copy URLs or take screenshots of the material

If the content is not removed within 48 hours

-  **3** Report it to esafety.gov.au/reportcyberbullying
-  **4** Block the person and talk to someone you trust

If you are in immediate danger, call 000 (triple zero)
If you need to talk to someone, visit kids helpline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week

00123456789



This FREE one-day workshop is for parents of teenagers. The workshop focuses on emotions and is designed to assist parents to establish stronger relationships with their teenage children.

INTRODUCTION TO TUNING INTO TEENS

When: Tuesday 27 November 2018
Time: 9:30 am to 2:30 pm

Where: Room 2 Community Village, 22 Earl Street, Coffs Harbour
Registration is essential - see below for details

Services can register interested parents by completing the online iIT referral form (midcoastcommunities.org.au/services/in-it-together)

Parents can register their interest by contacting Sharon Swinton on 5621 4021 or via email to iIT@midcc.org.au



PAID ADVERTISING



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



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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**

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.

