

Woolgoolga High School



Newsletter

Issue 11 · August 3, 2018

NAIDOC



Woolgoolga High School celebrated NAIDOC this year with an assembly that focused on the importance of women's roles within culture and community. The theme for this year is 'Because of her, we can'. Our formal assembly commenced with a Welcome to Country from respected Elder Uncle Michael Jarrett. Senior students Payton Priest and Tanisha Wallace displayed immense leadership skills by running the assembly with grace and dignity beyond their years. Holdyn Cowan delivered an outstanding Didgeridoo performance accompanied by Uncle Michael on vocals, sharing some traditional songs with us in Gumbaynggirr language. We were treated to a slideshow representing strong Aboriginal women through time. It has been another successful year for Aboriginal Education at Woolgoolga High School. Congratulations to Ngayan Williams, Michaela Brauman, Jackson Berryman, Kobi Amos, Coby Lodge, Sam Gustafson, Jesse Berseford, Payton Priest and Tanisha Wallace for receiving this year's NAIDOC awards.

More pictures on page 9

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From the Principal's Desk

Joanne Hine was recognised as a strong Aboriginal woman who has supported hundreds of students across our school.

The NAIDOC assembly led by Tanisha Wallace and Payton Priest was exceptional. A big thank you to Uncle Michael Jarrett for his inspiring vocals and Holdyn Cowan for his performance on the didgeridoo. We are such a fortunate school to have so many talented Aboriginal students. Joanne Hine was recognised as a strong Aboriginal woman who has supported hundreds of students across our school. Being appointed this year to the teaching staff at Woolgoolga High School is indeed a model that many can look up to and I would once again like to thank Jo for the work she continues to do in Aboriginal Education.

From all reports the Year 10 snow excursion was very successful. Thanks to Mr Pursch, Ms Schofield and Ms Donnelly. Our next newsletter will include an article and pictures of this excursion.

Helen Rook invited Academy Travel to speak to parents and students who are interested in travelling to Germany and Italy next year during the Term 1 holidays. This is such an educational opportunity for our students. I hope that the excursion gets the numbers required and goes ahead.

This newsletter has some great summary notes from Dr Nicola Holmes who delivered three presentations recently for students, parents and staff. I urge you to read her notes.

Our Music department is growing strongly. The new addition of Chris Young to the staff is providing a new wave of enthusiasm and along with Ms Drinan, music is in good hands. The Golden Guitar photograph taken during the recent Tamworth excursion looks great! Likewise the Talent Quest was an outstanding success with some unusual props being used. Well done to the Music staff and the MC Mrs Chivers.

The presentation this week by John Coutis was great for our students, as was the Inclusive Sports Day that highlighted Boccia with Riley Saban, Wheelchair Basketball with Jason and Robbie and Goalball with Anglea Poultney. Thank you to all involved.

Congratulations to Amy Matthews who recently won the Pony Club NSW State Equestrian Championships.

Congratulations to Emanuel Sutton for representing NSW at the Australian All Schools Rugby League Carnival in Mackay. Senior Constable Snow has also indicated that students Emanuel Sutton, Montahna Leach, Emma Nelson, and Storm Spicer performed admirably at the recent Nations of Origin Rugby League Competition in Newcastle over the holidays. The girls' team finished in first place. Well done!

Please note – the Assembly of Excellence next Friday. This event is part of Education Week.

Until next time
Guy Wright
Principal

IMPORTANT COMING EVENTS

Thurs Aug 9	North Coast Athletics ICAS Competition
Fri Aug 10	Assembly of Excellence
Mon Aug 13	Southern Cross Uni Visit Year 12
Tue Aug 14	ICAS Competition P&C Meeting
Mon Aug 20 - Fri Aug 31	Year 12 Trial Exams
Mon Aug 27	Parent Teacher Meetings (TBC)
Wed Sept 5 - Fri Sept 7	State Athletics
Tue Sept 11	P&C Meeting
Mon Sept 17 - Fri Sept 28	Year 11 Yearly Exams
Thur Sept 20	Year 12 Getting Out There Day
Fri Sept 21	Year 7 Vaccinations
Fri Sept 28	Year 12 Graduation Assembly Last day Term 3

**SAVE THE DATE**

Primary Schools Performance:
Wednesday 28th November 2018

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

SEMESTER 1 GOLD AWARDS**Year 7**

Prakaash Arkan
Bonnie Cann
Nathan Dawe
Layla Deighton
Mehakdeep Garcha
Bradley Harboe
Kirra Hardwick
Chenaye Henderson-Smith
Sarah Maher
Baxter March
Samuel Moriz
Taharna Reid
Phoenix Risby
Abby Stokes
Robin Worthing

Year 8

Jake Maric
Layne Ortel
Ethan Pursch

Year 9

Lachlan Rook
Hayden Smith
Damon-Leigh Striegner

Year 10

Alex Greenhalgh
Sheldon Koopmans
Sophie Maric
Sasha McNab
Jack Meale
Madeleine Nimbs

Year 11

Swe Aung
Sevak Clair
Izaak Hovermann
Alex Rook
Lucy Schulz

Year 12

Innogen Armitage
Zoe Batty
Grant Cook
Lucinda Gray
Jaskaran Kandola
Braedyn McCarthy
Pavanveer Mullee
Sherydan Simson
Kartar Singh Thiara

Congratulations!

ADVICE FROM THE GOOD DOCTOR

Dr Nicola Holmes visited Woolgoolga High School in Week 9 of Term 3 to conduct a series of well-being workshops for staff, parents and students. Dr Nicola is a GP working at Headspace who has a passion for working with young people, especially in the area of mental health.

In four separate talks, Dr Nicola spoke about the growing issue of anxiety and mental health in our modern times. The talks were relative to people of high school age and covered a wide range of topics under the mental health umbrella.

Dr Nicola reminded us about the developmental stage high school students are going through and explained that the brain is still developing until age 24. It is due to this developmental stage that teenagers have difficulty exercising empathy.

Teenagers are also at a stage of experimenting and developing their social skills. Dr Nicola says this is the same as any learning process and they will make mistakes. This can often be a difficult time for teenagers and those around them. A lot of patience, understanding and support is required by all during this time.

On the topic of anxiety and worry, Dr Nicola said that most cases are treatable without medication, especially at this age. She stressed that avoidance is not a good strategy for coping with anxiety and discomfort, explaining that she has seen this many times in her practice. An example is when a student is uncomfortable or anxious in a particular class, so they don't go to that class and they feel better, the anxiety is relieved. Thinking the strategy is good, they start avoiding more classes and other activities. The danger is the person never faces the actual problem and avoidance becomes a habit that can grow to the extent that they do not participate in life at all.

Dr Nicola advised that we need to lean into our discomfort, we need to lean into the things we don't "feel" like doing, so we are not limiting ourselves or our life experience.

This means we keep going into what is triggering our discomfort while at the same time addressing any feelings that arise. There are strategies to help us achieve this, such as breathing and simple cognitive management techniques. This will often involve the support of those around us, or in some cases the help of a professional is beneficial.

If you have questions or need assistance in the area of mental health and well-being, please contact a medical professional or Headspace, who you can also access through *eheadspace* - an online counselling and information service <https://www.eheadspace.org.au/>

If urgent support is required, please call:

Kids Helpline 1800 55 1800

Lifeline 13 11 14



Useful phone numbers

Parent line 24 hour support for parents :
phone 1300 1300 32

The Family Relationship Advice Line :
1800 050 321

In it together (12-18 year olds, family support) : contact Bee White on
(02) 66511788

Connect (free family counselling by Interrelate) : phone 1300 654 269)

Tips For Managing Anxiety In Teenagers

notes by Dr Nicola for Woolgoolga High School Talks
 Normalize anxiety – everyone experiences anxiety at times, eg survival tactic to avoid being eaten by lion.

We need to be aware of our own anxieties as parents and our core beliefs (eg world is bad, kids can't cope).

Choose words that encourage mastery instead of projecting our own fears onto kids:

"Hold on tightly, you are a good climber" instead of "Don't climb there you will fall off" or "be careful".

WARNING: anxious people are very skilled at getting those who love them to help protect them from experiencing awful anxiety. It is actually not helpful to ENABLE our kids to be anxious, or project our own anxieties on them.

Personality eg perfectionism (overly disappointed kids usually comes from praise parenting) can shift with observational feedback and curiosity style. Shy kids will never be class clowns (thank goodness for variety).

Avoiding what makes you anxious makes anxiety much worse:

- Graded exposure to what produces anxiety is very helpful.
- Kids need to learn that anxiety comes and goes. The anxiety reduces with graded exposure (ie by learning first hand that although I felt like I might get eaten by a lion, I didn't).
- Specific examples for fear of going into a room alone, night time fear and phobias, separation anxieties.
- Graded exposure – getting the child to do more and more independent exercises with the expectation they can cope: eg, walking home from school, helping to prepare meals, doing volunteer work. These need to be carefully scripted at times but need to be stuck to. Good to get the young person to give their "bad feeling" a score out of 10 (10 out of -10 is they vomited and peed their pants) and see how it comes down the more they do the exercise.

Things that help when you are feeling anxious or managing a panic attack are:

- Be an anchor.
- Slow breathing (9 second breaths: in for 3 hold for 3 out for 3).
- Sensory activities (make a list of what works for your child eg look, smell, taste, hear, feel).

- Distraction "I can see....." sushi train of thinkinglet it go past.
- Don't give in and remove the stimulus making them anxious (eg don't have to do speech).

Tips for managing problem behaviour issues:

- Bad outcomes help our kids to learn; they do not mean we are negligent parents. If children are not allowed to take appropriate risks they do not gain skills to manage risk and often implode with anxiety when facing difficult situations. Allowing our children to fail and learn from that is the most powerful learning they can get. (Try to avoid head and spinal injuries!)
- Early intervention from a psychologist if you are not winning (eg school refusal) is very helpful; GPs refer for up to 10 sessions.
- To decide if your child has a mental health problem (usually resolves with some simple psychology at this age) or just a phase or hormones etc reflect on how they are **functioning** (eg wanting to be with friends, going to school, hobbies, social interactions at home, self harming, persisting suicidal talk).

Bullying strategies: force fields, team approach, write a letter to your bully.

- Over reacting is often a lack of maturity of emotional control centres in the brain and will gradually develop over time. Can be suggestive of sensory processing issues (see an OT) or ASD or ADHD issues. More common in boys. Keep them active!
- Depression – all pervasive sadness, not functioning. Talk of wanting to die, suicidal talking, self harming.
- Mood swings are normal – sometimes kids are looking for any attention; not reacting is the most powerful strategy to turn off behaviour.

Other tips for managing problem behaviour issues

– divide all behaviour into 3 groups:

- Totally unacceptable (eg hit sister with a knife)
- Undesirable (eg bad language, untidy room etc)
- Desirable (eg good manners, spontaneous kindness, doing set jobs without being asked etc)

Concentrate on the Totally Unacceptable (very firm, always carried out consequences) and Desirable (lots of praise, acknowledgement and rewards). IGNORE the Undesirable. Reassess regularly. 80% positive to 20% negative communication is needed for children to thrive.

SENIOR MUSIC COMPOSITION WORKSHOP



Dr Paul Stanhope is an international award winning Australian composer and lecturer at the Sydney Conservatorium of Music. On Thursday, 26 July, senior music students from Woolgoolga High School, along with Ms Drinan and Mr Young, went to a workshop with Dr Stanhope at the Carinya Christian School in Tamworth.

The workshop featured a live string quartet. The quartet played a piece and Dr Stanhope showed the students how the piece was put together by its composer. The works included movements from quartets by famous composers such as Mozart and Debussy along with eight pieces written by high school students who were present on the day. Going through each work, Dr Stanhope explained the principles of composition, praised the strong points and suggested ways the works could be improved. Having a live string quartet was a huge benefit as they could play Dr Stanhope's suggestions and the students could immediately hear how they improved the work.

Thanks to Ms Drinan and Mr Young for organising the event.

Another highlight of the day was a pre-breakfast visit to the Golden Guitar!!

Year 12: Josh Francis—Year 11: Meike Hennessey, Macey Stewart—Year 10: Brooke Stewart, Charlize Sharp, Brea Watts, Kai Mildren.



The opportunity to learn with such an esteemed composer and a live quartet was both rare and extremely valuable; the students (and teachers) learned a great deal from the experience. It was a day of inspiration and first hand experience in this challenging area of the HSC Music course. All students who attended this event will be returning to their Music classes with greater insight and a stronger motivation to create music.

WHS TALENT QUEST

At the end of Term 2, Woolgoolga High School's annual Talent Quest is always a successful whole-school event on the school social calendar. Students pile into the hall for a two-period show and watch a wonderful variety of acts by talented students hoping to win one of 5 prizes.

This year, our judges were teachers Mr Chadwick and Mrs Winter as well as ex-Music student Cameron Hutchinson. Always a difficult task, judges award points for preparation, audience engagement, confidence and competence, as well as that random idea called The X-Factor! This year, the winner of the 2018 Talent Quest was Delilah Thorncraft (Year 12) dancing a very edgy and self-choreographed solo work. Second place was Year 9 Music student Becky Howard performing a dynamic Barbara Streisand song "Don't Rain on My Parade". Third place was awarded to a quirky act devised by Year 12 student Will Moss with his gorgeous cattle-cross dog, Rosy, who sang sweetly when Will played his harmonica! Highly Commended was Meika Hennessy (Year 11), one of our many competent and talented Music candidates for HSC Music next year.

All the talented performers on the day need to be congratulated for their courage and determination to walk out onto the stage in front of 600 of their peers. Each act presented a personal performance to be judged, and by the sound of the cheers and applause being generated, they were all winners.

Many thanks must go to our sponsor, Coopers Surf, who support this event by providing the prize vouchers at a greatly reduced cost.



PRIZEWINNERS

1st Delilah Thorncraft : 2nd Becky Howard: 3rd Will Hyde and Rosy

Highly Commended: Meika Hennessy, Zara Franklin, Alex Rook, Jade Prentice, Josh Francis, Kaleb Darbin, Kade Nicol, Alaura Panagaris, "NAMELESS" Kade, Vai, Ryan

Brainstorm Production — “The Hurting Game”



On Tuesday, 3rd July all Year 7 and Year 8 students attended a **Brainstorm Production** titled “**The Hurting Game**”. This live performance took a daring look at the hurtful games young people play at school and online to give themselves a false sense of power and belonging. The show powerfully addressed the issues of spreading rumours, alienation and isolation, body image, peer pressure and destructive behaviours that can have life-long consequences. Students’ feedback was extremely positive.

Change of Details



Please notify the Front Office ASAP if your living circumstances or any other details that have changed. It is vital the school has up to date records should you need to be contacted in case of an emergency.

Form is available from the front office or can be downloaded from the school website:

http://www.woolgoolga-h.schools.nsw.edu.au/documents/21717034/21724205/change_of_details_annual.pdf

Crazy Sock Day!

Our SMILE Mentors continue to come up with ideas to enhance the wellbeing of all students in our school. On Thursday, 21st June, they wanted to spread the message of 'respecting differences'. All students and staff were encouraged to wear CRAZY SOCKS to reinforce this message. Check out the photos of some of the more crazier socks worn on the day.

Winners of Crazy Sock Day

Pictured left to right :
 Ally Cork, Stevie Murray, Lotus Fisher,
 Matilda Mairinger, Coeb Taylor-Patterson



NAIDOC



Advice from the Good Doctor continued...

Books – Resources for parents:

"Sparky and Shady" by Kathy Sheehan for primary school age (Coffs author, great book giving kids knowledge and strategies for physical, social, emotional and mental wellbeing. Kathy also runs workshops for kids and parents).

"Huge Bag of Worries" by Virginia Ironside (good for children aged 5-9).

"The Amazing Adventures of Doug the Dragster" by Ivan Honey (for primary school kids).

"Lifetimes" Bryan Mellonie (good book about death for young children).

"Sometimes Life Sucks" Molly Carlisle (good book about death for teenagers).

"Tricky Kids" by Andrew Fuller (helpful tips for parents with children with tricky personalities).

"What To Do When Your Brain Gets Stuck" Dawn Huebner (self help book for kids with OCD).

"Children Are People Too" by Louise Porter (for parents to encourage kids to develop strong sense of self).

"Parenting for a Peaceful World" Robin Grille.

"Raising Real People; Creating a Resilient Family" Andrew Fuller

"The Resilience Donut - The Secret of Strong Kids" Lyn Worsley

Useful phone numbers

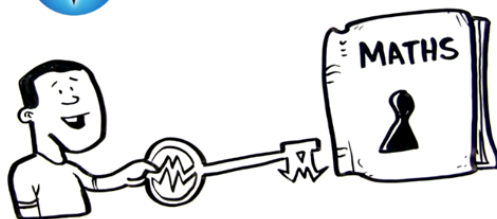
Parentline 24 hour support for parents : phone 1300 1300 32

The Family Relationship Advice Line : 1800 050 321

In it together (12-18 year olds, family support) : contact Bee White on (02) 66511788

Connect (free family counselling by Interrelate : phone 1300 654 269)

mathsonline.com.au



MathsOnline has generously made its site available to WHS students for only \$20 (instead of \$297) from now until February 2019. Find out more by clicking this link

<https://www.mathsonline.com.au/how-it-works>

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

INCLUSIVE SPORTS

Instead of attending their normal sport afternoon, students were given the opportunity to participate in three inclusive sports. Two of these sports were lead and coached by our very own students!! Here's what some of the student participants said...

Boccia with Riley Saban Year 9

"The thing I liked most was how fun it was to try and get the ball really close to the jack."

"What I learnt was how people who are limited by their disability can do certain things and can play very well. Riley was amazing!!!"

"What amazes me is how someone who would be described as "disabled" is better than any of us at playing the game."



Wheelchair Basketball with Jason and Robbie from Ability Links

"The thing I liked most was how hard it was, it really challenged me."

"What I learnt was you get upper body strength and blisters!!!"

"What amazes me is the speed that the wheelchair can go and how quickly they can turn."



Goalball with Angela Poultney Year 8

"The thing I liked most was that you had to rely on your other senses, primarily hearing."

"What I learnt was that you can only use your hearing."

"What amazes me is how difficult it was to locate the ball's position when you are used to being able to use the sense of sight."

EQUESTRIAN EVENTS—AMY MATTHEWS

Amy Matthews in Year 8, recently won the Pony Club NSW State Equitation Championships for the 13–15 year old age group on her horse, Freckles. This is a huge achievement as she was competing against over 180 other competitors from all over the state. The complex jumping course was judged on how well Amy interacted and controlled her horse as well as having to jump the course without knocking any fences down. Amy placed 1st, 2nd and 3rd in the show jumping classes at this event.

Amy won the show jumping in her age group at the Inter Schools Horse Extravaganza (ISHE) at Tamworth last year competing against students from both private and state schools from all over NSW. This year she will be attending again and also going to the Clarence Valley Inter Schools in Grafton.

Amy is a versatile horse rider who competes in many different equestrian disciplines on her two horses Freckles and Making News. To do this she has to dedicate several hours each day to their care and training. I would like to wish Amy all the best with her competitive riding this year and congratulate her on her fantastic results to date.

Christine Duver
Agricultural Teacher



2018 SPORT CARNIVAL DATES

SPORT	DATE	CARNIVAL	VENUE	TERM
ATHLETICS	Thur 9 Aug	NC Regional Athletics Carnival	Nambucca	3
	Wed 5 Sept to Fri 7 Sept	NSW CHS State Athletics Carnival	Homebush	3

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

Community Notices

Helping Learner Drivers Become Safer Drivers

Workshop Overview:

Parents and supervisors play a vital role in providing young drivers the experience they need to be safe on the roads. The Helping Learner Drivers Become Safer Drivers workshop has been developed to help them teach with confidence so they can help learner drivers be safe on the road. The free two hour workshop includes information about license conditions for Learner and P plate drivers, tips for using the learner driver log book and the importance of providing constructive feedback. The course also reinforces the important role families play in providing ongoing support for young motorists in their early years of driving. Courses will be held on:

Grafton October 29 : Coffs Harbour October 30 : Bellingen October 31

Contact Joblink Plus:

1800 374 834

(02) 6764 6623

drivertraining@joblinkplus.com.au

Foster love

Foster care and make a positive difference to a child's life.

As a foster carer, giving a child a caring environment can make all the difference to their life. If you've ever thought about becoming a foster carer, why not come along and discover what's involved at one of our upcoming information sessions.

Monday, 6 August, 12pm - 2pm
Uniting Church
21 Gordon Street, Coffs Harbour

Monday, 3 September, 6pm - 8pm
Uniting Family House
7 McLean Street, Coffs Harbour

With heart.

Book your place now.
For more information or to register
uniting.org/fostering or call
1800 864 846

Uniting

Coffs Harbour Skills 4 Life

Coffs Harbour Skills 4 Life

Term 3 2018

Tues 11 Sep  Healthy Lifestyle	Thurs 13 Sep  Budget (Living on a budget)	Tues 18 Sep  Computer Skills	Thurs 20 Sep  Healthy Lifestyle
Tues 25 Sep  Planning/Shopping for a BBQ	Thurs 27 Sep  Cooking BBQ		

Time: 4:00pm-6:00pm

Location: Suite 1, 169-171 Rose Avenue, Coffs Harbour

Out of pocket cost: \$90 per term (cash only)

NDIS cost: \$40.48 per session @ 1:3 support ratio. NDIS costs are based on the standard needs ratio. If you require a higher level of support, please contact us for a customised quote. Prices are based on the current price guide (as of 27/04/2018) and are subject to change.

What to bring: Please bring a drink to all sessions.

RSVP: Places are strictly limited. Please RSVP a minimum of two weeks before the start of term.

Cancellations: If you need to cancel your place once it has been confirmed, please contact Northcott on 1800 818 286. Please give at least 24 hours notice for any cancellations.

Confirmations: Confirmations for all activities will be sent out once the minimum numbers have been reached. We require a minimum of six participants for an activity to go ahead.

RSVP:

1800 818 286

northcott@northcott.com.au

northcott.com.au

The Northcott Society ACN: 000 022 971 ABN: 87 302 064 152



Term 3 2018

Northcott's 'Skills 4 Life' program empowers young people with disability aged 14 to 17 years with the skills to:

- Express an opinion, communicate and participate in discussions
- Contribute to decision making
- Work with and respect others
- Build confidence, independence and a healthy self esteem
- Identify personal strengths and weaknesses

Tues 31 July Introduction and program overview	Thurs 2 Aug  Goal Setting	Tues 7 Aug  Cooking, Planning and Shopping	Thurs 9 Aug  Cooking and Teamwork
Tues 14 Aug  Money Skills	Thurs 16 Aug  Time Management	Tues 21 Aug  Problem Solving	Thurs 23 Aug  Time Management
Tues 28 Aug  Travel and Shopping Planning	Thurs 30 Aug  Travel and Shopping (Father's Day)	Tues 4 Sep  Relationships	Thurs 6 Sep  Stress Management

Please see reverse for terms and conditions





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.



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



17 Lake Russell Drive
Emerald Beach

Please mention this ad when making your enquiry

Guarantee your place at Uni.

Keen to start a new career, or perhaps you didn't finish school, and think Uni is not an option? Think again!

Southern Cross University's award winning on-campus and online Preparing for Success Program can get you there. This 3-month short course **guarantees entry into a range of bachelor degrees** and is fully funded by the Australian Federal Government, which means no cost to you.

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.

Learn more
ourcourses.scu.edu.au
 or call **1800 626 481**

PAID ADVERTISING

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



Woolgoolga High School Silver Awards are generously sponsored by:

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.

