

Woolgoolga High School

Newsletter

Issue 18 · 22 November 2019



YOUTH LEADERSHIP DAY 2019

On Wednesday 6 November ten students from Woolgoolga High School travelled to Brisbane to attend the 2019 Youth Leadership Day Conference.

Speakers included John Coutis, motivational speaker; Lachie Smart, the youngest person to fly around the world; Erin Molan, TV Sports Reporter; and Bianca Chatfield, Australian Netballer.

Common themes brought up by the speakers were 'don't give up; just keep trying', 'write down your goals', seek to have perspective and that a good support network - family, friends - are important to ensure you are determined and grounded.

Throughout the day there were inspirational videos, team activities with the whole audience - 'right here, right now' and 'the hare vs the tortoise' - and chances to meet the speakers to talk to them and get photos. All in all, it was an amazing day and all the speakers were captivating and compassionate.

A huge thank you to (in no particular order) Mr Pursch, Ms Kelly Hines and Mr Wright for organising the excursion. It was a really valuable experience that wouldn't have been possible without your generosity and time spent planning it.

See the full article on page 7 of this newsletter.



Pictured L-R: Amy Decent, Mitchell Della, Lachie Bell, Jackson Berryman, Sophy Simson, Shannon Cave, Taryn McCarthy and Leila Cox-Simpson

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From the Principal's Desk

I would like to thank the local firefighters for protecting our community. Last week was an extremely stressful time for many. Our thoughts are with those that have lost so much due to the fires.

I would like to thank the local firefighters for protecting our community. Last week was an extremely stressful time for many. Our thoughts are with those that have lost so much due to the fires.

I believe that our communication with our community in declaring our school as non operational was effective. I came to the school in the morning to meet any students that may have missed the messages. No student arrived at school.

As per our bushfire plan, SMS text messages were sent to the primary carer. Please ensure your phone details are accurate on our school records. The school website is the prime source of information and this was added to with posts on Facebook. Thank you to all involved.

I would like to add, the Department of Education made effective decisive decisions that helped inform our community.

On Friday 22 November we are once again holding a fundraising day under the 'dress like a firefighter' theme. Please bring a gold coin to help our community.

Please note that due to the heavy smoke around the school over the past week we replaced outdoor sports activities and in fact stopped students going to our school farm. We need to keep our students safe. Please read the document in this newsletter from the Public Health Unit.

Our Year 12 Formal was an outstanding event. Thank you to Chris Hansen and her leadership team for putting together a great night. Best wishes to all of Year 12 as you move out into the world. You are prepared.

Woolgoolga High School develops quality leadership across the school. Our high level leaders were invited to attend the Halogen Leadership Conference in Brisbane. We have sent groups of students to this conference over the last few years and every participant has returned with a very new view on leadership and insight in how this may help our school and our students. Thanks to Mr Pursch and Kelly Hine for realising this event.

Madagascar, the musical will be held next week (details are on page 3 of this newsletter). I have seen the rehearsals – it will be an amazing musical and I encourage all in our community to attend.

Our school is participating in the Overwintering Project with the Coffs Harbour Regional Gallery. More information is included in this newsletter and I encourage you to watch this event. It has been an unusual and exciting project for the students involved.

Congratulations to our Year 9 photography students, Mikaila Watson, Skye Simson, Lacey Holmes and Gemma Ettles with their short film being selected in the Nextwave Youth Film competition.

Until next time
Guy Wright
Principal

COMING EVENTS

Wed 27 Nov	• Musical Madagascar to Primary School
Wed 27 Nov to Mon 2 Dec	• Musical Madagascar performances
Tue 3 Dec	• Year 6 Orientation Day
Mon 9 Dec to Fri 14 Dec	• Year 10 Work Experience
Wed 11 Dec to Fri 13 Dec	• Coastal Walk Excursion
Tue 17 Dec	• Annual Presentation Assembly • HSC Results
Fri 20 Dec	• Last Day Term 4
Sat 21 Dec to Mon 27 Jan	• School Holidays

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

Woolgoolga High School Presents ...

Tickets will go on sale from the school front office (66541500) on Monday 11 November and will need to be presented on the night. Tickets may also be purchased at the door on the night of the musical. No POP payments will be accepted.



Based on the Dream Works Animation Motion Picture

Book by: Kevin Del Aguila

Original music and lyrics by: George Noriega & Joel Someillan

Licensed exclusively by Music Theatre International (Australasia).

All performance materials supplied by Hal Leonard Australia.

Adults \$15

Child & Concession \$8

Family \$40

Seating is not numbered so
the early bird gets the worm!

Woolgoolga High School Hall

Thursday 28th November 2019

Friday 29th November 2019

Saturday 30th November 2019

Doors Open @ 6:30pm Show @ 7pm

Door Sales Welcome

**School canteen available
with refreshments**

THE OVERWINTERING PROJECT

The Overwintering project has been run at Woolgoolga High School in conjunction with the Coffs Harbour Art Gallery. Our school has had an artist in residence to assist our Year 9 Visual Arts students develop a Lino block to be printed by steam-roller on 30th November 2019. Please come along to watch and assist with the steam-roller printing or to our exhibition's opening night to support our students and their exhibition at the Coffs Harbour Art Gallery.



Roll up to watch Woolgoolga & Toormina High School students getting inky and making amazing shorebird prints for the Overwintering Project exhibition!

**SATURDAY 30
NOVEMBER 2019
8.30AM—12.00PM
CASTLE STREET
CARPARK,
COFFS HARBOUR**

More information and FREE tickets
www.coffsharbour.nsw.gov.au/gallery

Coffs Harbour Regional Gallery presents

STEAMROLLER PRINTMAKING THEATRE

Our students are participating in the Overwintering project in conjunction with the Coffs Harbour Art Gallery, by each doing a lino print based on the shorebirds. The lino will be printed on this day which have been worked on in Art classes over the last few weeks with our artists in residence from the gallery. Everyone is welcome to come along to this event and support our students.

EXHIBITION DATES
6 DECEMBER 2019
– 8 FEBRUARY 2020

This project is supported by Create NSW's Audience Development Fund, a devolved funding program administered by Museums & Galleries of NSW on behalf of the NSW Government.

The Overwintering Project
Mapping Sanctuary



**Museums
& Galleries
of NSW**



A multidisciplinary, environmental art project that brings together artists, local high school students, ecologists and birders to address environmental impacts on migratory shorebirds



Negin Mardock, In-arsuit 2018, linocut, stamping and monoprint

YOU ARE INVITED TO THE OPENING OF THE OVERWINTERING PROJECT COFFS HARBOUR

ON FRIDAY 6 DECEMBER 2019 6–8PM

ALL WELCOME, FREE ENTRY — BOOK ON OUR WEBSITE www.coffsharbour.nsw.gov.au/gallery

**COFFS
HARBOUR
REGIONAL
GALLERY**

COFFS HARBOUR REGIONAL GALLERY

OPEN TUESDAY–SATURDAY 10AM–4PM FREE ADMISSION

CNR COFF & DUKE STREETS \ COFFS HARBOUR ☎ 02 6648 4863 💻 coffsharbour.nsw.gov.au/gallery

📱 facebook.com/coffsharbourregionalgallery 📷 instagram.com/coffsharbourregionalgallery

Coffs Harbour Regional Gallery is a cultural facility of Coffs Harbour City Council



NEXTWAVE YOUTH FILM

Exciting news! Year 9 Photography students, Mikaila Watson, Skye Simson, Lacey Holmes and Gemma Ettles have had their short film selected for the finals in the Nextwave Youth Film competition.



Earlier in the year we were lucky enough to have the opportunity to participate in a film making workshop presented by the organisers of the Nextwave Youth Film initiative. It is the 5th annual youth film program (previously called REC Ya Shorts Youth Film Festival), which is host to Australia's largest regional youth short film competition, open to young creatives living outside all metropolitan areas. Young film makers across regional Australia aged between 10 and 25 years old had the opportunity to create short films ranging from a variety of genres. The theme this year was DISCOVERY. Along with film making prizes, all finalist's films will have their world premiere at the Screenwave International Film Festival (www.swiff.com.au) in Coffs Harbour in January 2020. Finalists' films will also screen at venues across Australia for Youth Week in 2020.

The girls worked collaboratively to create their film titled 'Muted'.

"It is a short film about the struggles of anxiety. We believe that the storyline of muted is one that many students can relate to. We made this film to help show people that you can overcome your anxieties and 'mute' them."



'Anxiety. Jessie's worst enemy. A life with never ending intrusive comments. Until now. Can Jessie overcome her anxiety and enjoy her life as a teenager or will she be stuck with her worst enemy for life.

A film by Mikaila Watson, Skye Simson, Lacey Holmes and Gemma Ettles.

YOUTH LEADERSHIP DAY



On Wednesday 6 November, all 10 of us left for Brisbane to attend the 2019 Youth Leadership Day Conference. The five hour bus ride was filled with discussions like how to work the Bluetooth System in the car while driving (Kelly helped us by pointing out the first line in the handbook 'cannot connect whilst driving' a good 15 minutes later). We stopped at Woodburn for a bite to eat and Taryn found a 1kg bag of 'Milkos' to excitedly bring home. We finally arrived in Brisbane, many sunset photos were taken through the bus window by Amy while Mr Pursch and Kelly attempted to actually find the YHA. We arrived at the YHA famished and ready to eat then play some Uno.

So, we did just that, had dinner at the shopping centre nearby (Barrack's), went to the 5th floor of the hotel to see the view (which was amazing) and then us students played Uno.

On Thursday we woke up bright and early to have some breakfast and then changed into our uniforms, cleaned the rooms and said goodbye to the lovely view and the loud train that passed every 15 minutes which took away from the view a bit. After a walk in the hot sun and a few pics of us sporting our school blazers, we arrived at the Brisbane Convention Centre for the YLD event. It kick-started with DJ Raf playing music and getting people to dance.

We listened to **John Coutis**, famous motivational speaker, first (who by the way remembered Woolgoolga High when Sophy and Taryn talked to him afterwards!) and he was immensely inspiring and emphasised getting out of your comfort zone, 'I can't control them but I can control me' and that writing out your goals is beneficial in giving you direction and purpose. He spoke about how his family and friends - Kenny - helped pull him through tough times and that through thinking 'someone has it worse' he was able to find the strength to continue, proving to doctors, bullies and others that he could do amazing things.

After the break, **Lachie Smart**, the youngest person to fly around the world, spoke amazingly about how he wanted to prove that young people can achieve whatever they put their minds to; to encourage your friends' dreams, even if they seem unachievable. He said important words about failure 'setbacks are the foundation to success' and 'challenge is an opportunity to learn'.

Erin Molan, TV Sports Reporter, spoke about rejection and how initial rejection shouldn't shut you down. She told us how she was rejected by TV stations a total of 88 times before she was finally accepted by one. Her sheer determination was also coupled with the ability to take feedback and criticism to better her efforts. She really emphasised taking criticism on and applying it to better yourself.

After Lunch, **Bianca Chatfield**, Australian Netballer, talked through an abundance of lessons she had learnt through her experiences as a professional netballer and appearing on 'The Block'. She made many important remarks: 'leading YOU first'; 'your mindset is what you choose to believe in' and that when the negative voice in your head becomes louder you should acknowledge it but not let it take over; 'equanimity' - being the calm in the storm; and; 'who's on your team?' - who are you surrounding yourself with and do they support you and provide positive energy. She also made a really important point that leaders are energy givers, that your happiness and enthusiasm can impact those around you.

A huge thank you to (in no particular order) Mr Pursch, Ms Kelly Hines and Mr Wright for organising the excursion. It was a really valuable experience that wouldn't have been possible without your generosity and time spent planning it.

Taryn McCarthy

PRIMARY SCHOOL VISITS THE SCHOOL FARM

Kindergarten students from Corindi and Sandy Beach primary schools have recently spent a morning at our school farm. Jason, the farm manager, and Year 10 Agricultural students assisted with their activities and worked hard to ensure all the visitors enjoyed their visit. The primary children were introduced to our Dorper sheep, enjoyed sitting on the school tractor and had the opportunity to see our rabbits and our layer chicken enterprise. Many students were also able to handle the week old chicks which we have for replacement layers. I very much hope this visit will inspire the younger students to find out more about where their food comes from and how it is produced.

Christine Duver
Agricultural Teacher



Salvo's Christmas Hamper Appeal for drought and bushfire survivors

Woolgoolga High School is once again supporting this great appeal with the Salvation Army.

Donations of non perishable food, toiletries, pet food, children's toys, books etc. will be collected during home group by student members of the SRC.

Thank you for your kind donations which are gratefully accepted.



North Coast Public Health Unit

Mid North Coast & Northern NSW Local Health Districts

Bushfire smoke

Advice for schools & child care centres

The North Coast Public Health Unit is advising people to take action to protect their health while bushfire smoke continues to affect air quality across the region.

Fine smoke particles are known to affect the human breathing system. The smaller or finer the particles, the deeper they go into the lungs. Bushfire smoke can affect all people and generally causes mild irritation such as itchy or burning eyes, coughing and a runny nose. These symptoms generally disappear in usually healthy people once the smoke disappears.

If your staff members or students have existing heart conditions or lung conditions such as chronic bronchitis, emphysema or asthma, it is important that they have their medications handy at all times. Symptoms can occur for several days after this smoke is inhaled, so anyone with the above conditions needs to be vigilant with their treatment programs.

It is very important to seek immediate medical assistance if staff or students do not respond to their usual medications. In case of emergency always remember to dial triple zero.

The following precautions may help to minimise the adverse effects of the smoke:

If students have prescribed medications, the medications should be kept near to them.

During visibly smoky days, it is better for children and staff to stay indoors. Close all windows and doors, and if needed, use an air conditioner set on the recycle air setting.

Avoid student participation in vigorous activities and try to avoid these activities completely when it is visibly smoky, especially children with asthma, lung conditions or heart conditions.

Consider postponing outdoor events such as athletic carnivals or sports days when it is visibly smoky.

General information about air quality, health and bushfire smoke can be found on the following NSW Health links:

Maintaining health during bushfires

https://www.health.nsw.gov.au/emergency_preparedness/weather/Pages/Bushfire.aspx

Bushfire smoke factsheet

<https://www.health.nsw.gov.au/environment/factsheets/Pages/bushfire-smoke.aspx>

For more information, please phone the North Coast Public Health Unit on 1300 066 055.

Greg Bell
Acting Director Public Health

19 November 2019

Advice for Year 12 and other students who leave NSW public schools

While a student is enrolled in a NSW Public School, they are allocated user credentials that provide them with access to email, student portal, Google G Suite and Microsoft Office 365.

But what happens when they leave?

Students need to be informed that from the date they leave a NSW Public School

They have 180 days before they lose access to:

- Their school email account (GMail)
- Their Google Drive contents
- Any Google Classrooms they were joined to
- Their Microsoft OneDrive contents

2020 SPORT CARNIVAL DATES

	SWIMMING	CROSS COUNTRY	ATHLETICS
WHS	Wed 5/2/20 Whole school Woolgoolga Wed 12/2/20 Competitors only Woolgoolga	Thu 9/4/20 Woolgoolga	Wed 6/5/20 & Fri 8/5/20 Woolgoolga
MNC	Mon 24/2/20 Grafton	Fri 15/5/20 (TBC) Nana Glen	Thurs 18/6/20 Coffs Harbour
NC	Tue 3/3/20 Coffs Harbour	Fri 12/6/20 Lismore	Thurs 6/8/20 Kingscliff
NSW	Wed–Fri, 1–3/4/20 Homebush	Fri 24/7/20 Eastern Creek	Wed–Fri, 2–4/9/20 Homebush

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

Community Notices



DSA
MID NORTH COAST

DISABLED SURFERS ASSOC.
MID NORTH COAST BRANCH

Let's go SURFING!

SAT 26 OCT 2019
JETTY BEACH, COFFS HARBOUR

SAT 23 NOV 2019
MAIN BEACH, WOOLGOOLGA

SAT 4 JAN 2020
JETTY BEACH, COFFS HARBOUR

SAT 1 FEB 2020
MAIN BEACH, WOOLGOOLGA

Register on the day from 8am.
Surfing from 9am til 12noon.
Free BBQ lunch and presentation to follow.
We need plenty of volunteers so please spread the word...
Stay in touch via our Facebook page, or
www.disabledsurfers.org/nsw/mid-north-coast-branch

SURFERS helping **SURFERS**

MID NORTH COAST DSA
DISABLED SURFERS ASSOCIATION OF AUSTRALIA

NSW
THE HONOURABLE MINISTER FOR EDUCATION
AND TRAINING

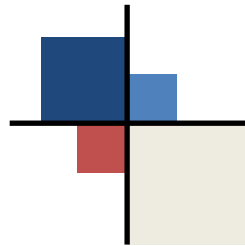
Parent Online Payment (POP)

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.

To make a payment click on the link and go the "Make a Payment" tab: <http://www.woolgoolga-h.schools.nsw.edu.au/>

We hope 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.



WOOPI HIGH CANTEN

fresh food daily

Volunteering in the canteen is a great way to give back and the students always love seeing their family members helping out. We are flexible with days and hours as any help is always appreciated. Ring the school on 6654 1500 to speak to one of the canteen team.

To view the menu and price list click [here](#)