

Woolgoolga High School

Newsletter

Issue 15 · 27 September 2019



A showcase of MUSIC, ART, DRAMA and DANCE

Woolgoolga High School was again delighted to present our students' many talents at our new **MADD** night this week. We showcased a wide variety of HSC projects from Industrial Arts Wood and Multimedia, Textiles and Visual Arts departments.

On stage, there was a great variety of student performances, including many HSC students' major works. The standard of both works and performances were second to none and a real credit to our students.

There were outstanding Dance troupes who were welcomed by the audience with excitement and suspense, the Drama performances were confident and made us question some social issues and the Music performances introduced our new brass band who supported our wonderful singers. There were rock bands and solos, and even a few teachers joined in the fun with a teacher and student rendition of Silver Chairs song 'Freak'. These were all supported by a great team of sound and lighting students who made sure the performers were well lit and the sound echoed through the hall.

A big thank you to our Canteen for feeding the masses, we appreciate your support. We congratulate all the students who made this very successful night a huge success and thank our amazing staff who make it all possible.



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From the Principal's Desk

Well done to all who participated in the MADD night and well done to our music, drama, art, textiles, woodwork, dance, multimedia students and staff.

Congratulations to Sam Moriz of Year 8 who recently represented NSW in New Zealand in the Under 15 Trans-Tasman Squash Challenge.

It was a highlight of last week to accompany our Gumbaynggirr children to the Red Cross Northern NSW Zone Conference. Our school leaders also attended in the afternoon to lead discussions on youth involvement in volunteering. Well done! Thanks to Megan Hart for taking the leaders to this event.

The MADD night (Music, Art, Dance, Drama and TAS) last Tuesday night showcased major works and outstanding live performances by many of our talented students. The list of exceptional students and indeed staff who participated, was the who's who in school entertainment. Our big band performance for me was unforgettable as well as the exceptional drumming group with Alidad and friends. Well done to all who participated and well done to our music, drama, art, textiles, woodwork, dance, multimedia students and staff.

Getting Out There Day, with the support of Woolgoolga Rotary, once again was a complete success. It is so important to prepare our leavers for their future. The presenters were very informative. Please read the program outlines and acknowledgements later in the newsletter.

Riley Saban has gained another award. He is such an exceptional young man and all of Woolgoolga High School is proud of his achievements. This week in Sydney, he was presented with a Third Sector Award which celebrates the best not for profit practice around Australia. Riley was presented with the Young Leader of the Year Award. Following is an outline of his award:

Riley Saban is a Year 10 student at Woolgoolga High School. In his short life he has:

- Been a technology researcher for Psykinetic – a Social Business that creates inclusive and empowering technologies for people with disability.
- Starred in a documentary in 2016 called *Becoming Superhuman*, on the ABC's Catalyst program. Dr Jordan Nguyen, a biomedical engineer who founded Psykinetic, used cutting-edge technology to create a buggy Riley could drive himself.
- Run regular free Assistive Technology Workshops to pass on his knowledge about eye gaze and switch options to people with disabilities.
- Co-founded Polyspine – which is a modular, wearable support system that allows people with disabilities to take part in various activities like swimming, and
- Participated in a four-month disability technology start-up program called *Remarkable*, alongside his dad Clint for Polyspine.

Technology, and a very strong will, allows Riley to achieve his goals. He loves the idea of creating technology and giving people like him the tools to be who they want to be.

His plan is to become an Entrepreneur when he finishes high school. His destiny is to lead people with disabilities to an inclusive society, so they can achieve all their dreams and goals successfully

Until next time
Guy Wright
Principal



COMING EVENTS

Fri 27 Sept	<ul style="list-style-type: none"> • Year 12 Presentation Assembly • Last Day Term 3
Mon 14 Oct	<ul style="list-style-type: none"> • Whole School returns Term 4
Thurs 17 Oct to Mon 11 Nov	<ul style="list-style-type: none"> • Higher School Certificate Exams
Fri 25 Oct	<ul style="list-style-type: none"> • Vaccinations
Thurs 21 Nov	<ul style="list-style-type: none"> • Year 10 Police Talks/road safety and parties
Wed 27 Nov	<ul style="list-style-type: none"> • Musical Madagascar to Primary School
Thurs 28 Nov to Mon 2 Dec	<ul style="list-style-type: none"> • Musical Madagascar performances
Tue 3 Dec	<ul style="list-style-type: none"> • Year 6 Orientation Day
Mon 9 Dec to Fri 14 Dec	<ul style="list-style-type: none"> • Year 10 Work Experience
Wed 11 Dec to Fri 13 Dec	<ul style="list-style-type: none"> • Coastal Walk Excursion
Tue 17 Dec	<ul style="list-style-type: none"> • Annual Presentation Assembly • HSC Results
Fri 20 Dec	<ul style="list-style-type: none"> • Last Day Term 4
Sat 21 Dec to Mon 27 Jan	<ul style="list-style-type: none"> • School Holidays

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

School Vaccination Program

- Year 7—Gardasil (HPV Dose 2)
- All year 10 students – Meningococcal ACWY vaccine as a single dose.

Parent Information Kits that include an Information sheet, consent form and privacy statement are available from the Wellbeing faculty.



..more MADD
pictures on page
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GETTING OUT THERE DAY



This day is a dedicated conference aimed at equipping Year 12 students to make a successful transition to life beyond school.

On Friday 20 September, Year 12 attended 'Getting Out There Day' at Woolgoolga CeX Club. This day is a dedicated conference aimed at equipping Year 12 students to make a successful transition to life beyond school. The Getting Out There Day has become a traditional part of the Year 12 students' wellbeing program at Woolgoolga High School and it is an event that we are proud to say has been held every year for the last 23 years.

Since 1996 Woolgoolga Rotary club has sponsored the Getting Out There Day. Without their support, we would not be able to offer this conference to our graduating class of Year 12. The day consisted of four workshops, each with a different focus.

The Year 12 students were very positive about the day and acknowledged the relevance of each session.

Special thanks must go to Woolgoolga Rotary Club, the CeX group of clubs for waiving the hire fee costs for use of the club's facilities, Woolworths Woolgoolga for their generous donation of morning tea, Gary Maher from Headspace, Cheryl Midavaine from Woolgoolga Real Estate and Mrs Megan Hart for organising the day.



GETTING OUT THERE DAY



Senior Constable Snow gave a cautionary talk about safe and responsible behaviour in licenced premises, drink spiking, drugs and the law and the prevalence of domestic violence.

Our head teacher of PDHPE, Ms Kath Bear, in conjunction with Gary Maher, from Headspace, run a healthy lifestyles workshop with a focus on maintaining good mental and physical health and general tips for personal wellbeing.

Cheryl Midavaine from Woolgoolga Real Estate once again advised our Year 12 students about moving away from home, share accommodation, signing a lease and the legalities and rights of renting a property.

Mrs Jo Rees assisted by Mrs Stockton, gave an entertaining hands on demonstration of cheap and healthy eating on a budget.

Students and staff then enjoyed a bistro lunch at the club.

DEBATING



Rianna Binning, Emma Williams, Leevon Young and Erica Sharp performed exceptionally well in their final debate for the year, and their proactive approach to all training sessions is evident in the incredible growth each showed in this debate.

This squad will do great things in the next Premiere's Debating Challenge – until next year!

On Tuesday 17 September, Woolgoolga High Team B participated in a bonus round debate against Coffs High Team A. Having won three of the zone debates, both teams were competing to decide who would be the zone winner and progress through to the regional rounds.

The teams debated whether unhealthy advertising should be banned at sporting events and Woolgoolga Team B were made the affirmative. While they constructed an impressive model and put forward some fantastic arguments and rebuttals, Coffs High ended up with a win.

WOOLGOOLGA HIGH SCHOOL'S KINDEST

Congratulations to Ellie Watson and James Nicol, the winners of the 'kind is cool' competition. Ellie and James were nominated by their fellow students as being exceptionally kind people.



Rianna Binning and Gemma Barnes nominated Ellie saying she was an authentic compassionate and considerate person who has a genuine interest in people that makes them feel important.

Cypress Marshall said James was a kind, trustworthy and respectful friend who always helps you out when you're down.

The winners and the students who nominated them all receive a hoodie from kindiscool.com who generously sponsored the competition.

James' and Ellie's kindness is an asset and an inspiration at Woolgoolga High School. Congratulations and thank you to you both.

INTERNATIONAL PERSPECTIVES WITH GLENN MILES



Congratulations to Beau Robinson, Ivy Francis, Sangam Singh and Sheldon Koopmans (*pictured left to right*) Woolgoolga High School's new school captains. Massive thanks to Alex Rook, Kaleb Darbin, Lucy Schulz and Sevak Clair for their contributions as captains, including their assistance for preparing the ground for the school captains of 2020.

After the announcement of the incoming captains, they were quickly given an opportunity to attend their first event... the very next day! This was a talk given by Glenn Miles on international perspectives. It was an eye opening experience into diplomatic relationships and the work opportunities in an international context.

The stories of differences between cultures, including war, conflict, refugees and society were fascinating. It may take years for a person to become a qualified electrician in Australia; however, in Egypt there isn't a formal qualification and if you haven't been killed on the job in the first four years you are considered experienced and the method of checking for gas leaks as a plumber is to use a lighter. People fighting was not based on cultural or religious differences rather more as a business proposal for the group that paid them the most money.

It was an excellent experience for the students to network and communicate with members of the community about international issues.



GIRLS' GET ACTIVE DAY

Sports NSW recently hosted their annual initiative Girls Get Active Day at PCYC Coffs Harbour. This is an opportunity to increase and promote female participation in sport. The day started with a panel of elite female athletes followed by six rotations through hockey, NRL (tag football), AFL, tennis, basketball and cricket accommodating a range of abilities and skill levels.



The girls thoroughly enjoyed the day. Thanks to Miss Mac and Erica for coming along on the day as well as Mrs Chivers for assisting with organisation.

Mrs Claire O'Halloran
Girls Advisor

FROM THE PD/H/PE DEPARTMENT



On Monday 16 September PASS students in Years 9 and 10 participated in the Olympics Unleashed program. Matthew Gray, an Australian Olympic athlete came to inspire and motivate students ahead of Tokyo 2020 and beyond.

The Olympics Unleashed program is supported by the Australia Olympic Committee (AOC) and the NSW Government and takes Olympians and NSWIS Athletes into New South Wales schools. It focuses on the Olympic Spirit and encourages students to follow their Olympic athlete. Matthew Gray's sport is Archery. Matthew shared his personal journey to becoming an Olympic athlete, a dream he had from the age of 7. Matthew encouraged and inspired students to be the best they can.

On 12 September our School celebrated two significant events :

National HPE Day and RUOK? Day

These are nationwide initiatives which highlight the importance of both Mental Wellness and HPE in the Australian and NSW Curriculum, and their influence on the learning and development of young people.

Students participated in a range of activities such as table tennis and volleyball during the day. They were encouraged to bring a friend and enjoy the activities on offer.

As well as this opportunity, sporting equipment is available every day at every break time to borrow from the PE staffroom for use in the playground. We currently have many active students enjoying this opportunity to move every day and always welcome more students to participate actively.

THIRSTY? CHOOSE WATER

Behavioural Interventions and Water Stations in Regional Secondary Schools

Our school has agreed to participate in a research study which is exploring ways to promote and increase water consumption and decrease sugar sweetened beverage consumption in Year 7 students.

We know that childhood overweight and obesity is a significant problem and has negative health effects on children both in the short and long-term. We also know that consuming sugary drinks such as soft drink, sports drinks, energy drinks and juices contributes to this. Therefore, this is an important study to determine how we can encourage children to drink more water.

We will be inviting all Year 7 students to participate in a survey. This will allow us to determine which factors are most important in promoting water as a preferred drink. The surveys will be completed in your child's PDHPE class time and will take about 10 minutes.

YEAR 10 SNOW EXCURSION



Three days of catching the ski tube to the slopes at Perisher-Blue Cow, two hours of lessons per day and we were shreddin' the slopes in no time.

September 9 to 13 saw nearly 50 Year 10 students attend the snow excursion. Twelve hours on the bus and the students were beginning to think we had made up the whole idea that we were going to see snow, until we finally saw it on the mountains in the distance and then the excitement overcame many.

Upon arrival to Jindabyne Sport and Rec centre, our home for the week, we experienced the joy of seeing snow fall, a first for many.

There were lots of sore tail bones, laughs, crashes and stories to be told come the end of three days carvin' it up on the slopes on either a snow board or skis.

Thanks to the students and the fabulous supervisors – Mr Chadwick, Mr Woods, Mr Henderson, Miss MacIntosh, and Miss Hancock who assisted in making this excursion one to remember for all. More photos/videos will be available soon on the school's Facebook page.

Miss Spillett

RED CROSS NORTHERN NSW ZONE CONFERENCE



The program included 5 break-out sessions. One of the topics was on youth engagement : 'how do we encourage involvement by youth to volunteer?' This discussion was led by Year 11 students.

SQUASH NEWS

Congratulations to Sam Moriz (Year 8) who travelled to Tauranga, New Zealand to represent NSW in the under 15 team at the Trans-Tasman Squash Interchange. What a fantastic experience to play in an international squash tournament at the age of only 13 years old.



Congratulations Year 12 Music students!

Congratulations to our Year 12 music students who completed their performance and viva voces on Tuesday 17 September. So many months of hard work and so much to be proud of in the excellent performances they gave.

Special thanks to Mr Dominey, Mr Sweed, Ryan Humphreys and the school band for their excellent accompaniments and generous support. You made all the difference for our students.



The TAS department is growing herbs and flowers. If anyone would like to donate any garden items from the current Woolworths 'Discovery Garden' promotion, please drop off to the office or home science staffroom. Thank you.



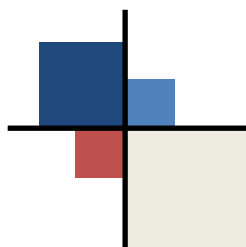
Parent Online Payment (POP)

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 CANTEEN

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](#)