

Woolgoolga High School



Newsletter

Issue 4 · 20 March 2020

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts

health.nsw.gov.au/coronavirus

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From the Principal's Desk

Daily Coronavirus (COVID-19) update with Secretary Mark Scott

Secretary Mark Scott explains our school operations during COVID-19 and provides an update on social distancing and learning from home.

Follow the department's social channels and website for daily updates: <https://education.nsw.gov.au/coronavirus>

Dear Parents and Carers,

Woolgoolga High School has implemented a number of changes to reduce risks for students, staff and our community in response to the COVID 19 (Coronavirus) situation.

- Our regular assemblies and staff meetings have been cancelled for the rest of term. This includes year meetings.
- There will be no excursions outside our local area.
- This Friday's Harmony Day activities including the colour run have been postponed.
- Our Cross Country carnival on April 9th has been postponed.
- At present sport will run as usual.
- The Science and Engineering Challenge has been postponed.
- All representative sport has been postponed.
- We have discussed with students the importance of good hygiene practices including using the soap provided in the toilets and washing hands for 20 seconds. Inform a DP if there is no soap. Coughing or sneezing into your elbow or a tissue and disposing of the tissue.
- Don't share food, drinks, earbuds or phones.
- If your child is unwell, please keep them at home. Please notify the school immediately if there is a COVID 19 diagnosis.

We are following the advice from NSW Health regarding the requirements around self-isolation including travellers who have returned to Australia this week and close contacts with suspected cases.

This situation is constantly changing and we are acting on the advice as we receive it. We will endeavour to keep you up to date.

THANK YOU FOR YOUR UNDERSTANDING

Until next time
Guy Wright
Principal

COMING EVENTS

Wed 1—3 Apr	• State Swimming (cancelled)
Mon 7 April	• 2020 Coffs Coast Science and Engineering Challenge (postponed)
Thur 9 April	• WHS Cross Country Carnival (TBA)
Thur 9 April	• Last day Term 1
Fri 10 April	• Good Friday
Mon 27 April	• Staff Development Day
Tue 28 April	• Students return for Term 2

Until further notice the Academic Achievement Centre at Woolgoolga High will not be operating.

WHITE CARD COURSE

Tuesday 5 May 2020
at Woolgoolga High School

Cost: \$110. Paperwork needs to be completed before payment can be accepted. Submit 100 points of ID including photo ID.

See Mr Rutledge in the Library/Careers office for more information.

Course is limited to 20 students.

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

CANTEEN

The P & C and canteen team is looking for Easter egg donations for our Easter raffle. Last year we had over 25 gift prizes to raffle which was great but let's see if we can beat that... When you bring in chocolate goodies you will go into a separate draw for a prize. Raffle tickets & raffle ticket books will be available by the end of the week. PLEASE support this raffle as the P & C is trying to raise funds for an electronic notice board.

Thank you

HARMONY DAY

Activities have been postponed.

Year 12 Coffee Fundraiser

Do you enjoy a coffee in the morning? Would you like to support Year 12 fundraising? Now you can do both! The Year 12 Prefect group would like to offer this exciting fundraising opportunity...

Main Ridge Coffee Roasters are supplying delicious blends of coffee for you to purchase that will also help fundraising at Woolgoolga High School. 250g bags are available for \$15. Order forms have payment instructions and are available from Mr Pursch or the Year 12 Prefects during home group in the Library. You can choose a coffee blend and also your preference for beans or ground coffee.



www.health.nsw.gov.au

Practice simple hygiene by washing hands regularly



1 Wet hands



2 Apply soap



3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend 20 seconds washing your hands.

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Cough etiquette

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.



Health

RYDA—Rotary Youth Driver Awareness



One person dies on Australian roads every day. Here on the North Coast of NSW, we have one of the highest incident rates of road carnage in the nation. Because of this, Road Safety Education and Rotary have partnered to implement the Rotary Youth Driver Awareness Day. This informative, practical and powerful program equips Year 11 students each year with the knowledge to stay safe on the roads. This year 85 students completed the course.

It includes talk by crash survivors, Police safety talks, safe braking techniques by a professional driving instructor, a seminar from the perspective of a crash victim's family (Genevieve's Story) and hazard and distraction awareness.

RYDA was conducted on 12 March, with the assistance of presenters and Rotary volunteers and the organisation from David Fayle (Rotary) and Mrs Hart (Woolgoolga High School). It has been a successful program conducted over the last decade and saved, potentially, countless lives.



Thanks and appreciation goes out to all presenters and organisers for this very worthwhile event.

YEAR 10 TEXTILES



Year 10 Textiles have finished making their first project. They constructed a sewing caddy out of fabrics with Australian designs. This first project introduced the girls to basic sewing skills such as cutting fabrics, reading instructions and the use of the sewing machine. It also enabled them to learn the skill of hand slip stitching. Instead of a plastic bag the girls can use this project to store their pins, needles, embroidery scissors and tape measure. The students are now beginning construction of their hoodie out of a stretch fabric for winter.



ROTARY AUCTION



Well done to the Year 12 who recently assisted Woolgoolga Red Cross at the March Rotary auction. This has given the Red Cross the opportunity to further support the Woolgoolga community with its worthwhile programs.

Thank you to Mr Pursch for his help and Mrs Hart for coordinating the Year 12 students.

INTERNATIONAL WOMEN'S DAY



On Friday 6 March, our School Captains and some selected SRC students attended the Annual Coffs Harbour celebration breakfast to mark International Women's Day. Students were accompanied by Deputy, Mrs Nickell and Supervisor of Female Students, Claire O'Halloran.

The morning acknowledged the work of women within our community as well as the inspiring journey of the keynote speaker Mariam Issa, who spoke about her achievements in her time as a refugee to now a Speaking, Author, Story-teller and Community Builder.

What is International Women's Day?

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.



Maths Riddle



You are on a game show and you have a chance to win a car. There are three doors. Two contain goats while the one contains a car. You choose a door and the host opens up another door to reveal a goat (the host knows where the car is). After he shows you a goat, he gives you one last chance to change what door you want to select. Should you stick with the door you picked or switch your door?

Please put your answer, with your full name, in the blue box outside the Math staff room, for your chance to win a \$5 canteen voucher.

The answer to last fortnight's riddle is:

From left to right: Ace of Diamonds, King of Hearts, Two of Spades



Premiers Reading Challenge 2020 has commenced

Years 7-9 please commence the placement of Premiers Reading Challenge (PRC) and own choice texts on the PRC 2020 site. Any books read from 2 September 2019 count towards PRC 2020 items. If you're unsure how to do this please come and see Mrs Hart in the Library asap. All PRC (and other text) borrowing also receives a Woopi ticket to go into the weekly and end of semester draw.

Students who successfully completed PRC in 2019, your Principal's Morning Tea will be happening soon! Those who read succeed!



Woolgoolga HS community please support the **REBEL Sports Community Kickbacks for Schools** program by nominating WHS as your school of choice when making your sporting purchases this season. These "points" go towards purchases to support our school sports and wellbeing programs.

WHS CLOTHING POOL

School uniforms, sports shorts and junior polo shirts in good condition and which are no longer needed, will be gratefully accepted at the front office to replenish our stock in the clothing pool.



Please donate new, unopened, toiletry items in the pink bins in the Home Ec foyer.

Community and Family Studies (CAFS) students have many bags to fill and require toiletry items for women and children who are experiencing homelessness.

This round of donations will be during March.

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 panadol, nurofen, condoms and throat lozenges.

SWIMMING

North Coast Regional Carnival

Congratulations to the 23 students who competed at the North Coast regional swimming carnival at Coffs Harbour. All students swam well, and must be commended for their team effort and sportsmanship.

Thank you to Mr Morgan and Mr Chadwick who demonstrated their expertise as timekeepers all day and Mrs Hyder who was the Mid North Coast team manager.

Also thanks to all the parents and care givers for their transportation and support on the day, Mrs Wells for her wonderful photos and Ms Hodder for her brilliant organising skills of the Woopi relay teams.



*Pictured Above: George Wells in Medley relay
Below L-R: Relay teams—15 years girls, open boys' medley, 17+ years boys, 17+ years girls*





Opens Combined High School Basketball

Congratulations to the following students for their effort in the competition held on Thursday 5 March at Sportz Central Stadium.

Back Row: Zachary Welch, Arley Thorp, Levi Davison, Jalen Fitzgerald, Conan Brisley and Phoenix Keating.
 Front Row: Ned McLeod, Taiga Harada, Ethan Pursch, Jackson Berryman, Callum Roworth.

They played two competitive games with narrow margins in the overall scores. Congratulations to Conan Brisley for his selection into the MNC zone team.

Rugby League

Congratulations to the following students who have been selected in Southern North Coast regional rugby league teams.

Under 15's: Seth Tolhurst (Year 8) , Kade Levingston (Year 10)
 Opens: (Year 12) - Conan Brisley, Brock Parker, Emanuel Sutton *pictured*.

These boys will now play the northern North Coast regional team next week in the quest to be chosen in the North Coast rugby league team. Well done boys and good luck!



Rugby Union

Congratulations Phoenix Keating of Year 11 who has been selected in the North Coast regional rugby union team. Phoenix will travel to Kiama next term to play against the best public school boy rugby union players at the NSWCHS rugby union carnival. Well done Phoenix and good luck!

2020 SPORT CARNIVAL DATES

Event	WHS	MNC	NC	NSW
Swimming	Completed	Completed	Completed	Wed-Fri 1-3/4/20 Homebush
Cross Country	Thur 9/4/20 Woolgoolga	Fri 15/5/20 Nana Glen	Fri 12/6/20 Lismore	Fri 24/7/20 Eastern Creek
Athletics	Wed 6/5/20 & Fri 8/5/20 Woolgoolga	Thurs 18/6/20 Coffs Harbour	Thurs 6/8/20 Kingscliff	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.




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

Monster auction held at the Rotary compound and shed **behind the Woolgoolga CWA building** (beside the Diggers RSL club) on the first Saturday of every month (except January).

A significant portion of the funds raised goes to **supporting programs for local school students.**

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)



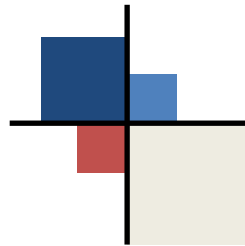
Parent Online Payment (POP)

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](#)