

Woolgoolga High School

Newsletter

Issue 16 · 23 October 2020



YEAR 7 INDIGENOUS BOYS DIDGERIDOO PROGRAM

This term Woolgoolga High will be running a Year 7 Indigenous boys didgeridoo program conducted by Kristian Benton. Kristian has been running workshops in the area for many years, having travelled the world playing didgeridoo and also making and selling his didgeridoos.



In the program our 15 Indigenous Year 7 boys will make a didgeridoo from scratch, learning cultural knowledge and techniques while doing so. This week they learnt how to clear out debris from the ant nests after receiving their raw didgeridoos. Each week the boys will be taught how to strip down their didgeridoos, individually design and decorate them and learn how to play them. The boys are very excited to make their own didgeridoo that they will get to keep and take home, where they can continue to practice the skills they have learned during the program, perfecting their playing. This is a wonderful cultural program, teaching the boys about traditional practice, respect and provide them with male mentoring, while nurturing their connection to culture and identity.

More photos on page 6.

INSIDE THIS ISSUE

From the Principal	P.2
Coming events	P.3
Elevate Education	P.3
Tomorrow Man	P.4
Year 9 and 10 Textiles Masks	P.5
Didgeridoo Program	P.6
Careers	P.7-9
Cancer Institute	P.10-11
Community	P.12



From the Principal's Desk

Students are still not permitted to drink from bubblers. Please encourage your child to bring a water bottle to school which can be refilled.

Welcome back to Term 4. We have had a great start to the term. The HSC exams started on Tuesday and I wish our students all the best. Mr Andrew Wilkie retired from teaching last term. He was a dedicated teacher for more than 30 years and we thank him for his caring support of students at Woolgoolga High School. I would like to welcome Mr Ashley West who has been permanently appointed to our HSIE faculty. He comes all the way from Tullibigeal Central School. He is already having a positive impact in our classrooms.

Year 11 have started their HSC courses. It is important to note that what they do in class this term will be in their exams this time next year, so it is time to knuckle down. We have many resources available in addition to our experienced teaching staff; ATOMI is a resource available to all HSC students and is something we will be introducing to our Year 11's in the coming weeks. We usually hold an information session for parents early in the year so we will plan around the COVID restrictions of the time to make sure you are informed.

The rules regarding COVID safety are regularly updated by the Department of Education and we keep our school website up-to-date. Good hygiene is still required and the extra cleaning has continued into this term. Note that **students are still not permitted to drink from bubblers.** Please encourage your child to bring a water bottle to school which can be refilled. This is becoming more important as the weather warms up.

Please remember that students are not to attend school if they are unwell. If a student has any COVID-19 symptoms, we request that they have a COVID test and inform the school. Students can return to school when the written proof of a negative result (eg text message) is provided to the school **and** the symptoms have cleared. Thank you to all the families who have followed these procedures.

The school calendar has changed slightly for 2021:

- There will be **TWO** Staff Development Days at the start of the year – 27 and 28 January
- **Students start Friday 29 January**
- Year 7, 11 and 12 return on Friday 29 January, Years 8, 9 and 10 return on Monday 1 February
- Term 2 and 3 Staff Development Days remain on the first day of term
- The last day for all students will be Thursday 16 December

Students start and finish one day later than usual, but the total number of days for staff and students remains the same. This change is expected to carry over into future years.

Lu Nickell
Relieving Principal

Upcoming Events

Tue 20 October to Wed 11 November	HSC Exams
Friday 13 November	Year 12 Graduation Assembly
Wednesday 18 November	Year 12 Formal
Thursday 19 November	Year 10 Police Talks
Monday 30 November to Friday 11 December	Year 10 Work Experience
Tuesday 1 December	Year 6 Orientation Day TBC
Tuesday 15 December	Annual Presentation Assembly

Year 12

Tips to stay healthy, stay active and keep connected during the HSC using our resources for studying, self-care and staying informed.

<https://education.nsw.gov.au/student-well.../stay-healthy-HSC...>

Attention: Parents of Year 11 (2021 HSC) students

Edrolo is here to support your child's studies. This is a trial for Term 4 only so we would love some feedback from parents and students.

Please click on the link to view a short video
edrolo.com.au/parents

Term 4 live parent webinars + Q&A with Elevate Education

We're excited to announce that parents of Woolgoolga High School have exclusive access to Elevate Education's Parent Webinar Series: **Empowering Parents to Reinforce Study Skills at Home.**

Topics Covered:

- **Wednesday 21 October – Independent Learning:** How to know that your child is focusing on the right kind of work that gets top marks.
- **Wednesday 4 November – Stress & Wellbeing:** Understanding your child's stress triggers, symptoms, and a toolkit for stabilising during tough periods.
- **Wednesday 18 November – Exam Preparation:** Developing a pre-exam roadmap with your child to maximise their chances of success and keep overwhelm at bay.
- **Wednesday 2 December – Technology:** Understanding the impact of technology on your child's habits and how to develop techniques for responsible device use.

Register here: <https://get.elevatecoaching.info/au/register>

Webinar Format: The webinar will run **online** from **6pm – 7pm**. The webinars are live, where the Presenter will share Elevate's key research and skills, plus answer questions so parents can get the specific tools they need.

To contact Elevate directly you can: Call 1300 667 945, Email auscoaching@elevateeducation.com or head to <https://au.elevateeducation.com>

TOMORROW MAN PROGRAM

Last week our Year 10 boys' cohort completed the second workshop in the Tomorrow Man program. What a profound impact these workshops have had on these boys! To see both the presenters, Josh and Matt, so quickly gain the trust and respect of young adolescent men was the key element in ensuring the success of both workshops.



In no time the boys undertook an emotional roller coaster ride whilst gaining deep insights into their own masculinity and that of other men in their lives. There are many wellbeing interventions offered to schools but the Tomorrow Man program stands out. It was insightful to see combinations of boys communicating on a deep and personal level for the first time. Many of these boys, despite being in the same year group for four years, have never ever experienced a real conversation with each other prior to the Tomorrow Man workshop.



The capacity for the Tomorrow Man program to positively impact on adolescent men was clearly obvious. The concept and principles of the first workshop were quickly recalled in the second workshop and consolidated as the boys showed a significant and positive shift in learning to trust one another and form stronger connections with each other.

A few of the boys bravely chose to share their personal stories and openly gave insights into their own experiences and the challenges they have faced both domestically and at school. These moments helped to generate both admiration and respect for their peers and the experience of the workshop will significantly impact on the overall wellbeing of the participants and our school as a whole.



Our school's Wellbeing team will be prioritising for the return of the Tomorrow Man team to Woolgoolga High for further workshops.



Maths Riddle

In a stable there are men and horses. In all, there are 22 heads and 72 feet.
How many men and how many horses are in the stable?

Remember to put your answer in the blue box outside the Maths staff room for your chance to win a \$5 canteen voucher!

Year 9 and 10 Textiles students had lessons in making masks



SMILE Chat Room 17

Drop in and meet your SMILE mentors

A safe place to come and chat life, school, relationships
or anything on your mind.





Year 7 Indigenous Boys Didgeridoo Program



CAREERS

JOB VACANCIES AND SCHOLARSHIPS

New **jobs** listed on the **Woolgoolga High School Careers webpage** this week include:

- Customer Service staff and Delivery Drivers at Riptide Pizzeria, Woolgoolga
- Electrical Apprenticeships with NECA for 2021
- Signwriting Apprenticeship with One Printing & Signage at Sapphire Beach
- A General Labourer position, and Bush Regeneration Labourers and Horticultural Labourers are being sought by Programmed, Coffs Harbour
- Administration Traineeship at Fuji Xerox Business Centre at Coffs Harbour
- Beauty Therapy Apprenticeship through HVTC North Coast at a Coffs Harbour Day Spa
- Indigenous Apprenticeships Program for Aboriginal and Torres Strait Islander students to start their career in the Australian Public Service

New **scholarships** on the Woolgoolga High School Careers webpage this week include:

- NIDA YouTube Scholarships for 2021 (students from an Aboriginal background, students with a disability, students from regional and remote areas, and students experiencing barriers to access are particularly encouraged to apply)
- \$1,000 Department of Communities and Justice (DCJ) Scholarships for 2021 for students either living in social housing, on the NSW Housing Register, receiving private rental assistance from DCJ, living in crisis/supported accommodation, or living in out-of-home care and studying Year 10, 11 or 12 at a NSW high school, completing a school-based apprenticeship/traineeship, or studying a VET subject at school in 2021.

Please visit the Woolgoolga High School Careers website to obtain further information about these new jobs and scholarships at <https://woolgoolgahighcareers.com/>.

SCHOOL LEAVERS TOOLKIT

The **School Leavers Information Kit** has been developed to help school leavers understand the education, training and career opportunities and pathways available in 2021.

Transitioning from school can sometimes be challenging, and COVID-19 has presented some additional challenges. The aim of this kit is to help support students in making decisions about the next steps after leaving school, and to equip them with resources to be better informed about education, training and work options.

The [National Career Institute's](#) (NCI) [School Leavers Information Kit](#) includes:

- Resources to support decision making about the right career and pathway for you to get there post-school;
- Information on work and education options such as university, vocational education and training (VET), apprenticeships, volunteering and community service;
- Tips and resources to help students update their resume and apply for jobs;

Resources outlining government funding support and subsidies available to them.

The NCI has also set up the **School Leavers Information Service**. This is a free support service to help students navigate the School Leavers Information Kit and the NCI's Your Career website, as well as an opportunity to engage in a personalised career guidance session with a qualified career practitioner for up to 45 minutes. Students can contact the service by phone on 1800 227 337 or by email at schoolleavers.nci@dese.gov.au.

You can visit the [School Leavers Information Kit](#) at www.YourCareer.gov.au/school-leavers-support



Education

Go.Forward

Educational Pathways Pilot Program



PARENTAL CONSENT FORM FOR STUDENT EVALUATION OF EPPP PROGRAM

Parents and carers of students participating in the school's Educational Pathways Pilot Program (EPPP) are being asked to complete a parental consent form for their child to evaluate the EPPP Program. The program is a NSW Department of Education led initiative to improve career pathways and future employment outcomes for young people. Our school is taking part in the program to test new ways of providing careers advice, and support young people in obtaining job-ready life skills.

The NSW Department of Education has developed 10 pilots for the program aimed at improving career development services, vocational education and training pathways, and future employment outcomes for young people. Researchers from Western Sydney University will evaluate these new pilots for the program. This year, the researchers will examine student experiences and their perceived value of the pilots. This will inform future improvement and expansion of the program. In the final two years (2021 and 2022) of the evaluation, the researchers will focus on understanding the impact of the program on students' knowledge, skills and confidence towards career planning and career choices. A total of 24 schools across South Western Sydney and the North Coast are participating in the EPPP Program.

Your child is invited to participate in a three-year evaluation of the Educational Pathways Pilot Programs. In order to capture your child's experience and perceived value of the pilots they will complete a short 7-minute response survey for each of the programs they participate in. Your child's answers to the short response survey questions will be used to improve the quality of the pilots. In addition to the short response surveys, next year your child will be invited to complete a 30-minute online survey in May and a follow-up survey in November. These surveys ask questions about how your child makes career decisions and their experience in training programs. Your child may also be invited to participate in a 40-minute peer focus group discussion towards the end of this year with 3 other students. Your child's evaluation of their experience of the EPPP will help improve the program for future years.

For information on the survey and to give permission/consent please scan the QR code or visit https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_2aUzPUKp198r4k5.



EPPP INFORMATION VIDEO

An additional careers information video for students and parents has been released on the NSW Government Education Pathways Pilot Program (EPPP) website.

The new EPPP information video is:

Women in Trade

In the video you will hear from the founders of Supporting and Linking Tradeswomen (SALT), and a young woman who went straight into a trade after school to learn on the job.

There's real wit and creativity in a trade, and these three women share their trade-creativity secrets to making a successful career in getting their hands dirty. Trade creativity can really pay off.

To access the new EPPP information video visit <https://education.nsw.gov.au/public-schools/career-and-study-pathways/educational-pathways-pilot-program/student-resources>.

Women in Trade info video

Duration - 5:44



EPPP Women in Trade

COMMONWEALTH SCHOLARSHIPS FOR YOUNG AUSTRALIANS

YEAR 12 students considering a Vocational Education and Training (VET) pathway next year have a great opportunity to apply for a scholarship.

The Vocational Education and Training (VET) program, under the Commonwealth Scholarship Program for Young Australians, will support around 400 young Australians with up to \$5000 a year to participate in a VET course.

To be eligible, you must meet the requirements; age 15-24, not in full-time employment (at the time of application), live in one of the 10 regional areas (Grafton - which includes down to Coffs Harbour), have/will apply for a VET qualification at the Cert III or Advanced Diploma level, and the course leads to an eligible occupation.

Eligible occupation areas include Sports and Recreation, Professionals and Scientists and Technical Services, Financial and Insurance Services, Arts and Recreation Services, Construction, and Health Care and Social Assistance (approved courses are listed on the website link below).

Scholarship priority is given to ex-defence force personnel or young people who are Indigenous, have a disability or are from culturally and linguistically diverse backgrounds.

Scholarship applications for Round 3 open on October 26 and close on December 4.

Visit the website for further information about the scholarships, and the eligible occupations for the scholarships at <http://www.busyatwork.com.au/scholarship-program-for-young-australians>.

For further information, see Mr Rutledge (Careers Adviser), Mr David Youman (EPPP - HT Careers) or Mr Pursch (Year Adviser) at Woolgoolga High School.



GAP YEAR RESOURCES

YEAR 12 students contemplating undertaking a gap year next year can now access new university and gap year resources online.

The resources include 10 video episodes designed to help students think through gap year and university decisions.

The 'Gap Year Guide' includes episodes on:

- 'What Can a Gap Year and Uni Give You?' to help students sort through what university and gap years offer
- 'Money Matters' to help students budget for university
- 'Getting Your Head Around Uni'
- 'Finding Your Vibe' to find out how to stay connected to home and get involved at university
- 'Tracking Your Progress Towards Your Gap Year Needs and Wants'
- 'Connecting with Community' to inspire gap year and university decisions
- 'Active Pathways to Uni and Gap Year' to make the most of your time before you start university
- 'Money Still Matters: Understanding Your Options' to build your financial confidence for gap year and university
- 'Imagining Gap Year and Uni Differently'
- 'Gap Year, Uni, and Change'

This new information resource has been created by the University of Sydney, along with the University of Canberra, University of Wollongong and the Country Education Foundation to help Year 12 students decide about gap years, and transition from a gap year to university or other further studies.

Year 12 students are also encouraged to complete a 7-minute survey about their post-high school plans at <https://bit.ly/GY12Survey>.

The resources can be accessed at <https://astar.tv/gapyear/>.

New free content is available on the website every month and can be received monthly via email subscription.



Cancer Institute NSW
cancer.nsw.gov.au/sun-school

Sun and UV at School

Factsheet

Skin cancer: the statistics

General

- Australia has one of the highest rates of skin cancer in the world.
- Two in three Australians are likely to be diagnosed with skin cancer by the age of 70.
- Overexposure to ultraviolet radiation (UV or UVR) causes about 95 per cent of melanoma skin cancers and 99 per cent of non-melanoma skin cancers in Australia. Skin cancer is highly preventable.

Australian youth

- High sun exposure in the first 10 years of life more than doubles melanoma risk.
- Painful sunburns before the age of 20 are associated with a 1.4 times increased risk of melanoma, 1.5 times increased risk of squamous cell carcinoma, and 1.6 times increased risk of certain basal cell carcinoma subtypes.
- Melanoma is the most common cancer affecting young Australians aged 15-24.
- Secondary school students (aged 12-17) have high rates of sunburn compared with the adult population.
- 43% of secondary school students in NSW were sunburnt twice or more in 2017.
- 26% of secondary school students in NSW believe that they have little chance of getting skin cancer.
- A tan is not healthy and does not protect the skin from UV radiation, yet 58% of secondary school students in NSW said they prefer a tan and 46% have tried to get a tan in the last year.
- Students aged 12-17 in NSW are more likely than any other age group to get sunburnt and are least likely to wear protective clothing, sunglasses, or a sun safe hat.
- Secondary school students spend more time in the sun than any other age group and are least likely to protect their skin.

Prevention

- Skin cancer is highly preventable.
- It is never too late to protect your skin from UV ultraviolet radiation (UV or UVR) and reduce your risk of skin cancer.
- The easiest way to protect yourself from UV is to Slip, Slop, Slap, Seek and Slide. Never rely on just one measure alone:
 - * Slip on sun/UVR protective clothing such as tops that cover the shoulders and chest, preferably with collars, covered necklines, and sleeves as well as longer style dresses and shorts. This also includes rash shirts and board shorts for swimming.
 - * Slop on sunscreen which is at least SPF 30+, broad spectrum and water resistant. Apply sunscreen 20 minutes before going out in the sun and reapply it every two hours.
 - * Slap on a sun/UVR safe hat which shades the face, neck, and ears such as a bucket, broad brimmed or legionnaire hat. Caps and visors are not recommended as they do not provide sufficient protection.



Cancer Institute NSW
cancer.nsw.gov.au/sun-school

- * Seek shade from trees, built structures or use portable shade like an umbrella, particularly in the middle of the day when the UV is highest.
- * Slide on sunglasses which meet the Australian Standard AS1067.

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Community Notices



THE UNIT is a Technology Club where high functioning kids on the Autism Spectrum can explore their technology interests at their own pace in a safe environment, with support from professional I.T. mentors.
(No diagnosis or referral required)

THE UNIT is not a classroom. THE UNIT provides a social venue where kids can blend in, be understood and not be judged.

2-Hour Sessions each Saturday.
New School of Arts, South Grafton.

For ages 9 to 17
phone or text: 0419 610 917
email: b.carnaby@bigpond.com
(NDIS and 'Creative Kids Voucher' friendly)