



# WOOLGOOLGA HIGH SCHOOL

## Newsletter

### WORLDS GREATEST SHAVE

Congratulations to the SRC and Mr Murtha for organising the Worlds Greatest Shave on Friday in the school hall. Woolgoolga HS was able to raise over \$3000. Money raised will help those suffering from Blood Cancer. Thank you to Kris and Grant for helping out during the break time on Friday to help make the event a huge success.



#### Contents

From the Principal	– Page 2
Coming Events	– Page 3
MNC Basketball	– Page 4
Yr 11 Ag Fieldtrip	– Page 5
YR 10 SMILE Program	– Page 6
Open Girls Netball	– Page 7
Rep Sports	– Page 8
NS Swimming	– Page 9
Careers	– Page 10-11
WHS Cross Country	– Page 12



## FROM THE PRINCIPAL'S DESK

This weekend is the NSW state election. Woolgoolga High School will be a polling booth again so our Year 12 students will be serving up the "democracy sausage". If you're out voting, please come and grab some food and a drink to help support our students' fundraising.

Wednesday 8th March was International Women's Day and the breakfast to celebrate the occasion was held at Coffs Harbour Racecourse. Our school captains and some prefects attended along with Mrs March, Ms Stockton and me. This is always a very positive occasion to celebrate the achievements of women but also to acknowledge the inequality that still exists in Australia and worldwide. Hearing about the achievements of the Coffs Harbour Woman of the Year finalists highlights that we have some amazing people in our community.



The following Wednesday our Hospitality students hosted an International Women's Day High Tea. They were able to showcase their culinary and service skills and I know that all staff who attended very much enjoyed the occasion.

You may have seen that the Buckley family, with Oliver here in Year 7, are in need of a vehicle to be able to transport his and his brother's wheelchairs. We have published a link to their Go Fund Me campaign on our Facebook page. We will also be having a fundraiser of our own on Friday 31st March, a green-themed mufti day with other fun activities. Green is the official colour for muscular dystrophy awareness. Please bring some spare change and support this important cause, but remember that mufti clothing needs to be appropriate for school.

We have been advised by our Director, Educational Leadership that whole days of remote learning are not compliant with Department of Education guidelines regarding the provision of mandated teacher curriculum planning time. This means that on Thursday 6th April, normal timetabled classes may run as usual depending on student attendance. For those who have already planned for learning from home, work will be provided as promised. Students who have indicated they are learning from home will not be marked as absent on the day. We have a plan for the next three terms to support the provision of curriculum planning time while ensuring continuity of learning.

Parent teacher interviews will be held on Monday 3rd April. Parents will be able to book interviews online as of Monday. I look forward to meeting our new families.

Ms Lu Nickell  
Relieving Principal



## COMING EVENTS

Wed 15th Mar - Mon 27th Mar	NAPLAN Testing
Wed 22nd - Thurs 23rd Mar	Yr 10, 11 & 12 Art Excursion to Sydney
Mon 3rd Apr	Parent/Teacher Interviews
Tue 4th Apr	Science and Engineering Challenge
Wed 5th Apr	WHS Cross Country
Thurs 6th Apr	Last day Term 1
Wed 26th Apr	Term 2 commences

## PARENT / TEACHER NIGHT

Monday 3rd April

More information to come

## ICAS TESTS

Parent and carers of students interested in undertaking International Competitions and Assessments for Schools (ICAS) tests this year can find out further information about the upcoming tests by accessing an 'ICAS Parent letter' in the 'School Resources' section of the Parent Portal.

[https://woolgoalga-h.schools.nsw.gov.au/student-and-parent-portals.html?fbclid=IwAR0A5u0Lx6zJLTUPGrD3dBLiGi1CoOi9CdWORD\\_ZQKvBpZGTaeNryt5oreQ](https://woolgoalga-h.schools.nsw.gov.au/student-and-parent-portals.html?fbclid=IwAR0A5u0Lx6zJLTUPGrD3dBLiGi1CoOi9CdWORD_ZQKvBpZGTaeNryt5oreQ)

## CHESS AT LUNCH



Lots of our students have been enjoying playing games in the school library over the past few weeks, with several new sets of magnetic chess sets being recently purchased by the school. All students are welcome to play quiet board games and construct puzzles during any break or before school. Available board games include Chess, Checkers, Snakes & Ladders, UNO, Cards, Boggle, Dominoes and Connect 4. New magazines on a variety of topics are also available for perusal.

All staff and students welcome

## Week 7 Assembly Attendance Draw winners

Muskaan Sandhu (Yr 7), Reine Aubort (Yr 7), Laird McKelvey (Yr 8), Joseph Birkett (Yr 9), Kai Whittaker (Yr 10), Riley March (Yr 11), and Ethan Sorbello (Yr 12)

Congratulations to these students for their 100% attendance at school.

All assembly Attendance Draw winners receive a \$5 voucher at our school canteen.



## YR 12 HOSPITALITY 'HIGH TEA'



The Year 12 Hospitality class 'High Tea' raised \$200 for charity on Wednesday, while completing their assessment for Serving Food and Beverages. Their Teamwork and efforts are to be congratulated.

## MNC BASKETBALL KNOCKOUT

On Tuesday, 14th March, Woolgoolga High School Open Male Basketball team participated in the Mid North Coast Knockout.

The team showcased strong skills against both Grafton and Bellingen with convincing wins. They played a very competitive Coffs Harbour Senior College team in the finals and lost, finishing second overall out of all the schools in the Mid North Coast.

Jye Pursch has been selected into the Mid North Coast team to represent at the North Coast Basketball Gala in Port Macquarie on Wednesday, 5th April.

Well done to the entire Woolgoolga High School team. Special mention to Mrs Hart for supervising the team and Mr Twigg for running the competition.



# YR 11 - AG FIELDTRIP

On Friday the 17th March, the Year 11 Agriculture students visited Costa Berries farm at Upper Corindi. This excursion is a component of the syllabus in which students undertake a case study to investigate a local farming operation. The students were treated to a tour of the farm by Andrew and Sanjay from Costas. They explored the infrastructure of the farm and learnt about the technology used to optimise production of the Blueberries, Raspberries and Blackberries. Andrew spoke to the students about the integrated pest management systems in which they encourage and release natural predatory insects to manage pests within the system to minimise chemical applications. The students enjoyed learning about the soil-less mediums used in the growing of the plants as a way to increase uniform production of the berries which coincides with their lessons on intensive farming systems.

The most enjoyable part of the day however was the tasting of ripe, fresh raspberries. They were delicious. A big thanks to the Costas group and Andrew and Sanjay.



## Oli & Isaac need your help

The family of one of our new Year 7 students Oliver, is seeking assistance from our community to help raise money for an accessible van to transport Oli and his younger brother in. Both boys have Duchenne Muscular Dystrophy, a degenerative muscle wasting condition which leaves them using a powered wheelchair for mobility.

The family is holding an Auction at the Seaview Tavern on Saturday 29th April from 12-5pm to help raise money and have stated on Facebook 'We are doing this fundraiser to hopefully get an accessible van to house two power chairs, my eldest Oli can no longer access my vehicle at all. We just do not have the funds to get the vehicle we need which is a VW Caravelle Long Wheel Base valued at \$70,000'.

A Go Fund Me page has also been created by the family to assist with their cause.



[https://www.gofundme.com/f/oli-isaac-accessible-vehicle?utm\\_campaign=p\\_cf+share-flow-1&utm\\_content=undefined&utm\\_medium=copy\\_link&utm\\_source=customer&utm\\_term=undefined](https://www.gofundme.com/f/oli-isaac-accessible-vehicle?utm_campaign=p_cf+share-flow-1&utm_content=undefined&utm_medium=copy_link&utm_source=customer&utm_term=undefined)

# YEAR 10 SMILE PROGRAMS



Our Year 10 SMILE Program Mentors were presented with their SMILE certificates and lanyards by our Relieving Head Teacher Wellbeing Ms Kate March and Student Support Officer Mr Daniel Sweed at a whole school SMILE Presentation Assembly this morning. Current Year 11 SMILE Mentors, spoke to students about the program and its history at Woolgoolga High School.

The student-led SMILE (Support, Mentor, Inspire, Listen, Encourage) Program is a peer mentoring program founded by senior students at the school in 2011 and implemented in 2012. This is the 1st year that Year 10 students have been included in the SMILE Mentor cohort. The Year 10 students recently completed 2 full days of SMILE Mentor training and are now eager and ready to mentor younger students at our school. Congratulations to all these Year 10 students



## REPRESENTATIVE SPORTS

Congratulations to **Jye Pursch (Yr 11)** who was selected in the Mid North Coast zone open boys' basketball team. Well done and good luck at the North Coast trial in Port Macquarie later in the term.

## PI DAY

Yesterday we celebrated 'Pi Day' with a pie eating competition! It was so much fun. The competitors now have a greater appreciation of how important pi is when calculating the area of a circle!



# OPEN GIRLS NETBALL

On the 7th of March the Open Girls Netball Team travelled to Coffs Harbour to compete in the Mid North Coast Gala Day. The Woopi girls were highly competitive, posting a convincing win over Bellingen in the first round and losing narrowly to Orara in the second round (Orara won the day in the end). The Woopi girls passing game, teamwork, brilliant defence and creative attack was a pleasure to watch. All students exhibited great sportsmanship and brilliant athletic ability. It is truly wonderful to see how the growth and development of the Woolgoolga Netball Association and representative participation has created a new generation of exceptional netball players in our town.

A huge congratulations to our Goal Shooter (GS) and Captain Brydi Custance who was successful in being selected for the Zone Team, we wish Brydi the best of luck at the North Coast Trials. A few of our younger students also obtained a mention in the selection process and will surely be possibilities in the years to come. Well done girls, it was absolute pleasure to coach you and spend time together on the day.  
Dani Canakis



*Left to Right Back: Brydi Custance, Lily Shields, Ava Wilson, Emma Crotty, Zara Shields, Allira Loomes*

*Left to Right Front: Milli McInerney, Kyea Rea, Jesse Desmond and absent from the picture Acacia Tucker*

## House Dodgeball Competition



During Week 7, we held Stage based House Dodgeball Competitions during Break 1. It was great fun and a fantastic way for students to earn points for their House. Thank You to the many students who attended. Next week during break time, we will hold another House Vs House Sporting Championship.

# REPRESENTATIVE SPORTS



Congratulations to **Jackson Cheney (Yr 10)**, **Cooper Grayson (Yr 9)** and **Roy Gulliford (Yr 9)** who were selected in the under 15's Mid North Coast zone representative rugby league team and **Justin Costelloe (Yr 12)**, and **Eligh Pledger (Yr 11)** selected in the opens team. The boys played against the Lower North Coast zone representative Rugby League team last week in Macksville.

Congratulations to **Cooper** who has been selected in the under 15's Southern North Coast team to compete at the North Coast trials in Coffs Harbour next week. Well done to all the boys and good luck at the next level Cooper.

Congratulations to **Ayla Denblyden (Yr 9)**, **Kaitlyn Ludzik (Yr 9)** and **Paige Ludzik (Yr 8)** who have been selected in the North Coast Combined High Schools under 15's girls AFL team. The girls will now compete at the Greater Northern NSW CHS trial in the quest to be selected in the Greater Northern NSW representative team that competes at the NSW CHS State Championships carnival.



Congratulations to **Jackson Cheney (Yr 10)** and **Roy Gulliford (Yr 9)** who have been selected in the North Coast Combined High Schools under 15's boys AFL team. Next term the boys will compete at the NSW CHS State Championships 3-day carnival in Albury.



Congratulations to Woolgoolga High School golfers **Marli Loomes (Yr 11)** and **Riley Kendall (Yr 10)** who competed at the North Coast Combined High Schools Golf Championships in Yamba. Marli came 3rd overall for the day and was selected in the North Coast open boys representative golf team, Riley came 6th and is reserve for the representative team. Marli will compete at the NSW All School State Golf Championships in Hunter Valley next term. Well done boys and good luck!



**Well done to all and we wish them all the best of luck!**



# NC REGIONAL SWIMMING

Congratulations to the following students listed below who represented Woolgoolga High School and the Mid North Coast Zone School Sports Association at the North Coast Regional Swimming carnival last week.

**12 Years:** Jesse Desmond, Lyla Fruedenstein, Frankie Fruedenstein, Angel Cramp, Hudson Chassher, Taj Cruise, Jyrus Mckechnie, Blair Hearn.

**13 Years:** Poppy Ensbey & Vann Geerlings

**14 Years:** Gracie Kennedy, Bailey Ehsman, Robert Ferraro, Azlyn Batchelder & Lachlan Gault.

**15 Years:** Seeana Harre, Hadley March, Alina Hidzir, Tristan Shih, Finn Casper, Jake Weston & Roy Gulliford.

**16 Years:** Celine Shih & Mitch Custance

**17 Years:** Emily Bell, Riley March, Molly Cohen, Issac Lee & Baxter March



The 30-student strong team traveled to Alstonville to compete against the 41 other high schools in the North Coast region. The Mid North Coast was the winning zone on the day and Woolgoolga High School came 7th in the individual school's competition. It was a great effort by all WHS students who attended.

Congratulations to the following students who have qualified for state swimming in individual events.

- **Bailey Ehsman (14 boys):** 100m backstroke and 100m butterfly
- **Ella Dudgeon (15 girls):** 50m freestyle, 100m freestyle, 100m backstroke and 100m butterfly
- **Tristan Shih (15 boys):** 100m breaststroke, 100m backstroke and 200m individual medley
- **Finn Casper (15 boys):** 100m breaststroke
- Eight out of the ten Woolgoolga High School relays have also qualified for the state swimming championships.
- **Boys relays:** 12, 15, 17+, all age relay, medley relay
- **Girls relays:** 12, 15, all age relay

A total of 26 Woolgoolga students have qualified for the NSW CHS State Swimming Championship which will be contested at Homebush (Sydney) in the Olympic Pool early next term. Good luck and GO WOOP!

Thank you to Mr Lock for being the MNC team manager and all the parents for their transportation and support to the students in our Woolgoolga High swim team. Also, thanks to Emily's mum for taking the relay photos.



# CAREERS

## HSC PDHPE CLASS VISIT



The HSC PDHPE class has recently been visited by some of our local experts from the health and fitness sector in Woolgoolga.

Nic McKay from Coffs Coast Sports Physio at Woolgoolga shared how she supports clients on their rehabilitation journeys from injuries, and Chris Thomas from Strong Fast Fit shared his knowledge of strength training and programming for his clients.



We are extremely lucky to have such a supportive network of business people in our community happy to connect with our students to help them succeed.  
Thanks Nic and Chris!!

## NURSING TALK-CHEYANNE HART

Former Woopi High student Cheyenne Hart spoke about her career pathway into Nursing to interested students and staff in the school library on Friday 10th March. Cheyenne is a Registered Nurse and works as an Instrument Nurse in the theatres at John Hunter Hospital. Students were able to ask Cheyenne questions about her experience in the industry and about nursing, theatre operations and general medicine. Thank you Cheyenne for taking time out of your busy schedule to offer your nursing experience and expertise to our students!



## CREATE FOR A DAY

WHEN: Saturday 15th April

TIME: 10am - 3pm

COST: \$25 pp including lunch

SAE Byron Bay is opening its doors on Saturday 15th of April for Create For A Day, a one-of-a-kind full day program where students can come to our campus and work on inspiring creative projects in the fields of Animation, Audio, Film, Games, Design, Songwriting & Music Production.

Due to the tertiary level of the workshop content, this event is open to anyone aged 15 years and above (Year 10 and over).



# Job Vacancies

Please visit the [Woolgoolga High School Careers website](#) to obtain further information about these new jobs.

Click on **Workplace Learning** then **Vacancies & Opportunities**. (Please scroll down on the left to see all vacancies)

## Apprenticeships/Traineeships:

- Trainee Customer Field Technician at NBN TM Australia, Coffs Harbour
- Individual Support-Home Care Traineeship at Coffs Harbour
- Light Vehicle Mechanic Apprenticeship at Coffs Harbour
- Administration Officer Traineeship at North Coast Heavy Towing, Woolgoolga
- 1st Year Electrical Apprenticeship at Coffs Harbour
- Business Traineeship at Coffs Harbour
- Carpentry Apprenticeship at Coffs Harbour
- Apprentice Chef at Wylde Oak Café, Sapphire Beach
- Apprentice Chef at Grazie Papi, Coffs Harbour
- Trainee Aged Care Worker at Coffs Harbour
- Cafe All Rounders at Oliver's, Coffs Harbour

Go.Forward

## Educational Pathways Program

## UPCOMING CAREERS EVENTS

- YES+ Access-Animal Care course  
Thursday 16 & Thursday 23 March  
Grafton TAFE

On Thursday 9/3/23, 19 students successfully completed their White Card. A white card (or general construction induction card) is required for workers who want to carry out construction work. People who need a white card include: site managers, supervisors, surveyors, labourers and tradespeople or anyone setting foot on a construction site.

Students participated in a whole day training learning how to keep themselves and their co-workers safe at work. They also learnt how important it is to assert themselves to avoid dangerous situations. Student's application and attention was commendable. Learning Live, the service provider was fantastic. All Students and Staff involved would like to thank and acknowledge them and trainer Paul Lazarus for his delivery and expertise.

The next White Card training course is on Term 2 Week 6 1/6/23. If students are interested, they are encouraged to apply for their *USI: Unique student identification number* <https://www.usi.gov.au/providers/create-usi-student>. And listen to instructions in the daily notices early Term 2.

Parents have a big influence on their child's future career.  
Got the skills to guide them?



## Parents guide to jobs, skills and career conversations

Join career coach experts and local employers to:

- Understand your child's career personality and its impact on their career decision making.
- Take a deep dive into how young people make transitions from education to employment – the wanderers, stragglers, and sprinters.
- Learn about your local economy and career opportunities for young people in the region: PLUS hear direct from local employers about skills in demand.
- Unpack Vocational Education & Training, and its value in skills development.
- Tips, tools and strategies to support your success in that next career conversation.

This workshop is free for all parents of high school aged students in Clarence Valley. Light snacks provided.

### BOOK NOW

Please register early, numbers are capped.



#### Grafton:

Tuesday 28th March 2023  
PCYC, 300 Powell Street, Grafton

<https://www.eventbrite.com.au/e/parents-guide-to-career-conversations-grafton-tickets-518348954677>



#### Coffs Harbour:

Wednesday 29th March 2023  
HUB 2, Coffs International Sports Stadium  
Stadium Drive, Coffs Harbour

<https://www.eventbrite.com.au/e/parents-guide-to-career-conversations-coffs-harbour-tickets-518371772927>

5.30pm arrive (light snacks)  
5.45pm workshop starts  
7.45pm finish



This initiative is funded by the Australian Government Industry Training Hub.



## WHITE CARD TRAINING

# 2023 SPORT CARNIVAL DATES

<b>Swimming</b>	Wed 3 - Fri 5 May	NSW CHS State Swimming Carnival	Olympic Aquatic Centre Homebush	2
<b>Cross Country</b>	Wed 5 Apr	WHS Cross Country	Woolgoolga High School	1
	Mon 15 May	MNC Zone Cross Country	Nana Glen	2
	Fri 16 June	NC Regional Cross Country	Bryon Bay	2
	Fri 21 July	NSW All School's State Cross Country	Eastern Creek	3
<b>Athletics</b>	Fri 19 May	WHS Athletics Carnival	Woolgoolga	2
	Tue 20 June	MNC Zone Athletics	Coffs Harbour international Stadium	2
	Thu 17 Aug	NC Regional Athletics	Coffs Harbour international Stadium	3
	Wed 6 - Fri 8 Sept	NSW CHS State Athletics	Sydney Olympic Park	3

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

## WHS Cross Country



This week, our students in Years 7-10 have practiced the cross-country course. It is a perfect course with fantastic views with most of the course in shade. The **school cross country** will be held on **Wednesday 5 April 2023**. We look forward to seeing students do their best at the Cross Country event.

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

[education.nsw.gov.au](http://education.nsw.gov.au)



# COMMUNITY NOTICES



**BASKETBALL CAMP** COFFS HARBOUR BASKETBALL

**EVERYONE'S GAME**

**IT'S FUN & FREE**

**Wednesday 12 April**  
 7-10 year olds: 1pm-2.30pm  
 11-21 year olds: 3pm-4.30pm

**Wiigulga Sports Complex**  
 Solitary Islands Way, Woolgoolga



**SIGN UP NOW**  
[www.bnsw.com.au/indigenous](http://www.bnsw.com.au/indigenous)

Program Partner:  



**RYPEN**  
 Rotary District 9660 RYPEN Rotary Youth Program of Enrichment



**CHALLENGE YOURSELF  
 DEVELOP YOUR POTENTIAL  
 BECOME A LEADER**

**JOIN US AT RYPEN**  
 Western 21 - 23 APRIL 2023  
 Northern 19 - 21 MAY 2023  
[www.rotary9660.org.au](http://www.rotary9660.org.au)  
 RYPEN@rotary9660.org.au

COMMUNICATION  
 CONFIDENCE  
 COMMITMENT



## WOOLGOOLGA FUN RUNS

### FOREST FOOT RACE

11.2km – Saturday 8th April 3.00pm  
 \*\*Start and finish Woolgoolga Flora Reserve\*\*

### SEASIDE SCAMPER

5km – Sunday 9th April 8.00am  
 Start and Finish at Beach Reserve

### BEACH BASH

2km – Sunday 9th April 8.45am  
 Start and finish at Beach Reserve

### TINY TOT TROT

1km – Sunday 9th April 9.00am  
 Start and Finish at Beach Reserve

\$6 per adult for Forest Footrace or Seaside Scamper or \$10 for both  
 \$5 for pensioners & students for Forest Footrace or Seaside Scamper  
 \$3 for everyone entering the 2km Beach Bash  
 \$1 for Tiny Tot Trot



**EXPRESSIONS OF INTEREST  
 FREE MARKING COUNTRY ART WORKSHOPS**

Open to youth aged 12 to 18 years

**DUNGHUTTI KEMPSEY WORKSHOP:**  
 Tuesday 11th & Wednesday 12th April 2023

**GUMBAYNGGIRR BOWRAVILLE WORKSHOP:**  
 Tuesday 18th & Wednesday 19th April 2023

**GUMBAYNGGIRR COFFS HARBOUR WORKSHOP:**  
 Thursday 20th & Friday 21st April 2023


