

Dates to Remember

ANZAC Assembly

Thursday 11 April 10.15am

Last day of Term 1

Friday 12 April

Students return for Term 2

Tuesday 30 April

P & C Meeting

Thursday 2 May 6pm

TOCAL Field Day

Friday 3 May

VALID Science Testing

Tuesday 7 May

Athletics Carnival

Thursday 9 May

Beef Week

13-17 May

From the Principal's Desk

Dear Parents and Carers,

There are always so many good things happening at WHS. I thoroughly enjoy visiting classes, asking students about their learning, seeing the teachers' passion and noticing the high levels of student engagement. I've said it many times since I arrived this year - WHS is a great school!

A large number of activities and events have taken place over the last few weeks. Two that I wish to highlight are our Wellbeing and Reward Days.

In the last week of term, students in Years 7, 8, 9 and 10 will be involved in Wellbeing activities. Initially they will be an abbreviated version – Two periods and lunch. These days will occur each term and increase in time in Term 2. Students will be involved in the Love Bites Program, which focuses on Respectful Relationships, for one period, followed by a BBQ lunch, then finish the day off with team activities.

The second event will be our first rewards day for 2024. Students from across all year groups that consistently met our core expectations and maintained a 90% attendance rate, will be invited to a Subway lunch, cold drinks and Zooper Doopers, then have a relaxing afternoon trying out a number of different activities including recently purchased outdoor chess, oversized Jenga and the Giant 4-in-a-row game. Bunnings will also provide free snow cones.

From Term 2, to be invited to the Rewards Day students will need to consistently wear our school uniform, maintain 90% attendance and meet the school's Core Expectations of Respectful, Responsible and Positive.

The evidence is clear that consistent attendance is the essential first step for your child to have a positive experience at school.

Everyday matters for your child's learning. In recent years too many students have missed a day here and there. Missing school for students means missing assignments, time with friends, an important lesson or getting picked in sports teams. With missed days, years are lost.

Students are required to attend school every day, whether it's the first or last day of the term, Mondays, Friday's or days dedicated to sports carnivals, school excursions and incursions.

Help us make sure your child is achieving their best and stays ahead in their learning with regular school attendance. The more time your child attends school, the greater their opportunity to learn, make friends and improve their wellbeing. Together, let's build positive attendance habits for a lifetime.

If your child is absent from school, please let us know why as soon as possible, even if it's just a few minutes at the start or end of the school day. Of course, there will be times when your child is unable to be at school. Medical appointments should take place outside of school hours where possible and family holidays should be taken in term breaks.

If your child is feeling anxious about coming to school and you need support, please reach out to your child's Year Advisor. Our staff are here to work with you and your child to help them attend school each and every day. There are also helpful resources for parents and carers on the <https://education.nsw.gov.au/parents-and-carers/initiatives/every-day-matters>

Thank you for working with our teachers and support staff to make sure your child is at school, on time, every day. We all want to see our students learn grow and belong at Wingham High School.

Paul Rosenbaum

Payments for excursions etc,
can be made online at
www.winghamh.schools.nsw.edu.au





SRC News

Clean Up Australia—20 students, 1 hour, 5 large bags of rubbish and a clean school! Congratulations to our SRC who participated in Clean Up Australia Day along with 2700 schools and 60000 young people all over the coun-



Schools
Clean Up Day
2024



SUPPORT FROM
2,700 SCHOOLS
AND **600,000**
YOUNG
VOLUNTEERS

Street Library—The SRC have been working on a street library for a couple of years and have finally completed their goal. It is located outside the canteen. Need a book? Take one. Have a book? Leave one. Education is a basic human right and reading is a great path to Education.



Year 9 Eduventure Visit

Our Year 9 students had an enjoyable morning with Taree Universities Campus visiting as part of the Eduventure program. Our students were inspired by local community members and the stories of their journey into careers. We heard presentations from Donna Ballard, Josh Carey, Josh Hack and Jess Loughland. We would like to thank them all for this valuable insight into some very exciting occupations.



Australia Day Ceremony

Congratulations to our very own Mrs Mary Doust, who received the Rotary President's Award at the recent Australia Day Awards Ceremony held at Wingham High School. Our School Captains Erik Waldron and Sharli Brown represented Wingham High brilliantly, presenting speeches outlining what being Australian means to them.



Brick and Block

Year 12 Construction students have been finalising the Brick and Block units of competency through the construction of a small wall with an engaged pier.

Students have been engaged with all facets of brick and block materials and tools through a variety of hand and power tool activities related to the industry. This aspect of the course has been running for the last 10 years and is an integral aspect of our trade course for Construction students, particularly since our community has one of the few remaining independent brick makers left in Australia.



Regional Swimming

Congratulations to our Regional Swimming team, who travelled to Newcastle to represent Hunter. All swimmers competed brilliantly, with a highlight being our girls 16 years relay team, who achieved 2nd place and are off to the State Carnival.





Hospitality—Sydney Royal Easter Show



Between March 24th and 25th, four students represented Wingham High School at the Rural and Remote Cafe within the Sydney Royal Easter Show. Grace Bell, Georgia Walker, Lochlen Paulson from Year 12, and Oscar Platt from Year 11 dedicated three days alongside peers from Bourke High School, Ballina School of Distance Education, Asquith High School, and Condobolin High School. Together, they prepared and served tasting plates to the public. These plates consisted of sausage rolls, vegetarian quiche, chicken sandwich, brownie and lemon myrtle pavlova.



On Monday, April 26th, these students achieved a milestone by serving a record-breaking 230 plates, marking the cafe's highest number of servings to date. Georgia was head chef co-ordinating the kitchen service, Lochlen and Oscar serving the hot items and Grace was helping on the sandwich and desserts.

During their time in Sydney, the students enjoyed various experiences, including an evening at the show and a dinner at Ultimo TAFE, which included a kitchen tour led by the chef.

Their exceptional work ethic and enthusiasm were acknowledged by the staff members for their performance throughout the show.



SYDNEY ROYAL EASTER SHOW

Wingham Show

Congratulations to our Wingham Show Team, who competed on March 16. Results are as follows:

Keeley Moore - 3rd in 17 years Paraders and Encouragement in Herdsperson

Rhylan Chapman - 3rd in 13 years Paraders

Kiarra Anderson - Encouragement in Herdsperson

Adena Campbell - 1st place in Oral Judging

Zoe Hawksford - 3rd place in Oral Judging

Sienna Squires - Parading Award

Steer Tank - 4th place in Over 400kg Steer Class

Steer Tiny - 5th place over 300kg Steer Class

Congratulations also to Adena Campbell who recently competed at Nabc Show, achieving 1st place in Junior Oral Judging and 2nd place in Parading. Adena will now attend Sydney Royal Easter Show with Cultivate Ag.

The students are grateful to Mr John Hawkins, Mr Minett for driving the truck and the team of helpers who make these events possible.





Legislative Council

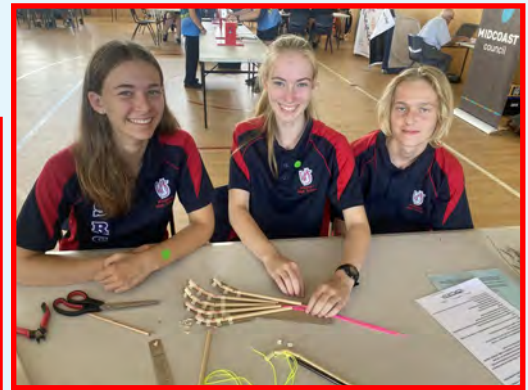
Four delegates from SRC attended the NSW Legislative Council Youth Forum last night at CSU in Port Macquarie. The Honourable Ben Franklin, President of the Legislative Council, was extremely impressed by all students and has many issues to take back to Parliament.

Matilda Hurst represented Wingham High in the NSW Legislative Council Public Speaking Competition against ten other schools in the area. The event was held at Charles Sturt University Port Macquarie.





STEM Competition Winners



On Thursday March 7 a select group of year 9 and 10 students participated in the Annual Rotary STEM competition against local schools. Throughout the day the 7 groups participated in a variety of engineering activities and we managed to set 3 daily records! This led our team to win the day and receive a \$500 grant to put toward our STEM budget.






1 of 10



YOUTH WEEK 11 - 21 April 2024

WHAT'S ON?

Free Youth Week events for people 12-24

 **Snap & win
photo competition**



Scan for more information and to reserve your place. All activities have been designed by young people across the MidCoast including headspace Taree's Youth Reference Group.



Youth Week



midcoast.nsw.gov.au/YouthWeek2024

Proudly funded by the NSW Government
in association with MidCoast Council



STUDY WITHOUT STRESS

STARTING TERM 2

YEAR 12 - MONDAYS P3

YEAR 11 - TUESDAYS 2:45PM

IN THE LEARNING HUB WITH MRS AUSTIN

WE WILL COVER:

- Managing stressful thoughts
 - Study/life balance
 - Tips to deal with work avoidance & building good study habits
- Please return notes to the front office.
See Mrs Austin for more information.



Could you become a foster carer?

Call our Taree office on (02) 6552 0277 for a confidential conversation or visit our website.



CHALLENGE Community Services | Foster Care



Open your heart to foster care!
1800 084 954



CARERS NEEDED

challengecommunity.org.au

LOVE MAKES A FAMILY

We recognise that modern families are made up of many different combinations and that any home with the space and willingness to care for a child could be just what a child in crisis needs.

If you have been considering starting a family (or adding to your family), we encourage you to consider opening your heart and home to foster care.

APPLY NOW



The Rosewood Centre
PSYCHOLOGY AND ALLIED HEALTH

Anxiety Coach



Previously known as No Scaredy Cats, Anxiety Coach is a child development course that aims to support you and your child through the ups and downs of life.

The program is designed to equip you with a practical and easy set of tools, and a solid understanding of the theory behind these strategies to enable you to build resilience in your child. It is what we call a 'parent-led' approach, meaning that you take on the role of the coach in your child's life, and can guide them through emotionally distressing episodes.

For parents and carers of children aged 2-12 years old.

The Rosewood Centre is offering two Anxiety Coach programs. The groups will meet for three weeks on the following dates:

Group A
10 April, 17 April and 24 April
12pm – 2pm

Group B
8 May, 15 May and 22 May
5:30pm – 7:30pm

REGISTER FOR GROUP A



REGISTER FOR GROUP B



CONTACT US TODAY: 1800 613 155 | ROSEWOODCENTRE.COM.AU

Support. Grow. Thrive.

The Rosewood Centre
PSYCHOLOGY AND ALLIED HEALTH

Engaging Adolescents



Engaging Adolescents is a skills development program facilitated by a qualified psychologist. The aim is to support parents and carers of young people aged 13-18 years to increase their confidence and enhance communication skills and understanding of effective strategies for parenting teenagers.

The Rosewood Centre is offering two Engaging Adolescents programs. The groups will meet for three weeks on the following dates:

Group A
5 June, 12 June and 19 June
5:30pm – 7:30pm

Group B
26 June, 3 July and 10 July
5:30pm – 7:30pm

REGISTER FOR GROUP A



REGISTER FOR GROUP B



CONTACT US TODAY: 1800 613 155 | ROSEWOODCENTRE.COM.AU

Support. Grow. Thrive.

PCYC
IS LIFE CHANGING



REPRESENT YOUR INDIGENOUS NATION

- Rugby League
- Basketball
- Netball
- Football Fives
- Team Gym
- Free G

16th - 19th July 2024
Contact your PCYC Club to get involved



PCYC
IS LIFE CHANGING



Tournament Dates

Tuesday 16th July & Wednesday 17th July 2024
U16 Rugby League
Whalan Reserve, Catlin Close, Whalan, NSW

Wednesday 17th July 2024
U14 Male & Female Football Fives
Teen Gym Mixed
Free G 10-13yrs & 14-17yrs Mixed
PCYC Hawkesbury, 16 Stewart St, South Windsor, NSW 2756

Thursday 18th July 2024
U14 & U16 Male and Female Basketball
PCYC Hawkesbury, 16 Stewart St, South Windsor, NSW 2756

Friday 19th July 2024
U14 & U16 Mixed Netball
PCYC Hawkesbury, 16 Stewart St, South Windsor, NSW 2756

Criteria for young people to participate

- A Minimum of 80% school attendance
- No current negative dealings with Police
- Commit to train and participate in activities in the lead up to the event
- Have current PCYC NSW membership at the time of the event
- Be in the correct age groups
 - Under 16: Born in 2008 & 2009 only
 - Under 14: Born in 2010 & 2011 only
- Gymnastics events: Born between 2007-2014

For more information scan here





ONLINE ORDERING



- Available 24/7
- Convenient for parents
- Removes paper orders and cash
- FREE registration

Online ordering is more convenient, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning or sending kids to school with excess cash, online orders are faster and more accurate giving parents peace of mind that their order and payment is received accurately at the school.

Registration is free and only takes a few minutes.

EASY, ONLINE REGISTRATION

- Go to www.flexischools.com.au
- Click REGISTER NOW
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.



Place lunch orders from your iPhone or iPad! Find us in the App Store.

CANTEEN VOLUNTEERS NEEDED!

All you need is a free Volunteers Working with Children's Check and one simple form for you to enjoy a free morning tea and lunch and a good laugh with our fabulous canteen team. However, most importantly you are helping our students receive nutritious, NSW Government approved meals. You won't have to serve or handle money.

So come in and lend a hand as much or as little time as you like - and you don't have to have a child at this school to help!

Please call Judy on 6553 5488.



OPEN
From 8am every day

Wingham High School ~ Winter Canteen Menu

REMEMBER to ORDER before 9am
ORDER on-line with
FLEXISCHOOLS



For any special requirements please call in & have a chat with Judy.
Payment by cash or card only

Check the blackboard for daily specials

HOT FOOD	
Low Fat Plain Pie	\$5.00
Low Fat Flavoured Pie	\$5.50
Low Fat Sausage Roll	\$3.50
Ham and Cheese Pocket	\$3.00
Chicken, Cheese and BBQ Sauce Pocket	\$4.00
Fish Piece	\$3.00
Chicken Fingers	\$3.50
Pizza (Home-made)	\$5.50
Toasted Sandwich	\$3.50
Homemade Soup	\$2.50
Garlic Bread	\$2.50
Cheese Burgers	\$5.00
Roast Chicken Dinner (Home-made)	\$6.50
Gluten Free Sausage Rolls	\$5.50
Gluten Free Meat pies	\$6.00
Lasagne	\$5.00
Potato Bake (GF)	\$4.50
Spaghetti Bolognese	\$5.00
Spring Rolls (V)	\$2.50

GLUTEN FREE options available
Wraps
Sandwiches
Pizzas & Pies
Please Order

COLD FOOD	
Salad Roll (white or wholemeal)	\$4.00
All Sandwiches (white or wholemeal)	
Salad	
Egg and Lettuce	
Ham, Cheese and Tomato	\$3.50
Ham and Cheese	
Chicken, Lettuce and Mayo	
Corned Beef and Pickles	
Salad Wrap	\$5.00
Salad Wrap with Chicken or Ham	\$5.50
Half Wrap with Ham and Salad	\$3.00
Salad Box with Egg, Chicken or Ham	\$5.50

Salads consist of lettuce, tomato, beetroot, onion, cucumber, carrot and low fat cheese.

VEGETARIAN	
Spinach and Cheese Roll	\$3.00
Vege Mornay Pie	\$4.50
Vege Burger	\$5.00
Macaroni Cheese	\$4.50

Vegetarian meals available every day
Please Order

Please note:
NO Heating up of food not purchased through the canteen.
NO hot water will be given out.
NO Students in the canteen.
See Judy at the front counter.

ICE CONFECTIONS	
Paddle Pops (2 flavours)	\$2.50
TNT's	\$1.00
Sour Snaps	\$1.50
Twisted Frozen Yoghurt (2 flavours)	\$2.50
Frozen Fruit	\$1.00
Frozen Fruit Poles	\$1.00
Low fat Ice Cream Cup	\$1.50
Frozen Juice Cups	\$1.50
Frozen Fruit Smoothies	\$1.00
Moosies	\$1.50
Sour Snaps	\$1.50
Berri Sticks	.50c
Juicies	\$1.00

MISCELLANEOUS	
Aprons - Blue or White	\$10
W.H.S Packs (apron, goggles, ear plugs, dust mask)	\$20
Visual Arts Diaries	\$7

SNACKS	
Fruit Muffin	\$1.50
Fresh Fruit, whole or pieces	\$1.00
Fresh Fruit Salad	\$3.50
Yoghurt Fruit Custard Cup	\$2.50
Fruit and Yoghurt Cups	\$2.00
Popcorn	\$1.50
Chips 28gm	\$1.50
Grain Waves	\$1.50
Noodle Snacks	\$1.00

DRINKS	
All Juices (4 flavours)	\$2.50
Flavoured Milk (large)	\$3.50
Flavoured Milk (small)	\$2.50
Just Natural Flavoured Milk	\$4.00
Plain Milk	\$3.00
Up & Go (small)	\$3.00
Hot Chocolate	\$3.00
600ml Water	\$2.00
Active Water	\$3.50
Juice Bombs	\$2.50

Gluten Free Options



Newsletters are published in weeks 3, 6 and 9.

Are available online at:
www.winghamh.schools.nsw.edu.au

Are emailed to:

- all students @education emails
- parents/carers with registered email accounts.

To receive a copy via email:
Contact the school and update your email address
Or

Hard copies are available from the front office and the library.

Payments for excursions etc,
can be made online at
www.winghamh.schools.nsw.edu.au



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