



WINGHAM HIGH SCHOOL



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Principal: Mr Don Mitchell Deputy Principal: Mr Pat Cavanagh

Relieving Deputy Principal: Mr Gary Dunbier

NEWSLETTER No 12, 22nd September 2010

CALENDAR

Term 3, 2010

24 September 2010 *Last Day Term 3*

Term 4, 2010

11 October 2010 *First Day Term 4*

PRINCIPAL'S MESSAGE

I would like to begin my first Principal's report thanking the Wingham High School's learning community for such a welcoming first few weeks. Mr David Elliott must be recognised as a leader who worked tirelessly to improve educational outcomes for students. For this I wish to publicly acknowledge his contribution to making a difference. In my role as Principal I have actively been going out talking with staff, students and community members such as the P & C, the Probus Club and recently the Chamber of Commerce. To me the school canteen has been a focus not because of its excellent menu but as it is the place where I have successfully met many parents and discussed their school. My observations have made me aware of the extremely positive opinions held by all towards the school and with this in mind I proudly accept the challenge to make the school an even better place. I believe school is a place to begin the journey of lifelong learning where students and staff work cooperatively in an environment characterised by respect, one of the school's core values. I wish to thank the support provided to me by the extremely professional and competent deputies Mr Cavanagh and Mr Dunbier, thank you gentlemen, you have made my transition into the school a smooth one.

Staff at Wingham High School must be recognised for their extraordinary efforts in providing challenging and rewarding rich tasks as well as giving up lots of time for students. Such things as the Solar Boat Challenge, Drag CO2 Racers, practices and extension activities are some examples of the extra lengths staff go to to support your pupils. At the recent P & C meeting discussions occurred around uniform and it was decided that a working party made up of parents, staff and students would relook at the uniform. More on this later.

Don Mitchell
Principal

ALLERGY REMINDER

Thank you all for your cooperation and vigilance with not including peanuts and peanut products in students' lunch boxes.

Remember:

NO peanuts or peanut products are to be brought to school.



SCHOOL UNIFORM – PARENT/CARER HELP NEEDED

A reminder to all parents and carers that the last newsletter contained important information about appropriate footwear to be worn to school. The school will have no alternative but to begin taking action against those students whose footwear does not meet OH&S requirements.

Also, although we are in the cooler months of the year, students still need to be readily identified as members of Wingham High. Brightly coloured tops (yellow, purple, red etc.) and denim jeans have never been part of WHS uniform. Your cooperation is sought in ensuring that your children dress according to school community expectations.

SCHOOL UNIFORM SUPPLIERS - ADVERTISEMENT

Country Clothing

Sharelle Lewis

3 Bell Close, WINGHAM NSW 2429

Phone: 02 6557 0432 Mobile: 0407 886 249

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Phone: 6557 0988 Mobile: 0435 814 022

itsclothing@optusnet.com

THESE BUSINESSES ARE THE OFFICIAL WINGHAM HIGH SCHOOL UNIFORM SUPPLIERS

PLEASE NOTE: THE SKIRT IN THE SAME CHECKED MATERIAL AS THE SCHOOL DRESS **IS NOT** OFFICIAL WINGHAM HIGH SCHOOL UNIFORM AND **SHOULD NOT** BE PURCHASED.

IF THERE IS A CHANGE IN THE OFFICIAL SCHOOL UNIFORM PARENTS AND STUDENTS WILL BE ADVISED.

CANTEEN ROSTER

CANTEEN ROSTER	
<i>20/09/2010</i>	<i>Marie Reeve, Lyn King, Della Machin</i>
<i>21/09/2010</i>	<i>Christine Donehue, Jean Cameron, Bronwyn Wallace</i>
<i>22/09/2010</i>	<i>Dave Fuller, Caroline Weekes</i>
<i>23/09/2010</i>	<i>Roxanne Richards, Julianne Webster</i>
<i>24/09/2010</i>	<i>Denise Blanch, Linelle Bird, Dana Webster</i>
<i>11/10/2010</i>	<i>Marie Reeve, Joyce Cummings</i>
<i>12/10/2010</i>	<i>Melinda Murphy, Hermoine McCormack, Paul Stringer</i>
<i>13/10/2010</i>	<i>Julie Page, Judy Abdo</i>
<i>14/10/2010</i>	<i>Hazel Saxby, Denise Polley</i>
<i>15/10/2010</i>	<i>Della Machin, Beate Brooks, HELP X 1</i>
<i>18/10/2010</i>	<i>Marie Reeve, Lyn King, Della Machin</i>
<i>19/10/2010</i>	<i>Christine Donehue, Jean Cameron, Bronwyn Wallace</i>
<i>20/10/2010</i>	<i>Dave Fuller, Caroline Weekes</i>
<i>21/10/2010</i>	<i>Roxanne Richards, Julianne Webster</i>
<i>22/10/2010</i>	<i>Denise Blanch, Linelle Bird, Dana Webster</i>
<i>25/10/2010</i>	<i>Kay Brauer, Lorraine McGrath, Michelle Swannack</i>
<i>26/10/2010</i>	<i>Mere Male Day – Dave Fuller, Ken Cameron, Allen Skinner</i>
<i>27/10/2010</i>	<i>Linda Mackenzie, Gai Wespi</i>
<i>28/10/2010</i>	<i>Hazel Saxby, Julianne Webster</i>
<i>29/10/2010</i>	<i>Della Machin, Jenny Lambourne, Marie Reeve</i>

Some Friday's are still a bit of a problem so if you feel that you can lend a hand please contact Lynda Nash, Canteen Supervisor; your help is always greatly appreciated.

FLASH DRIVES

Many students are using Flash Drives (Thumb Drives) to back up and carry work between home and school. We realise that this is a necessary tool but request that you have your student put their name on their drive as they are easily lost or forgotten and it could be quite devastating to the student if this work is lost. We suggest that you purchase a plastic key tag and clearly mark the students name and a contact telephone number and attach it to the drive, so that when one turns up the staff and other students can quickly return it to its rightful owner. Thank you for your cooperation in this matter.

ABSENCE NOTES AND LEAVE PASS NOTES

It is increasingly difficult to process notes explaining student absences and requests for leave passes as there is often a lack of information on them. We request that parents

writing notes please include the student's first and last name and school year. **Also, the first and last name of the parent/carer if your surname is different to your child's.** We also require a reason for the leave request, e.g. appointment, sick etc. The time that your child needs to leave and will be returning to school is also extremely important. If we have an emergency evacuation we need to be able to verify the whereabouts of **all** students at **all** times.

Also, if your student will be arriving late to school for any reason they **MUST BE** accompanied by a parent/carer to sign them in or provide a note explaining their lateness. If a note is not provided the student will be marked unjustified and dealt with by the deputy principal.

We are quite tolerant of students attending appointments in school time within reason. While Doctor, Dentist/Orthodontist appointments that cannot be made after hours are acceptable, hairdressing/nail etc appointments are more likely to be frowned upon and refused. Also, a reminder that Friday afternoon is sport afternoon and sport is a compulsory component of the junior curriculum.

SPORT REPORT

The Open Girls Soccer team finished their season with a 4 – 0 loss to Caringbah High. They were able to finish in the top 16 in the state.

The Open Girls Hockey team played Kingscliff last Thursday and won 5 – 1. Wingham High School is now in the last eight in the state.

The following students have been selected in the Hunter Regional athletics team and will compete at the State carnival from 8th September.

Tom Collins, Alex Ihlow, Mitch Slaven, Jacob Lee, Garyn Burnes, Emily Sadler and Maitlan Brown.

Others to achieve great results at the regionals were Caleb Emerton, Ben Ihlow, Andrew Dodd, Ty Brislane, Rhiannon Fuller, Madison Webster, Mikaela Coleman, Courtney Hannon, Alex Cultra and Lara Groetzl.

In Touch Football our Year 7/8 Boys and Girls teams both finished 3rd in their Regional Finals Competition.

In the 14 Years and 16 Years Boys Futsal teams both made the State Finals and both teams finished 3rd in New South Wales. The 16 Years team lost their last game 3 – 2 when a 2 – 2 all draw would have put them in the grand final. The ultimate State Winners were beaten by Wingham High 5 – 0 in the first game of the State Tournament, held this year at Taree.

CHS ATHLETICS

Six students from Wingham High School recently competed in the CHS State Athletics Championships held at the Sydney International Athletics Centre in Homebush.

Emily Sadler produced our best result finishing 5th in the Girls 15 Years High Jump and setting a Wingham High School record of 1.55m.

Maitlan Brown threw well in the Girls 13 Years javelin to finish 9th and showed that she has a lot of potential in this event.

The Boys 16 Years 4 x 100m Relay Team of Garyn Burnes, Mitch Slaven, Alex Ihlow and Jacob Lee ran well in their heat but did not progress to the final.

A special mention to Reece Slaven who filled in for a 15 Years Hunter Relay Team.

AG SHOW TEAM SNIPPETS

Congratulations to Mrs Ursula Murphy who correctly guessed the weight of our prize ewe and lambs at the recent Parent and Teacher Night. The Agricultural Show Team is presently trying to raise funds to subsidise our upcoming trips to Scone Beef Bonanza and our big event for next year, competing at the Sydney Royal Show.

We thank all involved for their continued support.

Mr Cassels and the "Ag Show Team"

ROYAL AUSTRALIAN CHEMICAL INSTITUTE AUSTRALIAN NATIONAL CHEMISTRY QUIZ

July 22nd saw 14 Year 11 and 4 Year 12 senior Chemistry students from Wingham High School sitting with over 115,000 other students from 1,409 schools across Australia and South-East Asia in the annual Australian National Chemistry Quiz. As usual, the level of difficulty of the Quiz was high, extending many students in an attempt to test their Chemistry knowledge and skills. The quiz consisted of 30 multiple choice questions and took an hour to complete. These questions involved many calculations and application of scientific principles in order to determine student responses. Wingham High School students again performed well with Year 11 students achieving above the state/competition average for their Year group and Year 12 students achieving around the state average for their Year group. The following students are to be especially commended for their outstanding results:

Josh Carey (11)	High Distinction	Top 10%
Paul Orrock (11)	High Distinction	
Kate Johnson (12)	Distinction	Next 10% - 25%
Alex Cultra (11)	Distinction	
Peter Gardner (11)	Credit	Next 25% - 40%
Bill Murray (11)	Credit	
Shawn Sullivan (11)	Credit	

2011 is the International Year of Chemistry and the International Union of Pure and Applied Chemistry (IUPAC) has endorsed the 2011 national Chemistry Quiz as an unifying event for Chemistry in 2011. Congratulations to all students who participated in the 2010 Quiz we will again work towards future success for the 2011 Quiz.

COLES SPORTS FOR SCHOOLS PROGRAM

The program runs from 2 September 2010 to 31 October 2010

There is a box provided in the foyer of the Administration building at Wingham High School to place your Coles Sports for Schools Program vouchers in. Please support the school and send in as many vouchers as you can. If you are not given vouchers with your purchases at Coles please ask for them.

ZUMBA FITNESS - ADVERTISEMENT



Elma's ZUMBA Fitness Class

Wingham Memorial Service Club

Wednesday at 5:30pm sharp.

New participants should arrive early to register.

Elma Wade 0416 126 154

Email: elma@inbox.com

For up to date information about **ALL** classes

Website: <http://54059.zumba.com/>

MAX RESULTS LEARNING CENTRE – TAREE – ADVERTISEMENT

MAX RESULTZ

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At Parent Line we are committed to helping families develop richer, more rewarding relationships and create safer, more nurturing environments for children to grow and develop into happy, healthy, confident, contributing young adults.

Parents, Adolescents and the HSC

It is that time of the year again as the class of 2010 prepare to sit their HSC exams. Twelve years of schooling has gone into this final set of examinations and many students and their families find it a particularly challenging time to get through with relationships intact.

Parent Line NSW receives many calls from families of students who are undertaking their HSC each year. Parents say that it's a time of high anxiety for the family and that it's hard to know what the best way to support their child is. It is particularly stressful for parents who may feel their child is underperforming and feel helpless in the process of supporting their child.

It's a given that as parents we all want to help our children achieve their very best in the HSC. The issue we often discuss with parents is what we can do to help ease the way for a better HSC experience for everyone.

It is reassuring for parents to know that most schools have already coached students in study techniques and about the actual exams. There is lots of information available to students and most schools support their Year 12 students to achieve their best during this time. If you are unsure about what information and guidance your child's school is providing, talk to the Year advisor and ask if there is anything extra that you can also provide.

Our support role as parents is very different from the school's support role. In some ways our role is to oversee things from a bigger perspective. School and education is only one facet of our children's lives. While there is no doubt that the HSC is an important milestone in a child's education, it can help to take a step back and view it from a long term perspective.

At Parent Line we feel that the most important aspect of the process is not so much the end result (although of course it can make access to the desired career path easier) but the process that occurred in getting there. The richness of the experience is in the learning for students about dedication and hard work, about time management, negotiation skills with peers and family, discipline, managing stress, keeping a balance, self control, managing setbacks and managing competition. We believe that the focus then becomes about encouraging life-enriching skills and qualities rather than on achieving the end result only.

Here are some of ideas that we have found useful for parents to think about as their child finishes their years at school.

Take a big picture perspective: The HSC is important but there are many ways to a fulfilling career and life. Too much focus on one exam can cause an unnecessary amount of anxiety and stress for everyone.

One analogy that we have found useful is the idea that we can take many paths to the same destination. There is the expressway that gets you there quickly which is fast, straight and direct, and the scenic route that meanders through the scenery and takes longer but provides a richness of experience in the journey. Some children can manage the expressway to their destination and others need the scenic route to know that the final destination is right for them.

Maintain passion: Encourage your child to be involved in something that they are passionate about. This should be something “non school”, something that takes them away from their everyday world; something they look forward to doing and that energises them. During stressful times, it is good if it is something that involves physical activity, other people, creativity and occurs reasonably regularly. It is important for children to continue with these activities even when they are studying.

Have a continued learning approach to life: Encourage your child to view the process of sitting the HSC as an opportunity to continue to learn about themselves and others, how they manage stress, what’s important to them, how they can improve next time they are placed in a high stress situation etc. A continued learning approach to life allows children to be excited about learning and to not be afraid of making mistakes. The mistakes they made during their HSC can be corrected when they go to TAFE or University or to an apprenticeship.

Hope and a belief that things will work out: a positive attitude and a good dose of hope is very powerful factor in helping people stay motivated and committed to their work. Children need a support crew who believe in them during this time. Find a positive way of encouraging them with their studies.

Fun: although the HSC is a serious time it is important for parents to encourage children to have fun and laugh along the way. Social time with peers is important and taking time out to have light hearted banter can raise the spirit and relieve stress and help with concentration later on.

We know that each family's situation is unique. Some children are faced with a substantial amount of external pressures as well as the pressures associated with their studies.

Our counselling team, made up of highly qualified and experienced child, adolescent and family counsellors who are happy to talk through the issues your family is experiencing.

Call us at Parent Line **1300 1300 52**, 24 hours a day, 7 days a week or log onto our website for more parenting information www.parentline.org.au

SWIMMING CLUB REGISTRATION

Registration has now open for Wingham Swimming Club. Swimming Club is held each Wednesday Evening from 6pm. We welcome anyone who is interested and enjoys swimming from Beginners to Masters.

Once again, this year Registrations are to be completed online at the Swimming NSW website. (www.nswswimming.com.au). Please go to the member's portal on their home page and follow the instructions.

Swimming Club will commence on the 13th October 2010 at 6pm. A registration/information afternoon will be held at the Wingham Pool on the 6th October 2010 from 5.00pm.

Fees are:	Swimmer	\$60.00
	Non Swimmer	\$20.00
	Family of 4 Swimmers	\$220.00

For any further information please contact Jenny Watts, President 6553 5542 or Kirralee Waters, Registrar 65570405.

MANNING COMMUNITY SERVICES

On 27th October, 2010 Manning Community Services are banding together to host an extraordinary day for those in the community who are doing it tough. The event will be held at the Taree PCYC from 8:00am until 2:30pm.

The day will be an opportunity for families and individuals to access a range of services and products that will enhance their lives.

There will be lots of activities for the children.

To provide this day Manning Community Services are requesting the help of the school community. This is a whole of community effort and assistance is required to supply donations of toiletries, food, clothing shoes, books, baby products and any other products that would be useful. The school community is being asked to donate **Blankets/Sheets**.

Collection day will be Monday 25th October 2010 so please drop donations off to the school prior to this date if you wish to contribute.

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