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Principal: Mr Mark Thomson

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Deputy Principals: Mrs Kim Dixon (7, 9, 11) Mr Paul Ivers (8, 10, 12)

PRINCIPAL'S REPORT

I would like to thank the many parents of Year 11 students who came to the school for the recent Parent Teacher Interviews and HSC information session. Much vital information was provided to parents about the importance of consistent attendance across the entire HSC year particularly after the HSC trials in term 3 next year, completion of assessment tasks and homework, study skills and use of study periods, mentoring, where to access the assessment calendar (available on the school website*) and expectations of Senior students in relation to exams, excursions, socials, attendance at year meetings and leave passes.

If you were unaware of this event please ask your child why they did not pass on the invitation and booking sheet given to them. Events such as this are also listed on the calendar accessible on the school website. Since the end of term 3 the DEC have been overhauling all websites as they are the host for all school websites across the state. As a result we have been unable to add any new information and it appears that the year 11 Parent Teacher night was not on the calendar of events uploaded to the website prior to its locking by DEC.

A big thankyou goes to Mrs Dixon, Mr Harrell and Mrs Sedgwick for all the efforts they have put into the organisation of the night and into the transition of year 11 into their HSC courses. She has put in many hours talking to year 11 about their responsibilities and privileges, putting together programs and procedures that maximise the learning outcomes for all students whether they are aiming for an ATAR (university entrance score) or employment before or following the HSC exams.



There are many exams

being conducted at the moment. The HSC exams have been going in the MPC under the auspices of our new Presiding Officer Mrs Sue McGilvray. While this week Years 7-9 have been doing exams in class, next week (week 5) Year 10 sit for the last School Certificate exams to be run by the Board of Studies. From 2012 Year 10 exams will be internal exams organised by the school.

COWS AND CAREERS

This project has been completed by 13 students from Wingham High School Agriculture in 2011. Students raised 2 calves over a number of weeks and then had to complete specific written and computer based tasks which were submitted for judging. Most high schools on the Mid North Coast were represented by a team of students in the various sections. The students involved in 2011 were Nikitta Gallagher, Teanna Peckett, Victoria Lee, Samantha Deal, Elle Deane, Jonty Hemmingway, Layla McCaffery, Taryn Worth, Georgia Bramble, Imogen Halliday, Jarrad Paltram, Aaron Bates and Alysse Riggs.

Our Junior Team of Imogen Halliday, Teanna Peckett, Samantha Deal and Victoria Lee won 1st Place with \$50.00 individually received for their efforts. Our Senior Team only missed the 1st place position by 2 points in the judging with their very unique poster presentation.

They all had fun on the presentation day of October 24th as individuals went on to win Industry Trivia competitions for the school including Jonty, Taryn, Georgia, Nikitta and even Mr Hawkins in the Teacher's section.

This is possibly Taryn, Georgia and Layla's last project as they will be involved in the

CHALLENGE AND FEAR AT A YEAR 8 CAMP

On Monday the 10th of October, 79 students from Year 8 attended a sport and recreation camp called Point Wolstoncroft. Point Wolstoncroft is made to develop children's social abilities, having to share cabins with 4-8 people, working together to accomplish activities and challenging yourself.

Students were divided into 3 activity groups; green, yellow and pink. Each group had a camp leader and a teacher attached. Activities included the very popular hobie catamaran sailing, kayaking, wall climbing, the challenging high ropes, the feared giant swing, Geo-cache and a 6km night bushwalk. In free time students could get involved in activities such as giant chess, giant checkers, giant snakes and ladders, volleyball, tennis, basketball, ping-pong, soccer, football and even gymnastics.

Each dorm also had their own responsibilities. At meal times everyone would help to set up

HSC but what do you know, Taryn and Georgia were selected to undertake a fully paid Relief Milkers course via Mid Coast TAFE. The dates for this will be announced soon. This has happened due to their long and strong involvement in these competitions.

Mr Hawkins

the dining hall and then some would help prepare meals, while some served meals. Other parts of the team would staff the scullery and others would clear tables and clean the dining hall at the end of the meal. Doing this for 79 Wingham High School students, 4 teachers and the 50 Year 5 students sharing the camp with us made this a challenging catering task.

Although some of the activities were very challenging and scary, everyone overcame fears to achieve what they thought they couldn't do. We had a good laugh along the way and students felt great after accomplishing a challenge.

We'd like to thank the teachers'; Mrs Muscat, Mr Rourke, Mr Muscat and Mrs Boyle for taking us to the camp. Thanks to the camp staff for challenging us and a big thank you to our parents and carers for making it possible to go.

By Taylor Johnson and Jack Donehue.



Boys Sailing: Left to Right - Jarrad Paltram, Darcy Byrne, Braiden Fenech

Jack Donehue on the Giant Swing





TEXTBOOKS - PLEASE HELP!!!

The number of text books available for students to use in classrooms has dwindled over the year.

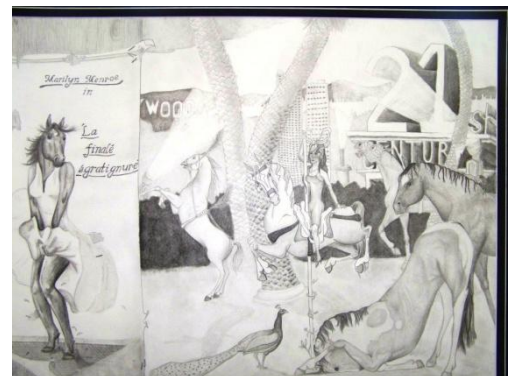
Please check your bookcases and study areas at home for any 'stray' Wingham High School text Books.

Mathematics, in particular, has had several go missing from rooms over the year, and while we are sure they have accidentally been packed in bags, we really need them back for students to use in 2012.

If you find any 'strays' at home, please return to the front office of the school.

We really appreciate your effort in this matter.

HSC artwork by Nick Thompson



P & C News

Welcome back to the last term of 2011. This is the time of year that gets really busy, with Year 12 Graduating Ceremony and end of year Presentations it is a busy time for all.

The new Menu has started and will continue through to Term 1 2012. I would like to thank staff of the school and our volunteers who helped out in the Canteen on Tuesday 1 November when Lynda was unwell and had to go home. Hermonie McCormick and Melinda Murphy were on this day and with the help of Staff and Students did a wonderful job, Mr Dave Irvine and Mr Peter Strahan are some of the staff who helped. Many thanks to you all who helped on the day we appreciate what you have done.

The Volunteers Luncheon is on very soon being on Friday 18 November. I know Lynda has been busy sorting out the Luncheon for her volunteers. Lynda really appreciates all the help the volunteers give her because it makes her job easier with a little help and a lot of laughter. Lynda will also be catering for the Production Night which is a Dinner and Drama Night and this is on 24 and 25 November 2011.

HSC artwork by Nick Thompson



The Year 12 Graduation Ceremony is on Wednesday 23 November. Your exams are almost over, I hope you have all gotten the marks that you strived for and wish all of Year 12 2011 the best for their future.

The Year 7 2012 Parent Information Afternoon is on Thursday 8 December at 2pm in the Library. This is very informative especially for parents who have never had children in High School before. Country Clothing and ITS Clothing have been invited to attend this session.

For those students who need USB Drives the canteen has these for sale and they are also on a Lanyard.

Meeting Times

Thursday 3 November 2011 at 6pm

Thursday 1 December 2011 at 6pm

Thanks

Anne Munns

P & C President

**Parent
Line**

1300 1300 52



Surviving Exam Stress

You may have heard the saying that “parents are only as happy as their least happiest child”. If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

- **Maintain perspective:** Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person’s mental health or their relationship with their parents may not be worthwhile.
- **Tune into what your child wants to achieve.** This may be completely different to the goals that you hold for your adolescent.
- **Help your child to think about goal setting –** knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.
- **Support your child to find a level of balance in their life of study, socialising, and recreation** that is appropriate to the goals that they wish to achieve.
- **Notice and praise your child’s efforts at developing and maintaining a study plan.** If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone-calls etc.
- **Ensure that child has an appropriate environment for study.** They should have a dedicated, quiet space that is comfortable, has adequate lighting and is free of clutter.
- **Provide emotional support:** Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.

- Be supportive by giving your child space and leeway as they go through a very stressful time in their life. Try to have realistic expectations about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.
- If your child feels unprepared and anxious, don't panic with them or make things worse with "I told you so's". Reassure them that they can only do their best and help them to develop and apply relaxation and time-management techniques.

Lastly, and very importantly, prepare yourself for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child's despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge and give them time to feel, to heal and then move on with problem solving.

If you want to talk about how you are managing parenting a HSC student with one of our professional counsellors, call 1300 1300 52 or visit our website www.parentline.org.au for tips sheets and parenting stories.

CANTEEN ROSTER

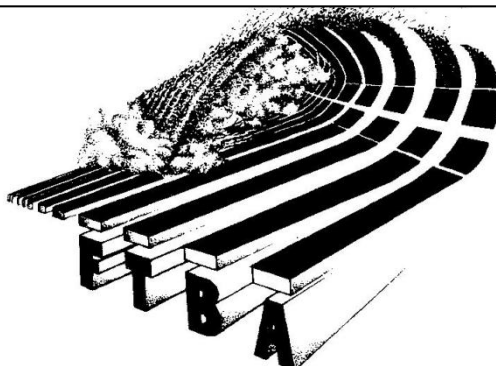
<i>14/11/2011 Marie Reeve, Annie Upton, John Hawkins</i>
<i>15/11/2011 John Hawkins, Caroline Weekes</i>
<i>16/11/2011 Lyn Fahey, Leanne Foster</i>
<i>17/11/2011 Louise Smith, Anne Munns</i>
<i>18/11/2011 VOLUNTEERS LUNCH – Susan Watson – HELP NEEDED, HELP NEEDED</i>
<i>21/11/2011 Marie Reeve, Kim Jones, HELP NEEDED</i>
<i>22/11/2011 Allen Skinner, Ken Cameron</i>
<i>23/11/2011 Liz Fenech, Karin Ford</i>
<i>24/11/2011 Julianne Webster, Hazel Saxby</i>
<i>25/11/2011 Sandra Styles, Christine Ritchie, HELP NEEDED</i>
<i>28/11/2011 Michelle Swannack, Kay Brauer, Lorraine McGrath</i>
<i>29/11/2011 Paul Stringer, Hermoine McCormick, Melinda Murphy</i>
<i>30/11/2011 Gai Wespi, Lorren Robinson</i>
<i>01/12/2011 Jeffrey Ritchie, HELP NEEDED</i>
<i>02/12/2011 Marie Reeve, Jenny Lamborne, Pat Skinner</i>
<i>05/12/2011 Marie Reeve, Julianne Webster, HELP NEEDED</i>
<i>06/12/2011 Chris Donehue, Jean Cameron, Bron Wallace</i>
<i>07/12/2011 Judy Abdoo, Julie Page</i>
<i>08/12/011 Julianne Webster, Joelene Webster</i>
<i>09/12/2011 Deidre Zielke, Therese Hopkins, HELP NEEDED</i>
<i>12/12/2011 Marie Reeve, Annie Upton, John Hawkins</i>
<i>13/12/2011 John Hawkins, Caroline Weekes</i>
<i>14/12/2011 Lyn Fahey, Leanne Foster</i>
<i>15/12/2011 Louise Smith, Anne Munns</i>
<i>16/12/2011 Susan Watson, HELP NEEDED – HELP NEEDED</i>

SCHOOL SHIRTS

available from the Accounts Office

PRICE LIST

White Shirt with or without school emblem	\$5.45 + GST .55c = \$6.00 (xxl – xxxxl)
Blue Shirt with school emblem	\$5.45 + GST .55c = \$6.00 (size 10 – 20)



Forster Tuncurry Bodyboard Association is looking for more riders, boys and girls that want some competition and loads of fun. Keen to be involved, join the group on Facebook, look at www.ftba.org.au or contact Aaron Dodds 0408481048 or info@ftba.org.au We will be holding a session this sunday, meeting place Middle One Mile Beach Car Park @ 7.30 for 2hrs.

mastering hsc

please detach this form and return together with your payment to:

please detach this form and return together with your payment to:
The Program Coordinator, The School For Excellence, PO Box R1407, Royal Exchange, Sydney, NSW, 1225. Fax: 1300 364 065.

First Name: Surname:

Home Address: Telephone: Email Address: Suburb: School Attending: Year Level in 2012: Postcode: Yr 11 studying Yr 12 subjects Yr 11

Section 2: Please enrol me into the following lectures (3): A maximum of 2 subject lectures & 1 Study Skills lecture per student allowed.

Sunday 6th November 2011 at the University of NSW (Kensington)

9:30am - 11:30am

- English Advanced (Belonging)
 English Standard (Belonging)

12:15pm - 2:45pm

- Intense Study Skills Lecture

3:30pm - 5:30pm

- Chemistry General Maths
 PDHPE

Saturday 12th November 2011 at the University of Sydney (Camperdown)

9:30am - 11:30am

- Biology Economics
 Maths 2 Unit

12:15pm - 2:45pm

- Intense Study Skills Lecture

3:30pm - 5:30pm

- English Advanced (Belonging) Maths Extension 1
 English Standard (Belonging)

Note: Same subject lectures are identical, ie. the English lectures and the Intense Study Skills lectures on Sunday 6 and Saturday 12 November 2011 are identical. **Bookings are Essential.** Admission documents, maps & confirmations will be sent by post on the Monday before each lecture. Theatre details will be posted at www.tsfx.com.au/nsw

hscedgeonline

Those students who cannot attend **mastering the hsc** are invited to join our unique and exclusive **hscedgeonline** service free of charge! Join **hscedgeonline** today for **FREE** access to notes, trial exams and solutions, sample A+ essays, weekly study tips and exam advice, critical HSC updates, exam strategy lectures and more! To get your edge in the HSC join **hscedgeonline** free of charge at www.tsfx.com.au/nsw or call 1300 364 173.

