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



Wingham HS WEB Waterwatch training – Wingham Brush Wharf



Wingham Environmental Body (WEB)

WEB has been busy in recent weeks with two main projects – developing and implementing a



recycling program and regenerating the point

at the junction of Manning River and Cedar Party Creek, which forms part of the bottom farm.

Recycling bins were purchased and lids were painted yellow by members of the group. Each Friday, the group removes all of the non-recyclable material which has been placed into these bins into the general rubbish. An education campaign is underway to improve students' use of these bins and an incentive program is being devised.

Last week the group planted a range of local indigenous plants at the point. Species planted included Casuarina, Snow wood, Callistemon, Red Kamala, Rose wood, Native Guava, Lilly Pilly and Sandpaper fig. Thanks must go to Mr Ian Winkley from Dingo Creek Rainforest Nursery who visited the site, recommended

species and helped students plant the trees. Also, huge thanks go to the P&C for contributing \$500 for projects such as these.



J Rourke

Principal's report...

This term has been full of many great events and activities As well as being the time of year where much of the planning for next year starts to accelerate. Already Year 10 have chosen subjects for their HSC. The process of determining which courses will run is well underway. At the same time meetings with Taree and Chatham High Schools have taken place to establish which courses are going to be available to students from all 3 schools on what we call the 'shared curriculum line'. Planning has commenced for the arrival of our year 7 for 2012 with enrolment forms now in each of our feeder primary schools. I am pleased to be able to announce that Mr Gerardo Aguirre and Ms Carissa Black will be the Year 6-7 Advisers in 2011-12. Along with Mr Ivers they will be visiting each of the Primary Schools to meet year 6 and commence the transition program.

Big night out!!!

Wow!! What a great opportunity for the hundreds of performers we have at Wingham High: dramatists, vocalists, instrumentalists, and dancers were all showcased at this gala event. Even the staff got in on the act with a fantastic performance (lacking a little in the brass section though) of the Pink Floyd classic "Us & Them", with the vocals of Brett Sedgwick and sax solo of Jim Rourke standouts.



Rotary Dinner

I would like to thank Wingham Rotary club for their ongoing support of the school and their

commitment to raising funds for the Wingham High School bus. This year the dinner raised over \$2000 for the bus fund. In its inaugural year the bus has travelled over 8,800km and taken students on mandatory field trips, excursions performance and sporting events. Without the bus the shared curriculum courses with Taree and Chatham High Schools would be nowhere near as successful as they have been.

Next Masterchef and or Master Renovator from Wingham High School!!

This could be a reality in the not too distant future now that we have full use of the 2 Industry standard Trade training facilities in Hospitality and Construction. Ms Julie Leslie has been very busy setting up the new Hospitality kitchen with all the new equipment.

2011-12 School Leaders

Nominations for the 2011-12 Wingham High School Captains are in and judging from the applicants I have seen so far it will be a very difficult decision to choose just 4 (2 girls & 2 boys). All applicants will be interviewed by a panel consisting of myself, Mrs Dixon (Deputy Principal), Mrs Leslie & Mrs Kendall (SRC coordinators), and Mrs Sedgwick (Year 11 Adviser).

Not only but also..... Many other activities included: Diabetes Education for all staff; an Ancient & Modern History HSC study day at Coffs Harbour (again mainly possible due to the school bus); A "Motivational Media" presentation to all students; Australian Mathematics Competition; Cows & careers program in Agriculture.; Vtraks @ TAFE; Yr 12 Chem excursion to Maritime museum; Yr 11/12 ATV training day; State SRC; Regional Athletics; Senior Social; Girls Futsal; Senior Careers expo;

Mark Thomson, Principal

P & C News

At the August meeting it was brought to the P & C's attention that there is no School Assistance Funding once a student turns sixteen. The P & C donated \$1000 to the school to start a fund for students 16 and over. This fund will be managed by the executive of the school.

The Wingham Rotary Dinner was attended by 105 people. They donated \$1900 to the school for the School Bus Fund and also a further \$500 to go towards the newly formed School Assistance Fund for Students 16 and over. I would like to thank Wingham Rotary Club for their support to our school. I must thank Mrs Lynda Nash and her helpers, Marie Reeve, Michelle Swannack, The SRC, Hospitality Students, Miss Leslie and all of Lynda's volunteers. This night would not have been possible without them.

The boys Navy/Red Polo shirt continues to be of concern. We looked at seeing if it was available by the manufacturers in the cotton/polo style, it is but it is not affordable to either of our suppliers ITS Clothing and Country Clothing to supply to our students. ITS Clothing does make these shirts if needed.

The P & C put an application in for Mrs Lynda Nash for the Regional Directors Award for the P & C and community, Unfortunately she did not get this award but we would like to recognise Lynda for all of the hard work that she does for the P & C in supplying quality foods to our students and staff of the school.

Our next meeting is Thursday 1 September 2011. Hope to see you there.

Thanks. Anne Munns, P&C President



School life covered from A to Z

Practical help for parents and carers to assist their child's learning and development is now available as part School A to Z – a new online school community.

School A to Z, developed by the NSW Department of Education and Communities, includes a website (www.schoolatoz.com.au), free mobile apps and social networking through Facebook and Twitter.

The site is a go-to resource for parents looking for homework/study support and resources for their children, and includes hundreds of plain English definitions on classroom terminology, printable help sheets, 'how to' videos and advice from teachers and other experts.

School A to Z also includes:

- Helpful advice and information to support children's wellbeing, emotional and physical development, including healthy lunch box recipes.
- Resource and tips that encourage and promote safe and appropriate use of technology.
- Opportunities for parents and the community to contribute content, share ideas and join in discussions, including the School A to Z Facebook and Twitter channels.
- A translation aid for users from non-English speaking backgrounds.

The free mobile apps, developed for smartphones and iPad, will enable even the busiest of parents to have access to these resources.

Check out the School A to Z website (www.schoolatoz.com.au), Facebook page

(www.facebook.com/schoolatoz) and Twitter account (www.twitter.com/schoolatoz)

Free dental checks available

To keep your teenager's teeth in good health, the Australian Government provides eligible teenagers with a voucher—valued up to \$159.85—to help with the cost of a preventative dental check.

To be eligible, your teenager must be entitled to Medicare benefits, be receiving certain government payments individually or as part of a family and be aged 12–17 years, for at least part of the calendar year. Vouchers can be used at private dentists or through NSW Public Oral Health Services.

Contact details for Public Oral Health Services can be found at: www.health.nsw.gov.au/cohs/contacts.asp.

For more information or eligibility details visit your local Medicare office, call 13 2011 or go to www.medicareaustralia.gov.au

NSW Dept Health Surveys

What is the SSHB Survey?

The School Students Health Behaviours (SSHB) Survey explores the health behaviours and attitudes of secondary students in NSW. The SSHB Survey includes questions from the national Australian Students' Smoking, Alcohol and Drug (ASSAD) Survey and additional questions on health behaviours and attitudes. The survey takes about 40 minutes of the student's time (under one class period). The ASSAD Survey is a collaborative effort of the Cancer Councils throughout Australia, the State Departments of Health, and the Australian Government Department of Health and Ageing.

CAREER LINK is a project run at school in 2011 to give you another option to having to do total school based Higher School Certificate. It gives students who are not always great achievers in the school environment a chance to gain a traineeship or apprenticeship while still credited your HSC. I have been fortunate enough to be places in a traineeship as Assistant in Nursing with Mayo Hospital. This has given me a chance to qualify for a Certificate III in nursing as well as still being able to gain my HSC. The stimulation this gives me is fantastic, being able to work with other experienced staff, and the enjoyment you get from being able to assist the sick and elderly is indescribable. My week consists of going to school Monday and Tuesday, then on Wednesday I do a TAFE, studying hospitality. On Thursday my most enjoyable day is spent doing work experience at the Mayo. This is where you really get the hands on work. And finally on Friday I am once again at TAFE doing my study for Assistant in Nursing. The academic part of the program can be hard and I do really struggle with this, but knowing what I can gain out of this far outweigh the hardship that I am dealing with. I know that I have a lot of hard work ahead of me but on Thursdays when I am at work I know in my heart that this career is what I want in my future. So I would highly recommend to other students who are undecided as to what they want in their future to consider this as a way of finding employment in a job they may find that they really enjoy.

Tegan Yarnold Year 11

(This article forms part of Tegan's assessment toward Certificate II in Business Services. For more information

From the Deputy's Desk...

It seems like quite a while ago that I first wrote for the newsletter and so much has happened since. Time seems to have flown and I almost feel as though I am becoming part of the furniture at Wingham High... a thought that really pleases me.

Year 7 have settled into high school well and seem to be taking up the challenge to engage and be responsible for their learning. I am attending Mrs. Doust's 7Armstrong Science class next Monday and, all being well, and, if they don't blow me up, I should have fun and an experiment to report on next time! We are currently running a competition amongst Year 7 to come up with a slogan or 'ditty' that best describes the year and will promote unity, solidarity and form a coherent identity that they can 'own' for their six year tenure at Wingham High School. The entries will be voted on by the cohort at a Year Assembly and I'll be able to report on that next time too. So, if you're a Year 7 parent, help your student with ideas to throw into the fray for the voting process.

Year 9 have really settled since the year's outset and many are enjoying the freedom of choice that comes with elective learning. There are some terrific projects, artworks, food and music flowing when Year 9 are in electives and I think that the performance by the Year 9 band at the Big Night Out last week symbolises their passion for elective learning. The core subjects are also producing quality work and I commend Mrs Portelli and the Maths Faculty for trying to 'Raise the Bar and Close the Gap' with knowledge 'gapping' from the Year 8 course, to cement their current, Year 9 learning. Consistent phone calls home play a part in ensuring a school – home partnership, so that you, as parents, are aware of the latest maths test scores and the level of improvement achieved, or required, in the following module. We've also had a rush of new

about apprenticeships and traineeships please see Mr Henshaw.)

enrolments into Year 9, so I heartily welcome the students and their parents into the Wingham High School Learning Community. The word is spreading about what a great school this is, so who could blame anyone for wanting to come here!

Year 11 are nearing the end of their Preliminary coursework. Some are feeling the pressure of incomplete assessments and know that a hefty deadline is looming if they want to achieve a Preliminary Certificate – so all stops need to be pulled out to get the required work submitted. I have also been interviewing year 11 students in order to review their study patterns and look to their HSC future, so we can optimise learning and maximise potential. I have been impressed by Year 11's level of commitment and will to seek better, more efficient time management and organisational strategies: this will soon become a connected, concerted focus for us. Last week's Big Night Out showcased the myriad of talent in Year 11 – both onstage and behind the scenes. I am very proud of the talent Wingham High boasts and, particularly, the Year 11 crew, who shine and come alive when performing. We have now held the 2012 Prospective Leader interviews – step one in the election process. The competition is fierce as the candidature is so strong, articulate and committed to the ethos and guiding principles of Wingham High School and all students were overwhelmingly positive about their school. A real sense of ownership and a clear love for their school and its community abounded in all of the interviews held. It was quite an uplifting experience for me and again, I felt the Year 11 positive connection and ties to core values underpinning their nomination for the role. Look's like 2012 will be a strong, powerful year in leadership! I can't wait for it and I wish each candidate every success for the remainder of the process until election.

Although I have not had much to do with Year 12, it would be remiss of me not to offer a farewell of sorts. I thank the Leadership team, who have always displayed poise, elegance and professionalism in the roles they undertake. I would also like to acknowledge Mr Irvine's Industrial Technology class, who have produced some beautiful pieces as Major Works to be proud of. Hall stands, entertainment units, a queen bed, a futon, a chess board and its pieces, to name a few... All of the items are made from the same medium – different strains or types, but each of the products is so unique. The metaphor is clear. The class and its products are efforts they, and their teacher, can be proud of. The same can be said of Year 12 as a whole. Made of the same stuff, but uniquely individual. Their efforts and output will be rewarded when HSC time comes around. Be proud of what you've achieved and continue to work hard until the very end.

SRC REPORT Taking on a partnership with web we want to assist them with our resources because what they are doing is making students aware of the environment and what we can do to help it.



We continue to work toward creating a positive environment for the student body and once again it is in the area of the toilets. Graffiti has made the walls a place for people to bully others and is unsightly for those who use these facilities, both boys and girls. This is an ongoing problem that has to be dealt with by the SRC every year. It would be appreciated if those who indulge in writing on the walls would not do this and use their energy in a more productive manner.

SRC made an impression on the Wingham Rotary Club by waiting on the tables at a recent Rotary dinner held in the MPC. This event has become an annual one at which Rotarians present the school

with funds to help with the upkeep of the school bus. This year we gratefully accepted a cheque for \$1900. Rotary were also generous in presenting a further \$500 to help disadvantaged children at the school. The SRC would also like to acknowledge the work on Mrs Lynda Nash and her assistants including Ms Julie Leslie and Mrs Michelle Swannock in providing the amazing food for the evening. Dramatic performances were given by Raff Watt, Freya Mudie and Jan Weeks once again showed his skill on the grand piano. Congratulations to Jan, who the next day, sat his 7th Grade exam and gained an A.

SRC students are still co-ordinating the printing of the newsletter and while it is time consuming it has become a challenge for us to overcome.

More Big Night Out ...



ABSENT NOTES

If your child is absent from school it is important that you send a note explaining the absence in to the school on the day that they return. If a note is not received the absence will be marked as unjustified. The Department does not allow unjustified absences to be amended on records and reports.

Open Girls Hockey

The open Girls Hockey team opened this year's campaign with a first round forfeit from Chatham High School. This meant their first game was at the Hunter Round Robin in Newcastle, where they encountered Whitebridge High School. Wingham had a hard fort game with the play extending from one end to the other with neither team able to capitalise on their opportunities. Wingham finally netted a goal just before half time. In the second half Wingham came out determined to capitalise on their opportunities and scored 2 quick goals. Whitebridge managed to sneak a goal in but Wingham rallied and scored another goal to cement the win 4 goals to 1.

Wingham's second game was a win at all costs game if we wanted to progress. This game was against a talented side from Merewether High School that really put the pressure on from the start. Wingham managed to net 2 goals to Merewether's 1 to be leading at half time. After a much needed pep talk from Coach Surtees the girls made an aggressive start to the 2nd half. With many attempts at goal but not being able to capitalise the girls didn't give up but held their heads high and we went to full time locked at 2 goals each. Both teams were hungry for the win with both having many opportunities but unable to follow through until the 2nd 5 minutes of extra time, Wingham found the net and then held strong to deny Merewether another goal, to come away with a win 3 goals to 2.

Wingham then played Hunter Sports High in Taree. The game see sawed back and forth with neither team able to capitalise on their opportunities and there were many. Wingham managed to score a goal 2 minutes before half time to go to the break one up. In the second half Hunter Sports came out firing and scored an equaliser. Wingham managed to score 2 quick goals through 2 short corners. But Hunter retaliated to score 2 of their own in quick succession. With the score 3 all Wingham was hungry for that winning goal and it eventually came to see Wingham leading 4 goals to 3. But Wingham took their foot off the pedal to let Hunter Sports in for an equaliser with only 2 minutes until full time. It was 4 all at full time so we headed into extra time which was unable to break the deadlock. Wingham came away as Joint Hunter Champions.

The girls are now heading to Sydney to play Mt Austin from Wagga. A win here will see them into the top 8 in the State for the 3rd year in a row. Good Luck Girls!

YEAR 7/8 REGIONAL TOUCH REPORT



Wingham High students again excel on the sporting field not only in the effort they put in but also the sportsmanship displayed.

Girls results for the day were outstanding:

Round 1 v/s Tuncurry – won 6 – 0

Round 2 v/s St Josephs - won 6 – 0

Round 3 v/s St Pauls – won 2 – 0

Round 4 v/s St Clares – won 3 – 1

Round 5 v/s St Columba – won 9 – 0

Round 6 v/s Tuncurry – won 9 – 0

Unfortunately in the final we went down 2 – 1 in a very close and hard fought game against Great Lakes College. Having only had 3 touch downs scored against them all day shows what a fabulous all round team performance they put in. It was impossible to pick an MVP for the day as all the girls played extremely well. Hopefully these girls stay together as a squad as we believe there are better things on the horizon.

The Boys also excelled and put in 100% as always. Their results were:

Round 1 v/s St Josephs – won 4 -1

Round 2 v/s St Columba – won 5 – 0

Round 3 v/s Tuncurry – won 2 – 1

Round 4 v/s St Clares – draw 2 – 2

Round 5 v/s St Pauls – lost 4 – 2

Round 6 v/s St Columba – won 6 – 0

With our young students displaying such great results Wingham’s sporting future looks to be in great hands and looking very rosy.

Mrs Ferguson and Mr Morgan would like to thank Courtney Morris, Tegan Wenham, Tara Zanardi and Shannon Ellem for assisting with coaching and running the subs on the day, and Blake Sky and Mitchell Collins for being our referees on the day. It’s wonderful to see our older students putting time in to assist younger students. Again, from Fergo and Morgo, thank you for a wonderful day and your efforts on the sporting field, you not only made us feel

proud but you did yourselves and your school proud. Well done!!

HUNTER REGIONAL ATHLETICS TRIALS 27TH AND 28TH July

Maitlan Brown -1st in 13 Year Girls Javelin
Lleyton Cowie – 2nd in 14 Years Boys Javelin
Jarryd Cameron – 2nd in 17+ Years Boys Javelin

Maitlan and Lleyton will now compete in the CHS State Athletics Championships to be held at the Sydney International Athletic Centre on the 8, 9 and 10th September.

Year 9, Aussie Bush Camp By Owen Lednor

Week 4 last term, year 9 went to the Aussie Bush Camp. On Wednesday morning the year 9 students plus their teachers, Miss Bloomfield, Mr Sedgwick and Miss Yates set off for the camp. After their pleasant bus trip they got off the bus and got acquainted with their tents which they would be sleeping in and the instructors.

After Introductions they were thrown straight into the “Mudworld” an activity which got everyone used to being mucky and to just have fun. “Mudworld” was a series of wet and muddy activities, they had to do things like wade through muddy water and crawl through a mud maze.

After cleaning up the, they had a team challenge, this challenge was a high flying, up in the air course, where everyone had to work in teams of 4 to get across the high up challenge course. They swung as a group on a log, they had to walk across thin wires and at the end they flying foxed they’re way to the end.

Afterwards everyone had dinner and moved on to the disco. The disco was amazingly good fun and many people danced till they dropped. Many people including the teachers showed off they’re dancing skills while having a ball of a time. Afterwards



everyone relaxed and had a good night's rest, to be woken up at six o'clock on the dot by their instructors.

The teachers and students got broken up into 2 different groups, the groups did different activities like, "Crate Climb", "The Giant Swing", "Canoeing", and many different activities. The fun didn't stop there though, after dinner the groups joined for a game of "Commando". The Rules of the game were simple, the teachers hid a group of students and every other student in teams had to find and rescue one student from the group, but of course there was a catch, while the students were trying to rescue the captured students the teachers were trying to catch any student that stumbled along their path. All of this was done at night, in the bush, while it was sloppy and wet; needless to say everyone enjoyed the game except for the teachers who were beaten in both games that was played.

The next morning, everyone was a little disappointed that they would have to go home at the end of the day but it didn't stop everyone from having a brilliant time, again everyone got split into groups and they did activities that they hadn't done yet.

With many funny stories and good memories the instructors farewelled the teachers and students then left them to board the bus back to school. Everyone had a brilliant time and the teachers were impressed by the good behaviour of the students, all in all it was a brilliant time and there are already plans being made for the year 11 trip, what could it be?

We shall just have to see.....



Big Night Out

MANNING RIVER DIABETES PREVENTION PROJECT – YEAR 7 and 8 STUDENTS

Type 2 Diabetes is a chronic disease that is increasing in prevalence across all age groups and is now being diagnosed more often in younger people. Eating good foods and participating in regular physical activity can help prevent this disease and the Many Rivers Diabetes Prevention Project has been working with schools and communities in your area over the past few years to encourage these healthy behaviours in young people.

In 2007 we conducted a survey with kids and parents on food intake, physical activity and diabetes knowledge. In 2011 we are conducting this survey again to see what changes there have been in these behaviours.

Early in Term 3 we will be giving children consent forms to take home asking them to participate in this survey. Parents are also asked to take part. Children only participate if written consent is provided. All surveys are self report and confidential. Children's height, weight and waist circumference are also measured but only if you give consent, and you can choose not to do this part of the survey if you prefer.

If you have any questions please call Josephine Gwynn at the University of Newcastle on 4913 8745 or Lynette Syron at Biripi AMS on 6551 2088.

Cows/Careers Competition

The Cows Create Careers is a Dairy Australia project which aims to promote the career and education opportunities for students 7 – 11 in the dairy industry.

Select students involved in the Agriculture course at Wingham High have been involved in this competition for the last 4 weeks. Mr Brett Smoothy provided 2 calves and the students raised these calves on a bottle over the time period at school.

The junior and senior students have worked in groups to complete set competition assessment tasks consisting of letter writing to industry personnel and specific computer based power point presentations. The students need to be self-directed for much of the competition and function as a group member on specific tasks set out in the competition guidelines. Their power points/posters and industry letters will be sent for judging in early September in Victoria.



Dairy Australia will host an awards and presentation day for all students involved on 24th October at Wachope RSL. Our students will be competing against students from most high schools on the Mid North Coast offering Agriculture.



Big Night Out

WHS CAREER EDUCATION

AUSTRALIAN DEFENCE FORCE



Above: some of the merchandise given to Nathan

DATES: 9TH-11TH MAY 2011-3 DAYS

LOCATION: HMAS ALBATROSS NOWRA

HOW TO ORGANISE PLACEMENT: to organise this work placement you must go to your careers adviser and contact David Atkins who organises the work placement at Defence Bases such as HMAS Albatross (You must do this early in the year because only a small number of students get to participate in this work placement). See Mr. Henshaw for contact details.

GETTING THERE AND ACCOMODATION: HMAS Albatross does not provide accommodation or transport so you must get yourself down there and organise your own accommodation.

ACTIVITIES:

DAY 1: We all met up at the office at HMAS Albatross, they told us a little bit about the place and all the safety rules/regulations and then we continued down to the NASSC which is where they practice life rafting and how to escape a submerged

helicopter, next we went down to the sea king helicopter simulator and they taught us how to fly, we went to the air fleet museum next and got to have a look at some of the old aeroplanes and helicopters. We went on to the mess hall where we had lunch and then we went back to the sea king simulator and they also showed us their new sea hawk simulator.

DAY 2: We went down to HMAS Creswell which is at Jervis Bay and is about 20 mins out of Nowra. At HMAS Creswell they taught us how to use and refill a fire extinguisher, they gave us a tour of their base and showed us their gas chambers, sinking ship simulator and fire on a ship simulator. We went to the mess hall where we had lunch, after lunch they showed us how to repair holds in a ship, then we went in the sinking ship simulator and left to go back to Nowra.

DAY 3: It was the last day we got to Albatross at about 8:30 and went up to the class rooms where we met some recruiters who told us about the forces and what jobs they have and what scholarships to apply for. We then went down to the gym where we had to pass a fitness test which was fairly easy we had to be able to do 25 sit-ups/push-ups and get a beep test result of at least 7.5, after our fitness test we had lunch and headed down to the hangars where we got a tour and to get in some of the helicopters and once we were done in the hangars we got a tour of HMAS Albatross and went back to the class room where they gave us some free stuff and we said our goodbyes and left for home.

MOST INTERESTING ACTIVITIES: The Sea King simulator and the sinking ship simulator

RECOMMENDATIONS: I would strongly recommend work placement at HMAS Albatross for anyone interested in joining the forces even people who aren't because it's a great place, you learn heaps and they inform you well

NATHAN McMASTER YEAR 11



Big Night Out Drama performance



Parents are lifelong teachers

Have you ever found yourself saying or doing something to your child that you promised you would never do, before you became a parent? Before you had kids, you were never going to be like your Mum who always reminded you how good you had it and how spoilt you were, or like your Dad, who regularly humiliated you by yelling at you from the sidelines on the football field. Now, you find yourself doing the same thing with your own kids. This is the difference between our intentions and our actions, between our values and methods.

Whilst our intentions as parents, are usually good ones, in that we generally aim to guide and help our children, sometimes our methods are not consistent with our intentions and we know from our own experience, that they are not effective.

We may also complain that our children do not listen to us, when we forget that they are watching everything we do, our values, our attitudes and the feelings behind our behaviour. In the words of Franklin Jones "Children are unpredictable. You

never know what inconsistency they are going to catch in you next.”

Although it is impossible for anyone to be 100% consistent, it is important for us to strive for consistency between our values and actions or for us to ‘walk the talk’. How much harder for example, is it for a parent who smokes, to try to influence their teenager son or daughter, not to smoke.

Spotting inconsistency in other parents, is much easier than recognizing it in ourselves. How many times have you witnessed another parent doing one of the following with little or limited success?

- Yelling at a child to ‘stop shouting’
- Smacking a child after they have hit another child
- Losing patience with a child who is being impatient

As parents, we are lifelong teachers to our children, but need to be aware that many of the things we try to teach our children are in fact, not ‘teachable’ but rather learned through experience and by following our example. Arguably, the most important and enduring example that we can set for our children, is how we express and manage our own feelings. It can be helpful for parents to pause, occasionally to consider “Am I practicing what I preach?” and “Are my teaching aims and my methods consistent?”

Children can push “our buttons” or find our vulnerabilities like no-one else. As well as experiencing enormous love and pride in them, we can also experience intense negative emotions towards them, such as frustration, anxiety and irritation.

Being aware of our feelings and expectations and trying to respond in a more calm and controlled manner, provides a good example for children to follow and helps keep relationships on track. This is no easy feat and it would be unrealistic and maybe unhealthy to expect that we can do this all the time.

Some of the strategies that parents have identified which help to do this include:

- Creating a pause or breather in a tense situation, by going for a walk, to the bathroom, making a cup of tea etc
- Having a mantra or phrase that a parent can silently repeat to themselves, such as “Stay calm”, “It’s my job to be bigger, stronger, wiser, kinder”
- Deep breathing or other activities that can help calm you in the moment
- Regular self-care and relaxation strategies. The more stressed and tired we are, the harder it is to find a way to be calm

If you want to talk about your child’s behaviour with one of our professional counsellors, call 1300 130052 or visit our website www.parentline.org.au for tips sheets and parenting stories.

Grandparents and Kinship Carers

Association Inc (GAKCA Inc) is an incorporated group of people caring for children other than their own but from within their own families. Many children are being raised outside of their parent’s home by either grandparents or other relatives. It is our aim to make our organisation available to everyone who might be in this situation.

We are having an open day at Taree Ten Pin Bowl on 26th September 2011 between 9am and 12.00 o’clock and wish to invite anyone who is caring for children that fit the above criteria to join us. On the day the bowling will be free to all children that are being cared for by their grandparents or kin. You will also get to meet other members in the same situation and hear what our aims are to assist people in the same position.

Please call: Kathryn Robinson, Vice President on 0400485560 for further information and to submit numbers for attendance of the Open Day at Taree Ten Pin.



**Big
Night
Out
Dancer**

CAPA CORNER

Creative Arts continues to play a major role in school life.

Term 3s "Big Night Out" saw creative arts students perform for a very appreciative audience of parents friends and teachers. Hosted by Genevieve Blenkin and Sophie Smith of year 7 dancers, actors and musicians all showed what an exceptionally talented group of students attend Wingham High School.



For only \$5.00 the audience were entertained for three hours from Beethoven to the Beatles and beyond, featuring Year12 students who presented some of their major works in both Music and Drama. Shawn Sullivan's composition for orchestra, Isaac Fear's bass guitar dexterity, Freya Mudie with a twentieth century piano piece, Alex McWhirter on electric guitar, Hannah Lynch on acoustic while Raff Watt soloed on drums.

Interspersed throughout these pieces were drama performances of Alice in Wonderland by year9, a duologue from year 10 students Ally Foster and Calypso Whatson while Raff Watt and Freya Mudie once again presented their individual Drama pieces and their group work which included Victoria Morton. Musicians from year 9 and year 11 showed that there is a wealth of excellent musicians waiting in the wings.....

Enhancing the concert were the newly installed LED lights which the Gafatak students had only taken control of that day. They showed how versatile the equipment is going to be in the future. Many thanks go to Hamish McDonald for the hours of work he put

in setting up the equipment and training the students. James Booth showed outstanding resourcefulness and his love of working in the areas of sound and lighting when he came in for extra hours to work with Hamish. While these hours count toward his Entertainment subject it is readily acknowledged that you only put in such time and effort when you have a passion. Thankyou James.

The Mary Poppins excursion will now take place on October 26th with the bus departing at 6.00 am returning by about 9.20pm.

Drama and Music students as well as some year 7 and 8's have been handed the note see the performance "Tricks of the Trade" on September 2nd in MPC. Using audience members and incorporating music dance and drama the group will present a play that will also work as a lesson for budding actors.

Special K and Cyclone Stacey.



Big Night Out Grand Finale

TAREE ATHLETIC CLUB INC. – the 2011/2012 Season will commence with

Registration Days at 4.30pm – 5.30pm on **5.09.11 and 9.09.11 and 12.09.11 and 16.09.11**

at Basketball side of the Taree Recreation Ground. The cost will be: Tiny Tots and U6's \$60.00

and U7 to U17's &70.00. Please do not hesitate to contact us on Nola Bath 0419 237 715, Robyn Phillips 0407 620 676 and Tracey Sewell 0410 548 029.

CANTEEN ROSTER

22/08/2011 Marie Reeve, Annie Upton, HELP NEEDED
23/08/2011 John Hawkins, Caroline Weekes
24/08/2011 Lyn Fahey, Leanne Foster
25/08/2011 Louise Smith, Anne Munns
26/08/2011 HELP NEEDED, HELP NEEDED -- DESPERATE
29/08/2011 Marie Reeve, Caroline Weekes, Kim Jones
30/08/2011 Allen Skinner, Ken Cameron
31/08/2011 HELP NEEDED -- DESPERATE
01/09/2011 Julianne Webster, Hazel Saxby
02/09/2011 Sandra Styles, Christine Ritchie, HELP NEEDED
05/09/2011 Michelle Swannack, Kay Brauer, Lorraine McGrath
06/09/2011 Paul Stringer, Hermoine McCormick, Melinda Murphy
07/09/2011 Gai Wespi, Lorren Robinson
08/09/2011 HELP NEEDED, HELP NEEDED -- DESPERATE
09/09/2011 Marie Reeve, Jenny Lamborne, Pat Skinner
12/09/2011 Marie Reeve, HELP NEEDED, HELP NEEDED
13/09/2011 Chris Donehue, Jean Cameron, Bron Wallace
14/09/2011 Judy Abdo, Julie Page
15/09/2011 Julianne Webster, Joelene Webster
16/09/2011 Deidre Zielke, Therese Hopkins, HELP NEEDED
19/09/2011 Marie Reeve, Annie Upton, John Hawkins
20/09/2011 John Hawkins, Caroline Weekes
21/09/2011 Lyn Fahey, Leanne Foster
22/09/2011 Louise Smith, Anne Munns
23/09/2011 HELP NEEDED, HELP NEEDED -- DESPERATE

MODEL RAILWAY, HOBBIES AND CRAFT EXHIBITION 2011

SATURDAY 3rd. and SUNDAY 4th. SEPTEMBER



WINGHAM HIGH SCHOOL
MULTIPURPOSE HALL
ROWLEY STREET, WINGHAM

Saturday : 9-00am. to 5-00pm.
Sunday : 9-00am. to 4-00pm.

Adults : \$ 6-00
Child / Pen : \$ 3-00
Family: \$15-00

PROCEEDS TO MANNING RIVER SAILING CLUB Inc.