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Principal: Mr Mark Thomson



WINGHAM HIGH SCHOOL NEWSLETTER 2011

CAPA Corner

HSC Visual Arts, Music and Drama students have all completed their major works. These comprise a large percentage of their final mark and the culmination of a year's work. Visual Arts works will be marked later in term four while Music and Drama have been marked on the school premises by independent examiners. Drama students from years 10 and 11 made up the compulsory audience for the students sitting the Drama exam.

Raff Watt and Freya Mudie have undertaken their studies in Drama by correspondence and their teacher, Angella Hopkins, flew up from Queenbeyan for their exam.



Ex Wingham High School student



Grace Gibson has been doing her first practice teaching experience in the Drama department. Grace has gained her diploma in performance and is now undertaking her



teaching credentials.

ASSEMBLIES

Junior and Senior assemblies this term were organised and run by Year 7 and Year 10. A very popular performance was given by four year 7 boys who demonstrated their skills with the yoyo.

Once again Gafatak supported the junior, senior and excellence assemblies by providing lighting, sound,



vision and stage settings. This group of dedicated students spend hours making the events look and sound good. These students will take control of their new lighting equipment and its computer program later in the term.

Drama and Music students attended an excellent performance by two women *Tricks of the Trade*. This work showed students how to use a variety of dramatic styles to present a script or story as a play. The use of costume, music, character portrayal and physical theatre engaged the audience as well included them in some of the acts. Country students don't always have access to as many performances as city students so it was good

to see so many take advantage of this touring show.

Year 12 Music students sit their HSC exam in the MPC on Tuesday 13th September. Isaac Fear performed one of his HSC pieces at the Excellence

Assembly and it was very much appreciated by the audience. We wish them well and thank them for the skills and role modelling they have shown other music students over the past six years.

Principal's report

This term is rapidly drawing to a close and Year 12 are coming to the end of 12 years of schooling. I would like to take this opportunity to wish all of year 12 success in their exams. It is worth remembering the words of many successful people from the business and sporting worlds who often quote the phrase successful people make their own luck. For Year 12 this means getting stuck into some serious study for their exams to gain the results that open up the most doors for them in their chosen paths whether it be employment or further study.

Again we have seen many successes of students from Wingham High School in performance, sport and academics. Our senior Girls Hockey team making it to the final 8 in the state for the 3rd year in a row, our Science and Engineering students performing extremely well in the Gold medal round and our performers at the junior and senior assemblies as well as our HSC drama and Music students.

This week saw the arrival of NAPLAN results for Years 7 & 9. These results were posted to parents on Monday the 12th September according to DEC regulations. Intensive analysis of the data will commence with members of the executive attending a 'Smartdata' training course which will provide skills in using the updated 'smartdata' package and inform the process of setting targets for the next school plan (2012-14).



Recently we have had HSC markers in

the school marking projects in Design & Technology and Industrial Technology-Wood as well as for Drama and Music. The projects and performances presented by the students were outstanding and thanks must go to the teachers of these students, Mr Dave Irvine, Mr Damien Keen and Mrs Stacey Harrell. Special thanks goes to Mrs Marilyn Kendall who gave up considerable time of her own to support our 2 drama students who were studying via Distance Education.

Attendance requirements for Students Years 7-11 during Term 4 2011

With school staff involved in school development days at the end of Term 4 in 2011, students in Years 7, 8, 9 and 11 are required to attend school until the third last day of Term 4 - Friday 16 December 2011.

For students in Year 10, the Board of Studies will issue award documents on 8 December for those students who have met the requirements for the School Certificate.

With the new school leaving age, students in Year 10, who have not reached 17 years of age, are required to attend school until the third last day of Term 4 - Friday 16 December 2011.

Year 10 students who can demonstrate that they are leaving school to enter into full-time permanent employment and will not be resuming their studies at school in 2012 are able to leave school after the award of the School Certificate, provided they have completed all their clearance obligations with the school. Students needing to leave school earlier should apply to the principal for an exemption.



Numeracy Week



As part of Numeracy week, Wingham High School ran a Problem of the Day competition. The winners with all 5 answers correct and on time were Jorj Sumpner-Johnston, Reece Hartveld, Tim Ross and Zach Rayson. Each received a WHS 8GB memory stick at last Tuesday's assembly.

The winner of the lolly guessing competition was Daniel Stocks.

Thanks to all those students who completed the Numeracy Week survey online. The results indicate that 98.4% of students believe that basic Maths will be important to them at some point, and an equal number believed that their parents had similar values. Unfortunately only 10.5% said they studied every week. 82.5% responded that they did homework, and 94.7% believed their classroom was a place they could learn a lot.

Maths Camps and Workshops

Year 12 2 Unit and Extension students went to Bonny Hills during numeracy week to take advantage of expert advice prior to their HSC exams next term.

Year 11 Extension students were joined by students from Chatham and Taree at the

Wingham Golf Club on Tuesday last week. They did further work on Polynomials, Harder Inequalities and Harder Graphing skills. Thanks to Mr Col Marr for organising both these events.

Extension Maths Workshops in other Years

Talented students in years 7, 8 have been offered the opportunity to participate in extension workshops for the remainder of the year. Parents of these students have been asked to approve their release from class once a week to work on higher order problem solving and extension topics.

DEFENCE FORCES EXCURSION

Five Wingham High School students from year 10 were privileged to take part in a joint Defence Forces Excursion with Great Lakes Tuncurry College for four days from 23rd August to 27th August.



Cameron Usback, Callum Linehan, Cassie Nixon, Kaitlyn Pereira and Madeline Deakin visited the Navy Base

at Creswell, Wagga RAAF Base, Kapooka and ADFA. Students described the activities and simulations at all bases as awesome. At Kapooka our students participated in the firing range simulation, fitness wall climb and flying fox before undergoing



the army fitness test. Another highlight was the sea rescue equipment and the training simulators used for fire and flooding on ships at the Naval Base Creswell. Helicopter flight simulators, mock platoon assaults on machine guns, dog training and precision marching displays were the highlights of ADFA.

At ADFA we met up with of ex-WHS student Scott Atkinson in his second last year of Officer Cadet training. He is training as an officer in the troop movement area of the army. He spent over an hour talking with our 5 students from Wingham High School.



Dungog interschool horse sports competition.

Wingham High School was represented by Elyse Kennedy and Brianna Xuerub both in the 13 year old age group. Both girls competed well and were a shining example of how to represent your school. In attendance were schools from as far south as Terrigal on the Central Coast and west to Scone. The competition was of an extremely high quality.

Elyse came away with winning her hack class and was 5th in her rider class. Both girls came away with huge smiles. Wingham High School can be proud of the girls' performance on and off their horses.

Thankyou to Kathy Kennedy for this report.



WEB connects with Community Gardens

On Fri 2nd September, students from Wingham Environmental Body visited the Community Gardens which are located behind the old courthouse (Manning Valley Neighbourhood Services) in Wingham, offering a superb view over the Manning River. The co-ordinator of the Centre, Caron Watkins, had prepared a number of pots, potting mix and seeds and explained that the Centre planned to sell seedlings at the Akoostik festival in October. The students enthusiastically potted parlsey, beans, sunflowers and a variety of other vegetables. They also sowed seeds in the raised garden beds. The money

raised from the sale of these plants will contribute to the excellent work the Centre does to empower individuals, groups and the community in the Manning Valley.

Canteen Open Day

Do you want to feel like a part of a team?

Do you want to feel needed?

Do you want a free lunch?

Do you have 1 day a month free?

Do you like to have a good time, have a laugh?

If you answered YES to any of these, please come along and join the Wingham High School Canteen.

We are desperately seeking Volunteers

- You will not have to serve the children or take money
- You will only have to do restocking and food preparation,
- It will also give you experience for the work force.

If you can spare just one day a month.

You can get to be part of the High School and meet the people who are a major part of your child's life and become involved.

Why don't you come and have a look and see what it is all about. Most Parents tell me, "My child doesn't want me to come"! Heard it all



before... just ask my other volunteers, their kids just love it now.

Men are most welcome, it is not just for women. We have 5 men on our roster.

We are having an open day for parents, grandparents, aunties and uncles, even neighbours, **ANYONE** to come and visit and see what we do.

The open day will be on Thursday the 22nd September from 10.30am to 11.30 am in the canteen, come and have morning tea and see for yourself how we operate, no pressure.

Do hope to see you there.

Linda Nash Canteen Manager

MAKING SENSE OF GEN Y - NEXGEN GROUP

MICHAEL McQUEEN -
www.nexgengroup.com

Michael McQueen is a national and international researcher, author of books and presenter of seminars and workshops on Gen Y (12-30 year olds). He is based in Sydney and has presented to WHS students in the past along with over 80,000 other high school students across Australia.

His seminar in Taree last week highlighted current research and confirmed other findings on Gen Y. He also gave some insights on trends emerging with Gen Z (0-11 year olds)

Gen Y currently makeup less than 14% of the workforce and by 2020 they will make up 42%.

Some highlights of his seminar were:

He identified some of the myths or misconceptions about Gen Y that have resulted from perceptions and filtering of information by those in the older generations. The "Why aren't they like we were?" syndrome.

He also noted their positive qualities of: Well educated; flexible, tech savvy; natural networking abilities; and confidence.

He did highlight the fact that Gen Y are Tech addicts and described the observed withdrawal behaviours - both psychological and physical when a sample group had their mobile phones removed from them in a technological void environment. Conclusion ADDICTION CONFIRMED.

Some good advice on how to get the best out of Gen Y

1: Prioritise the relationship - they care about relationships but don't care how much you know until they know how much you care. - Be authentic and interested.

2. Focus on Outcomes and Process - Relevance of outcomes and question the process.

3. Adopt the role of Coach - use small chunks of knowledge and information; expect continuous improvement; set short term not long term goals - 5 year plans are out. Best scenario is 5 day to 5 minute plans.

WARNING ON GEN Z - (0-11 YEAR OLDS) - THEY ARE BORN HARD WIRED TO TECHNOLOGY!!

OLD BAR FESTIVAL

1st & 2nd October, 2011. Old Bar Beach Festival. Skate Jam, Kite Surfing, Manning Valley Band Reunion'',

Surfing, Live Music, Busking, Kombi Australia Record Attempt,

Old Cars, Art Exhibitions, Sky Diving,

80th Anniversary Air Field "Fly - In" Celebrations.

NSW Students Health Behaviours Survey

Information and consent forms concerning the NSW Students Health Behaviours Survey will be sent to selected Year 7 and Year 9 students in Week 9. These forms should be returned by the end of term. It is planned that the survey team will be in the school on October 14th to conduct the survey.



Year

12 D&T and IT WOOD



projects received widespread acclaim

P&C News

Our Canteen Supervisor Mrs Lynda Nash has recently completed a Food Safety Supervisors course at Taree Community College on Monday 5 September. Mrs Michelle Swannack who fills in when Lynda is away will be also doing this course on Monday 19 September.

The school term is near to its end. I would like to thank our School Leaders Nick Thompson, Freya Mudie, Shawn Sullivan and Talia Collins. They have all been great ambassadors for our school and should feel proud of how they have contributed to Wingham High School. I wish you well in all of your future endeavours. I would also like to welcome our new School Leaders Nick Horgan, Jessica Crowe, Nathan McMaster and Samantha Cassidy. I am sure you will all be wonderful leaders for our school.

I would like to wish the Year 11 Students well in their exams this week.

Year 12 2011 are about to leave and start a new chapter in their life. The P & C wish you the best in your upcoming exams and hope that you all get the results that you hope for.

The P & C will be holding a meeting in October. We do not normally do this as our meeting date falls in the school holidays. The meeting times and dates are as follows:

October - Thursday 12 October 2011 at 6pm

November - Thursday 3 November 2011 at 6pm

December - Thursday 1 December 2011 at 6pm

Lynda is looking for more volunteers for the Canteen. We have lost some volunteers in recent times and need get more. If you can help out please contact Lynda. You do not have to serve the students it is more with food preparation and just one day a month would be a great help to Lynda and the P & C.

The Volunteers Luncheon is coming up quickly and is on Friday 11 November. All volunteers of the school and P & C are welcome to attend.

To all the students enjoy your holiday and come back to school refreshed and ready for the last term.

Thanks

Anne Munns

P & C President

More D&T projects...



Helping someone with depression

It's not always easy to help someone who may be experiencing depression. It can be hard to know what to say or do. Here are some tips.

Talk to the person about how they're feeling.

Listen to what they're saying – sometimes, when a person wants to talk, they're not always seeking advice, but just need to talk about their concerns. Make it clear they have your full attention and you are listening properly. You may like to save any suggestions for a later discussion.

Maintain eye contact and sit in a relaxed position – positive body language will help you both feel more comfortable.

Use open-ended questions such as 'So tell me about...?', which require more than a 'yes' or 'no' answer. This is often a good way to start a conversation.

If your conversation becomes difficult or the person you're talking to gets angry, stay calm, be firm, fair and consistent, admit if you are wrong and don't lose control.

Often, just **spending time with the person** lets them know you care and can help you understand what they're going through.

Encourage the person to seek professional help from their family doctor or a mental health worker.

Take care of yourself. Supporting someone with depression can be demanding, so make sure you take some time out to look after yourself.

For more information about depression, effective treatments and how to help someone visit www.beyondblue.org.au or call the *beyondblue* info line on 1300 22 4636 (local call).

For urgent assistance call Lifeline on 13 11 14 (local call).



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www.beyondblue.org.au 1300 22 4636

Practical ways to help someone with depression

People with depression often don't see the point of doing anything and may feel that no one can really help them. Helping someone who isn't ready to recognise they need assistance may be very difficult.

DO – You can help someone by:

- Spending time talking about their experiences
- Indicating that you've noticed a change in their behaviour
- Letting them know you're there to listen without being judgmental
- Suggesting they see a doctor or mental health professional
- Assisting them to make an appointment and/or going with them to see a doctor or mental health professional
- Asking how their appointment went
- Talking openly about depression and assisting them to find information
- Encouraging them to exercise, eat well and become involved in social activities
- Keeping in touch and encouraging close friends and family to do the same.

DON'T – It's unhelpful to:

- Pressure them to 'snap out of it', 'get their act together' or 'cheer up'
- Stay away or avoid them
- Tell them they just need to stay busy or get out more
- Pressure them to party more or wipe out how they're feeling with drugs or alcohol
- Assume the problem will just go away.

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CANTEEN ROSTER

10/10/2011	Marie Reeve, Annie Upton, HELP NEEDED
11/10/2011	John Hawkins, Caroline Weekes
12/10/2011	Lyn Fahey, Leanne Foster
13/10/2011	Louise Smith, Anne Munns
14/10/2011	HELP NEEDED, HELP NEEDED -- DESPERATE
17/10/2011	Marie Reeve, Caroline Weekes, Kim Jones
18/10/2011	Allen Skinner, Ken Cameron
19/10/2011	HELP NEEDED -- DESPERATE
20/10/2011	Julianne Webster, Hazel Saxby
21/10/2011	Sandra Styles, Christine Ritchie, HELP NEEDED
24/10/2011	Michelle Swannack, Kay Brauer, Lorraine McGrath
25/10/2011	Paul Stringer, Hermoine McCormick, Melinda Murphy
26/10/2011	Gai Wespi, Lorren Robinson
27/10/2011	HELP NEEDED, HELP NEEDED - DESPERATE
28/10/2011	Marie Reeve, Jenny Lamborne, Pat Skinner
31/10/2011	Marie Reeve, HELP NEEDED, HELP NEEDED
1/11/2011	Chris Donehue, Jean Cameron, Bron Wallace
2/11/2011	Judy Abdo, Julie Page
3/11/2011	Julianne Webster, Joelene Webster
4/11/2011	Deidre Zielke, Therese Hopkins, HELP NEEDED
7/11/2011	Marie Reeve, Annie Upton, John Hawkins
8/11/2011	John Hawkins, Caroline Weekes
9/11/2011	Lyn Fahey, Leanne Foster
10/11/2011	Louise Smith, Anne Munns
11/11/2011	HELP NEEDED, HELP NEEDED -- DESPERATE



All day live musical entertainment

Youth Talent Quest - Top entertainment from a huge variety of talented people under 21.

Art Exhibitions - 4B3 small art exhibition- also Digital Art and Story Writing exhibitions - all with the theme ``Forest Fantasy``.

Flower Show

Red Plateau Landscape Display LOL ;) Children's Festival - Entirely interactive displays for the kids all day. Science experiments; woodworking; Biripi dancing, basket weaving and music; beauty salon; teddy bears' picnic chai tent; more

Street Markets - around 50 stalls.

Street Entertainers - The kids from Slippry Sircus are back clowning the streets all day.

Helicopter Joy Flights - still only \$50 each. **Climbing Wall** - You'll be amazed how you can get from one end of a garage to another from floor to roof and all over the walls as well.

Magic Show-Troppo Bob performing 4 shows.

Vintage, Hot Rods and Custom Car- All the car clubs will be there competing in the annual Comboyne Car Capers. Special exhibition of 2 cars converted to electric cars. Also steam driven machinery.

Farm Machinery Exhibition - This is a Comboyne secret about to be let go!

Comboyne Indulgence Raffle

Food - Huge variety to buy from Comboyne and Hastings community groups, or from market stalls.

All exhibitions and entertainment are covered by entry fee as well as the shuttle bus and parking

Entry \$10 Concession Card \$8 Under 18 free

Sunday 18 September from 9am

www.comboynevillagefair.com

Football Mid North Coast - Northern Junior Six-a-Side Summer Comp

Starting Monday 10th October 2011 and finishing 21st December 2011 for U8-10s, 11-12s and 13-14s.

Comp will run on Mondays and Wednesdays from 4 to 5.30pm - Dixie Park - Port Macquarie

Format will be 6 a side on a half field. Max of 10 players per team.

Cost will be \$450 per team (Both registered and unregistered players are acceptable) Teams will need to provide a Referee

Team Nominations days -

Monday 19th September, Monday 26th September & Wednesday 28th September - Dixie Park 4-5pm

Players must be a minimum age of 7 years at the start of the comp.

Contact for information -

mel@footballmidnorthcoast.com or phone 02 6585 0351

Registration form can be downloaded [from our website](#)