

## PRINCIPAL'S REPORT

The theme for this year is "On Time, On Task and On Target". Hopefully we will be able to achieve this with our newsletters which are published twice a term in weeks 4 & 8 where possible. Occasionally the publication is delayed to allow the inclusion of significant events that occur at the usual time of publication.

Students in all years have heard the "On Time, On Task, On Target" catchphrase at assemblies and year meetings. We are determined to maximise the learning opportunities for all students by maximising the amount of learning time in class from being punctual, engaging in all activities presented by the teacher and therefore achieving better outcomes. This in conjunction with the "Off and Away" electronic device policy will promote a culture of learning in all lessons and result in improved outcomes for all students.



It has been some time since the school introduced the 4 core values of Respect, Trust, Fairness and Positivity. As a result all students and many staff were not at Wingham High School when these values were adopted as the foundations for all endeavours. This year will see a renewal of these values and the expectation that all students and staff will make a recommitment to putting them into practice in all aspects of their school lives. Parents will be invited to be a part of this renewal process.

As usual at the start of a new year we welcome new staff to Wingham High School: Ms Monique Musgrove has been appointed as Head Teacher Mathematics and Mr Gavin Austen PDHPE teacher. Also Mr Adam Carney has been appointed as a permanent member of staff from 2014.

I look forward to another year of quality comprehensive education with all members of the Wingham community.

## P & C NEWS

Welcome back to Wingham High School in 2014. I would like to welcome all of our new Year 7 Students and their parents and carers. I would also like to welcome all other new students and their families to our school and local community. We have a great local community here in Wingham and I am sure in time you will all see what a great area we live in.

I would like welcome all of our new staff, I am sure you will find Wingham High School is a great school.

We held our first meeting for the year on Thursday 6 February. Mr Damian Keen and Miss Julie Leslie were both there. Mr Keen did a powerpoint display on what the 3D Printer would be able to achieve and how it could enhance our school and our students. Miss Leslie made some Mango Sorbet from the Thermomix which has just been purchased, I know members were impressed and said the sorbet was very nice. We are very fortunate at the P & C to have teachers and staff who are willing to come to our meetings and explain the curriculum and how equipment is beneficial to our school. This is the best way for the P & C to know where and how we can provide items for our school so many thanks to the staff who continue to keep us informed.

The P & C district council will hold its next gathering at Camden Haven High School on Saturday 1<sup>st</sup> March 1.30pm for 2pm start. All are welcomed to attend. This is a gathering of local P & Cs of the local area talking about issues that concern their local schools it is an informative day and can be helpful to P & C members.

Our local Australia Day continues to be supported by the Manning Valley Historical Society, Wingham Scouts Group and Wingham Rotary Club. Our School Leaders continue to make us very proud, we must remember it was not so long ago that they were just kids themselves and now they are the leaders of our school and representing our school so positively. Eddi Raglus and Joel Hedge were both there and received the Young Achiever of the Year Award each for their services to our local community. With young people like this in our community we can be sure that the community spirit will live well into the future of Wingham and its surrounding areas. Miss Eddi Raglus also spoke on behalf of Wingham High School of what Australia day means to her and Nash McPherson who was a School Leader for Wingham Public School in 2013 and is now a Year 7 student at our school, his speech was long and extensive and very inspirational. Both of these students are a credit to their schools and Public Education.

The Wingham Rotary Club must be thanked for all of the hard work that they continue to do for our local area and the support of putting on the Australia Day Ceremony in Wingham every year.

Lynda and all of her volunteers are back working hard in the canteen. Lynda is still short for volunteers on some days so if you have a little spare time contact Lynda through the school on 65535488 and I am sure she will appreciate your help. The same menu is available as it was for Term 4 2013. This menu will continue to the end of this term and then the Winter Menu will start in Term 2.

Our next Meeting for the P & C will be held in the Library. We have decided this is better than having to walk down the dark stairs of a night. Our next meeting will be held on **Thursday 6 March 2013 at 6pm in the School Library** and this will be our Annual General Meeting. All are welcomed to attend.

Welcome to Wingham High School.

Thanks

Anne Munns (President)

#### **YEAR 11 BIOLOGY EXCURSION FIELDSTUDY 2014**



February 20<sup>th</sup> saw two Year 11 Biology classes venture off to Harrington. This excursion was undertaken to complete components of the field study in their first topic on Ecology. The students completed transect sampling of vegetation on Mud Island and learned the names of coastal plants as part of a mangrove ecosystem. Later in the day they sampled mud welk and yabby populations in the Harrington Lagoon using quadrature sampling.

Students learned the impact of humans on ecosystems and gave them a first-hand idea of coastal organisms. All Students involved could also tell a story of mosquito populations in the ecosystem as we surveyed the Harrington Lagoon foreshore.

Their major assessment task, due in week 7 asks students to recount their experiences and write up their scientific based report around set criteria.

John Hawkins/Andrew Low





## BOY'S OPEN BASKETBALL



The Boy's Open Basketball team played their first game against Taree High School at Saxby's stadium in Taree on Thursday 20<sup>th</sup> February in extreme conditions.

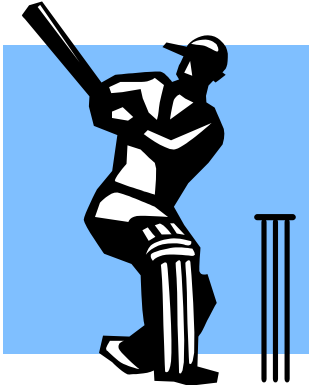
The game started at a frantic pace with Wingham High gaining possession from the tip off. The Wingham High defence had Taree High flustered and by the end of the first quarter Wingham High were in front 11-6.

The second quarter was much the same with Wingham High continuing their defensive pressure and leaving Taree High scrambling to end the second quarter 20-16.

The beginning of the third quarter saw the extreme humidity start to take its toll on the players and Wingham High's defence started to crumble. Taree High recouped and took full advantage of the lack of defence and piled on a massive 15 points to Wingham Highs 1, which resulted in Taree High being in front 31-21 at the end of the third quarter.

To Wingham Highs credit they came out firing in the fourth and final quarter with a positive attitude and tried valiantly to claw back the lead. They managed to bring the game back to within two points but with three minutes remaining; Taree High at the free throw line and Wingham Highs captain being fouled out of the game, the team struggled to hold on. The end of the fourth quarter and final score saw Taree High 42 defeating Wingham High 35.

## 14'S BOYS CRICKET v GREAT LAKES CAMPUS



Round 1 of the 2014 Baker Shield was played at Taree Rec grounds on Thursday 27<sup>th</sup> February. Wingham's Captain Craig Watson won the toss and elected to bat in the T-20 match. First wicket fell on 19 when Watson was bowled for 9. BJ Woolfe started strongly and at drinks after 10 overs Wingham were 1/56. Tyler Webb made a well-constructed 19 until he was caught with the score on 73. At this point Woolfe started to show his dominance with several well-struck boundaries. At the end of 20 overs Woolfe remained 47 not out. Josh McTaggart was found to be LBW when he was on 12. Hudson Bird made 3 runs and Toby Polley remained 8 not out.

Wingham was in a strong position at the end of their innings having compiled a score of 4/113.

The innings of Great Lakes began disastrously for them when opening bowler Ryan Smoothy cleaned bowled their first batter with his 2<sup>nd</sup> ball. Ronan Meaker followed suite in his first over by clean bowling their first drop batsmen and when BJ Woolfe took a screamer low down at first slip off Tyronne Halliday, Great Lakes were 3/13. At drinks Great Lakes were in trouble at 6/47.

With 2 overs remaining Great Lakes needed an unlikely 31 runs with most of their side back in the pavilion but their stoic batter A. Koch took 16 off an over and then hit another boundary off the first ball of the last over, they needed just 12 from the final 5 deliveries. When Koch was bowled next ball by Meaker their innings collapsed and they finished at 8/103.

Man of the match went to BJ Woolfe who made 47 not out, took 2 wickets with the ball and a sensational catch. The match was played in good spirits between both teams and Wingham were certainly better for the run being their first match of the season.

Unfortunately our next match is not until November so there will be plenty of time for net training!

S Brown

## LAST CHANCE REGISTRATION FOR WINGHAM SOCCER CLUB Wingham Bowling Club

Friday 7<sup>th</sup> March 4.00pm – 6.00pm

Saturday 8<sup>th</sup> March 9.00am – Noon

Especially targetting under 10s (Year 4)

And those players registered online, but not yet paid

Teams to be finalised after that

Contact number 6553 5123



Dennis Smith  
Vice President

## BRAVISSIMO CONCERT

On Friday 14th February Mr Mills and Mrs Harrell escorted 18 senior music students to Port Macquarie for the annual Bravissimo Concert - a showcase of outstanding HSC 2013 performances from the Region. This is a once a year event and not to be missed.

Performances ranged from Chopin to Evanescence, drum quintets to dobrow solos with both performance and composition elective items presented. The concert was very entertaining and also assisted all students gain musical knowledge about their own upcoming performances.

## PRIMARY INDUSTRIES

Year 11 Primary Industries are operating in the Shared Curriculum model with two Taree High students joining our Wingham High students on Wednesday afternoons. They have begun their Work, Health and Safety Induction and Chemical Usage in the Workplace training modules.



They will be working on pasture management and animal handling skills over the year.

Last Wednesday John Dooley (Wingham Vets) led our group in a fantastic opportunity in the castration of three young cattle on the school's bottom farm.

Alyse Riggs ably assisted John as a trainee Vet Nurse while Billy Cornish, Jarrad Paltram and Ryan Usback handled the animals in the paddock, yards and crush very well. Three sets of testicles were removed on the day which was enough for some students to watch.



Mr John Hawkins  
Primary Industries

## REWORDIFY

<http://rewordify.com/index.php>

Want to make digital text simpler? You bung it (from your file, or a website) into Rewordify and it simplifies it for you, plus gives you a bunch of extra options such as cloze passages etc. Excellent for Life Skills students.

## NICERTUBE

<http://nicertube.com/>

Bung in a YouTube link, pick a background colour or image, and copy the link you get. When you paste that into a new page, you'll get the YouTube video, your background, and nothing else (except maybe an ad you can click to remove).

A third thing she showed me, which not everyone may know, is how to get Google results with readability indications for each. In Google, go to the Options (gear symbol, top right of the screen), Advanced Search and scroll down to Reading Level. You have options like Annotate results with reading levels; or Show only



basic results. Make your choice, make sure you click on Advanced search (blue button at the bottom of the screen) and then go searching for what you want. It only 'sticks' while that browser is open, so if a new user logs in, you might need to redo it if the new user could benefit from this too. But it helps kids (and teachers) select results that will work for them. If your kid with reading level challenges has their own device, maybe this is something for them to do at the start of the day if they're searching for info.

Brian Byrne

Teacher Librarian

## CANTEEN ROSTER

<b>CANTEEN ROSTER</b>	
03/03/2014	Kay Brauer, Lorraine McGrath, <i>HELP NEEDED PLEASE</i>
04/03/2014	Caroline Weekes, <i>HELP NEEDED PLEASE</i>
05/03/2014	Judy Abdoo, Linda MacKenzie
06/03/2014	Leanne Foster, Robert Allen
07/03/2014	Jennifer Granger, <i>HELP NEEDED PLEASE, HELP NEEDED PLEASE</i>
10/03/2014	Kath Palmer, Lisa Brissett, Liz Fenech
11/03/2014	Christine Donohue, Jean Cameron, Bronwyn Wallace
12/03/2014	Julie Page, Judy Abdoo
13/03/2014	Anne Munns, Mary Pilotto
14/03/2014	Jennifer Granger, Julianne Webster, <i>HELP NEEDED PLEASE</i>
17/03/2014	Joyce Cummings, Marie Reeve, <i>HELP NEEDED PLEASE</i>
18/03/2014	Caroline Weekes, George Greaves
19/03/2014	Judy Abdoo, <i>HELP NEEDED PLEASE</i>
20/03/2014	Jason Mills, Jeffrey Ritchie
21/03/2014	Jenny Lamborne, Patricia Skinner, Marie Reeve
24/03/2014	David Osmond, Marie Reeve, <i>HELP NEEDED PLEASE</i>
25/03/2014	MERE MALES!! Ken Cameron, Allan Skinner
26/03/2014	Judy Abdoo, Lauren Robertson
27/03/2014	Sandy Osmond, <i>HELP NEEDED PLEASE</i>
28/03/2014	Jeffrey Ritchie, <i>HELP NEEDED PLEASE, HELP NEEDED PLEASE</i>
31/03/2014	Kay Brauer, Lorraine McGrath, <i>HELP NEEDED PLEASE</i>
01/04/2014	Caroline Weekes, <i>HELP NEEDED PLEASE</i>
02/04/2014	Judy Abdoo, Linda MacKenzie
03/04/2014	Leanne Foster, Robert Allan
04/04/2014	Jennifer Granger, <i>HELP NEEDED PLEASE, HELP NEEDED PLEASE</i>
07/04/2014	Kath Palmer, Lisa Brissett, Liz Fenech
08/04/2014	Christine Donohue, Jean Cameron, Bronwyn Wallace
09/04/2014	Julie Page, Judy Abdoo
10/04/2014	Anne Munns, Mary Pilotto
11/04/2014	Jennifer Granger, Julianne Webster, <i>HELP NEEDED PLEASE</i>



## Manning Support Services Inc. Child and Family Program Guide Term 1 2014

### Manning Support Services – Taree 78 Wynter St Taree

<p><b><u>ADHD Parents Support Program</u></b> Monthly support group for parents of children diagnosed with ADHD/ADD. Different topics covered each month with key note speakers.</p>	<p><b><u>Dates:</u></b> Commencing Wednesday 5<sup>th</sup> February 2014</p> <p><b><u>Time:</u></b> 10am – 12pm (Morning Tea Provided)</p>
<p><b><u>Once Were Warriors</u></b> 4 week program for men experiencing anger issues or seeking a better understanding of their own or someone else's anger.</p>	<p><b><u>Dates:</u></b> Commencing Wednesday 5<sup>th</sup> February 2014, 12<sup>th</sup> February, 19<sup>th</sup> February, 26<sup>th</sup> February.</p> <p><b><u>Time:</u></b> 1pm – 3pm (Afternoon Tea Provided)</p>
<p><b><u>Stepping Stones</u></b> 4 week self development program for women who have experienced domestic violence. The program is designed to develop skills for moving forward and start piecing things together again.</p>	<p><b><u>Dates:</u></b> Commencing Wednesday 12<sup>th</sup> February 2014, 19<sup>th</sup> February, 26<sup>th</sup> February, 5<sup>th</sup> March.</p> <p><b><u>Time:</u></b> 10am – 12pm (Morning Tea Provided)</p>
<p><b><u>Colouring My Life</u></b> 7 week group program for women experiencing Post Natal Depression. The program is designed to enhance self care, relationship building, relaxation, education, coping strategies and empowering new mums. Includes information and session for partners.</p>	<p><b><u>Dates:</u></b> Commencing Tuesday 11<sup>th</sup> March 2014, 18<sup>th</sup> March, 25<sup>th</sup> March, 1<sup>st</sup> April, 8<sup>th</sup> April, 15<sup>th</sup> April</p> <p><b><u>Time:</u></b> 10am – 12pm (Morning Tea Provided)</p>
<p><b><u>RAGE GIRLS</u></b> 10 week program for adolescent girls aged 13-18yo focusing on anger management, self awareness, self esteem and life skills.</p>	<p><b><u>Dates:</u></b> Every Thursday commencing Thursday 6<sup>th</sup> February</p> <p><b><u>Time:</u></b> 4pm – 6pm (Afternoon Tea and local pick-ups provided.)</p>

**For further information, please contact Rosie at Manning Support Services Inc. on 65511800 or email [rosie@mssinc.org.au](mailto:rosie@mssinc.org.au)**

**Funding for these program is provided by the Department of Families Housing, Community Services and Indigenous Affairs, CatholicCare Taree Department of Family and Community Services Early Intervention & Placement Prevention program and Families NSW program**



## Manning Support Services Inc. Child and Family Program Guide Term 1 2014

### Manning Support Services – Taree 78 Wynter St Taree

#### **Money Wise**

4 week money management program targeting goal setting, budgeting, shopping choices and saving tips.

**Dates:** Commencing Monday 3rd February, 10th February, 17th February, 24th February .

**Time:** 10am—12pm (Morning Tea Provided)

#### **Triple P Parenting Program**

Learn skills to build a positive relationship with your children aged up to 12 years, encourage good behaviour and deal with misbehaviour.

**Dates:** Commencing Thursday 20th February, 27th February, 6th March, 13th March, Thursday 10th April

**Time:** 5pm—7.45pm

#### **First Aid for Parents**

A short 4 hour workshop will be delivered to parents allowing them to gain some essential life saving skills. Parents will learn what to do in different emergency situations.

**Date:** Tuesday 11th of March

**Time:** 9am to 1pm

Please note this is for existing clients only

#### **123 Magic and Emotional Coaching**

We know it's not easy being a parent.

Do you want your children to listen and grow to be happy and competent youngsters?

Then come along and learn how to:-

Manage bad behaviour, reward good behaviour, strengthen your family relationships, learn about the many types of manipulation and testing behaviour that children use on parents and how to handle misbehaviour in public

**Date:** Monday 10th of March 2014, 17th of March and 24th of March

**Time:** 10am to 1pm

**For further information, please contact Rosie at Manning Support Services Inc. on 65511800 or email [rosie@mssinc.org.au](mailto:rosie@mssinc.org.au)**

**Funding for these program is provided by the Department of Families Housing, Community Services and Indigenous Affairs, CatholicCare Taree Department of Family and Community Services Early Intervention & Placement Prevention program and Families NSW program**



# YEAR 7 VACCINATIONS

## FREE VACCINES FOR ALL YEAR 7 STUDENTS

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer free vaccinations against serious preventable diseases

### VACCINES INCLUDE:

1. Human Papillomavirus (HPV) vaccine (3 doses)
2. Diphtheria-Tetanus-Pertussis (whooping cough) (dTpa) vaccine (1 dose)
3. Varicella (chickenpox) vaccine 1 dose

**THESE VACCINES ARE ONLY PROVIDED FREE WHILST YOUR CHILD IS IN YEAR 7**

### WHAT DO YOU NEED TO DO?

- ✓ Year 7 Parent Information Kit will be distributed by your school at the beginning of 1<sup>st</sup> term
- ✓ Read the information included in the Kit (translated copies are available on the website below)
- ✓ ENSURE FORM IS COMPLETED CORRECTLY, AND SIGNED
- ✓ make sure you tick which vaccines your child requires, see below

Tick the coloured boxes on the front of the consent form for each vaccine/s you would like your child to receive. eg. if you want your child to receive all three vaccines, tick as below.

**4. Consent** Please tick the vaccines you wish your child to receive.

I have read and understood the information provided regarding the benefits and possible side effects of the HPV vaccine, the dTpa vaccine and the Varicella Vaccine.

<input checked="" type="checkbox"/> I hereby give consent for my child, named above to receive a 3 dose course of HPV vaccine, and for their health information to be shared with the National HPV Register and linked to the National and State Cervical Screening Program Registers.	<p>I declare to the best of my knowledge, that my child:</p> <ol style="list-style-type: none"><li>1. Has not had an anaphylactic reaction following any vaccination</li><li>2. Does not have an anaphylactic sensitivity to any of the vaccine components listed in the Information for you and your child in the Parent Information Kit.</li><li>3. Is not pregnant,</li></ol> <p>Signature of Parent/Guardian</p> <div style="border: 1px solid black; height: 20px; width: 150px;"></div> <p>Date</p>
<input checked="" type="checkbox"/> I hereby give consent for my child, named above to receive a single dose of Diphtheria, Tetanus and Pertussis (dTpa) vaccine.	
<input checked="" type="checkbox"/> I hereby give consent for my child, named above, to receive a single dose of Varicella vaccine.	

- ✓ ensure your child has eaten breakfast the morning of the clinic
- ✓ ensure your child is wearing clothing that enables the upper arm to be exposed
- ✓ **COMPLETE CONSENT FORMS IN BLUE OR BLACK PEN ONLY**

Ask your child for the record of vaccination when they arrive home on the day of the clinic – keep this record in a safe place (eg. babys' blue book), ideally notify your GP for their records.

### WHAT IF YOUR CHILD MISSES A VACCINE?

You won't need to do anything, every effort will be made to catch-up missed vaccines at other clinics at your child's school during the year.

### MORE QUESTIONS?

Please contact Hunter New England Local Health District, Immunisation Unit on 49246477 or visit <http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

## **Primary and High school**

### **Homework and study planning**

Most children find planning easier to understand when they have a visual representation of their day or week in front of them. Help your child learn to manage their daily tasks and responsibilities with this weekly schedule template.

Weekly schedule template: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/weekly-schedule-template>

### **Jargon busters**

Wanting to start the school year with clarity and wondering about the meaning of some of the school terminology? Here's a list of common abbreviations or terms to make the world inside the school gates seem a little more familiar.

School jargon buster: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters>

## **Primary school**

### **School's back**

Life seems to go from zero to 100 during the first few weeks of school. These parents have pooled their years of experience to bring you some suggestions to make the rest of the year run more smoothly. Good luck!

Back to school checklist: <http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/back-to-school-checklist>

### **Learning to read**

Learning to read is hard work and can be frustrating at times for parents and their kids. Watch the video to hear what these public school teachers have to say to help, with quick tips on how to make it easier.

Learning to read: <http://www.youtube.com/watch?v=E5Om77mluKU&feature=share>

## **High school**

### **Planning for success in high school**

Each year in high school brings new academic and personal challenges for parents and their teens. For example, if your child is commencing Year 8 or 10, they'll need to start thinking now about the electives they want to choose later in the year.

This year-by-year guide will help you navigate the challenges and decisions your child will face as they commence Years 7, 8, 9, 10, 11 and 12.

Year-by-year tips: <http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/tips-for-starting-years-7-12>

### **Staying in touch with the school**

As a parent it's much easier to have difficult conversations about your child's behaviour with the teacher if you've established a relationship with them at the start of the year.

Read this article or watch the video to hear teachers talk about the importance of staying in touch with your child's school.

Communicating with your school:  
<http://www.schoolatoz.nsw.edu.au/zh/wellbeing/development/communicating-with-your-school>



Proudly presents:

A free seminar

**ADD and ADHD in children and adults:**

**Surviving and Thriving**

Tuesday 11 March 2104

7.30pm

Ochre Cottage

22 Isabella St, Wingham

Free of charge (gold coin donations welcome)

Patricia Preston	Developing attention and reducing distractibility
Bek Walker	The role of diet and naturopathic therapies
Karen Jenkins	Bodywork to calm a restless system
Mike Levine	Pharmacological therapies

Enquiries

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