

## PRINCIPAL'S REPORT

The end to this term has been quite a hectic one with the end of School activities for Year 12 and end of Preliminary course exams for Year 11.

I would like to congratulate Year 12 on the dignified and thoughtful manner in which they ended their time at Wingham High School. The Year 12 Graduation Assembly was a fitting celebration of their successful completion of 13 years of schooling. Their efforts in raising almost \$5000 (\$1200 on their last day) is testament to their community spirit.

I wish them well in the HSC exams and success in all endeavours beyond the school.



Next term we welcome our new Canteen Manager Mrs Judy Wells. Judy is taking over from Lynda Nash who has resigned to start a new business venture owning and managing the Amitee café in Forster. I would like to take this opportunity to thank Lynda for her 10 years of hard work in the canteen and for her contribution through the P&C of almost \$300,000 – to the school. These funds have primarily been used to purchase current technology for students in the form of Smartboards and laptops.

## MAKE ONLINE PAYMENTS

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting [\\$ Make a payment](#)

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other this to cover items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the [\\$ Make a payment](#) you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed.

Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

## Year 9 Marine Studies

Year 9 Marine Studies has been particularly busy lately with an excursion to The Maritime Museum and the Sydney Aquarium.

On the 10th of September Year 9 Marine Studies ventured onto the high seas on a dolphin and whale watching day. This covers areas of our topic on Oceans, Estuaries and Marine Tourism and Employment. The group was a pleasure to take and the cruise boat was also packed with around 150 Marine Rescue Volunteers. I was approached by the head organiser of the Marine Rescue group later in the cruise as she was so impressed by our students respect and behaviour. I am also a bias Year Adviser for this group.

The students saw three different species of whales and multiple dolphins and fur seals.

The afternoon was spent at Graham Barclays Oysters where students were able to see oyster production from paddock to plate. Those who were game and had no allergies, got to try the oysters on the day.

Thank you to Mr John Surtees for expert bus driving on the day.

Mr Hawkins

Marine Studies teacher



## ATTENDANCE

Regular Attendance by students is recognised as the basis upon which a student acquires access to a good education.

State Legislation requires that all children between the ages of 6 and 17 years are enrolled at a state or registered school and for them to attend school on each day that the school is open for instruction.

The Department of Education operates a School Liaison Program.

Home School Liaison Officers are teachers with a range of educational and professional experiences with expertise in the area of student welfare.

A Home School Liaison Officer, together with a member of staff, will be interviewing identified children with attendance problems.

Then following criteria will determine whether your child is interviewed:

- An attendance rate lower than 85% and
- More than 3 unexplained absences of
- A regular pattern of absences or
- Extended periods of illness.

I am sure that you will support us in this important area of student welfare.

We are hopeful that this process will improve that level of attendance of identified children.

# Spring into nature around Port Stephens

## Something to suit everyone in our national parks

Join our *Discovery* Rangers to experience a different side to Port Stephens and Tomaree National Park this spring school holidays. There's something for everyone.

**Tuesday 22 September, 9.30am–12pm**

### [TOMAREE'S WILDERQUEST TREASURE TRAIL](#)

Discover the sights and sounds of Tomaree as you step back to the time of World War II to the sites of the torpedo, fort and guns. Taking off our defence hats, we get close to nature as we explore the summit and take in spectacular views.

[www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-tomaree-treasure-trail](http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-tomaree-treasure-trail)

**Tuesday 22 September, 6pm - 8pm**

### [MAGICAL BUSH BY NIGHT](#)

Night is a special time to explore Tomaree's bush and wetlands. There's loads to delight the senses and we may be lucky enough to spot an animal or two.

<http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/magical-bush-by-night> (opens 15/9/15)

**Thursday 24 September, 9.30–11.30am**

### [WILD WORLD OF ROCKPOOLS](#)

Don't miss this great introduction to the complex world and amazing creatures of rockpools on Boat Harbour's headland. You'll see animals that don't move, and others that look like plants.

[www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wild-world-of-rockpools](http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wild-world-of-rockpools)

**Tuesday 29 September, 2pm – 4pm**

### [WILDERQUEST TOOLS, TUCKER, TRACKS AND TALES](#)

Join our Worimi Aboriginal Rangers. Hear stories shared from Elders and create animal track stories in sand. Explore our natural bush supermarket – its tucker, tools and medicines.

<http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/magical-bush-by-night>

**Wednesday 30 September, 9.30am–11.30am**

### [WHALE TALES BUSH WALK](#)

Enjoy a 2-hour bush walk, featuring spectacular time-worn headlands and chasms, look for whales, and experience the bush springing to life after fire.

[www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wild-about-whales-whale-talesbush-walk](http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wild-about-whales-whale-talesbush-walk)

**Wednesday 30 September, 2–4pm**

### [WILDERQUEST BUSH TO BEACH FAMILY DISCOVERY](#)

School holiday fun packed with fantastic activities exploring nature for the whole family. Discover hidden bush places, bush colours, create your own micro trail and be part of an exciting WilderQuest beach hunt.

[www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-bush-to-beach-familydiscovery](http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-bush-to-beach-familydiscovery)

**Thursday 1 October 2015, 5–7pm**

### [SPOOKY NIGHT WALK](#)

This dusk event promises interesting stories, a moody setting and perhaps even a spooky thrill or two. Experience the haunting ambience 'behind the scenes' of Tomaree's World War II gun emplacements. Returning by dark, we'll listen for the eerie sounds of the bush. If we're lucky, we might spot a nocturnal animal or two.

[www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/spookynight-walk](http://www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/spookynight-walk)



**EIGHT YEAR 11 STUDENTS HAVE SUCCESSFULLY COMPLETED THE ITRACK PROGRAM HELD OVER TERM 2 AND 3.**

iTrack is The Smith Family's school based online 18 week mentoring program for students in Years 9 – 11. Students are matched with volunteer mentors drawn from The Smith Family's corporate and community partners, whose role is to provide the student with advice and guidance about workplace, study and career opportunities. The program runs for two consecutive school terms. Weekly online chat sessions take place between students and mentors using The Smith Family's secure IGNITE website. This website provides a chat platform for students to explore post school options with their mentor. Reported outcomes of the program include: students are more determined to maintain their involvement in education and training; students develop positive and supportive relationships with adults outside the school and family environments; students understanding of study and career pathways and planning is increased by participating in iTrack and students have increased aspirations for their post-school future.

Students commented that their mentors had given them lots of support and encouragement plus great ideas to use in the future. Certificates of achievement were presented to the students as they enjoyed a celebratory mud cake!

The Smith Family would like to thank Wingham High School for promoting iTrack within the school and also for the high standard of students that positively engage in the program.





Hi

This letter comes to say a huge thank you to you for all your support and friendship throughout my time at Wingham High School. I have run the canteen to the best of my abilities but it would have never been this successful without your support, your help, and your dedication. I have valued each and every one for everything they have done. I hope you continue to support the Canteen and the new canteen manager who ever that will be.

I just want to say this happened very quickly...too quickly for my liking really. I saw this Café in Forster advertised on Saturday 29<sup>th</sup> August. I emailed them and went to look on Sunday 30<sup>th</sup> August.

After a few discussions with John and my kids I decided to apply for the lease, on Wednesday 2<sup>nd</sup> September, I really didn't think that would happen because there were 3 others as well. I got a call Friday afternoon and was told I had it but had to pay a bond and sign lease on Monday (today). After I deliberated a bit and told them I couldn't do anything until I came back from Thailand, they gave me a start date of the 1<sup>st</sup> October. I hadn't even told the business owner I was going to buy it. So I had to go and do some negotiation on Saturday 5<sup>th</sup> September....Oh dear, it was all happening. I have had no sleep thinking...WHAT HAVE I DONE!! SO, there you have it. I have signed a lease for a Café, I purchased all equipment for this café and now I have to find a name for it and virtually start my own business.

As most of you would have known, it has been a dream of mine for quite a few years and now it's finally happened. This year of 2015 has been a massive year of change and challenges and now this has been thrown in the mix. I would like to invite you all to come and visit me and your first coffee is on the house....I think the name will be Amitee Café (meaning friendship). It is at the back of an Arcade looking out to the lake at shop 6 46/48 Wharf St Forster.

Once again it will be sad to go as I have made great friendships, and some enemies, but I have always treated this canteen as my baby and have nurtured it from start to finish. I promised I would be back the first week of term for a few days to help get it open and running with the new summer menu and I am true to my word. I won't be opening my doors until about the 12<sup>th</sup> October. Please take care and don't forget me, as I will never forget any of you special unselfish people.

Love to you all.

Lynda

### **The *Tell Them From Me* student feedback survey**

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 17 August and 16 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **[insert date]**. Copies of the form and FAQs are available from the website above.

### **The *Partners in Learning* parent feedback survey**

Our school will also be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically takes 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 17 August and 16 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>



CARER

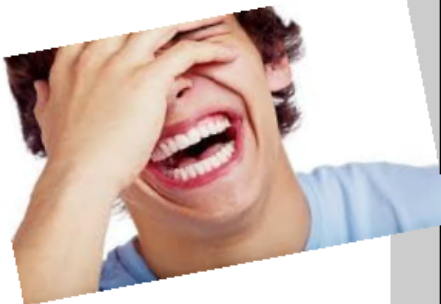
**ASSIST**

SUPPORT FOR MENTAL HEALTH CARERS

**Young  
Carers Fun  
Day Tuesday  
29th  
September  
2015**

Are you between  
8 and 17yrs old?  
Do you live in the Taree,  
Great Lakes or Gloucester  
area?

Do you have a  
family member with a  
Mental Illness?  
Then You Are  
**INVITED**



### Wellbeing Day

- Pampering
- Music
- Movement
- Yummy food
- Massage
- Craft
- Laughter
- Fun
- Friendship



Everything supplied  
9.30am—3.00pm  
Rivercity Outreach  
Centre

Please phone Mydie at  
Carer Assist for more  
info and book your spot  
6551 4333



**Health**

Hunter New England  
Local Health Network







WinghamSwimmingClub  
winghamswimclub@gmail.com  
Cnr Combined & Wynter Sts



# Wingham Swimming Club Inc.

Beginners from age 3: Start at 15m swims  
Levels step up with age and development  
Masters (older swimmers)

Race the clock for personal bests

Make friends and stay healthy

Development of budding swimmers

Prepare kids for school events

Any ability of swimmer can join in

## Wednesday nights just got exciting

Free Try Night: Wed 7 Oct. 6pm

Visit and have a go, learn  
about swimming club

Info centre  
and  
registrations  
open



# Fighting back against ICE

## HOW TO HELP?

**Knowing what to do when a person badly reacts to drugs could save a life in those first moments of an emergency situation.**

Call 000 (Triple Zero) and ask for an ambulance if a person is having a bad or unusual reaction to drugs.

Nobody knows how an individual will be affected by drugs. The affects of drugs are unpredictable.



## PANIC ATTACKS

Paranoia, anxiety and hallucinations brought on by illegal drugs can result in panic attacks.

### Some of the signs:

- shaking and sweating
- chest pains and difficulty breathing
- faster heart rate
- fear of death
- dizzy and headaches
- 'zoned-out' and non-responsiveness.

### What to do

- give reassurance, try to keep calm
- get away from crowds and bright lights
- relax with slow, deep breaths
- if unconscious, call 000 and follow the DRS-ABCD life support chart (see opposite page).

## OVERHEATING AND DEHYDRATION

Stimulants such as ecstasy and methamphetamine increase body temperature. Drinking alcohol causes further dehydration.

### Some of the signs:

- feeling hot, unwell, lethargic, faint, or dizzy
- inability to talk properly
- headache
- vomiting
- inability to urinate or urine becoming thick and dark
- not sweating even when dancing
- fainting, collapsing, or convulsing.

### What to do

- go somewhere cool and quiet
- slowly sip cool water
- replace salts
- try to get cool
- if no improvement get first aid, call an ambulance or go to the emergency department.

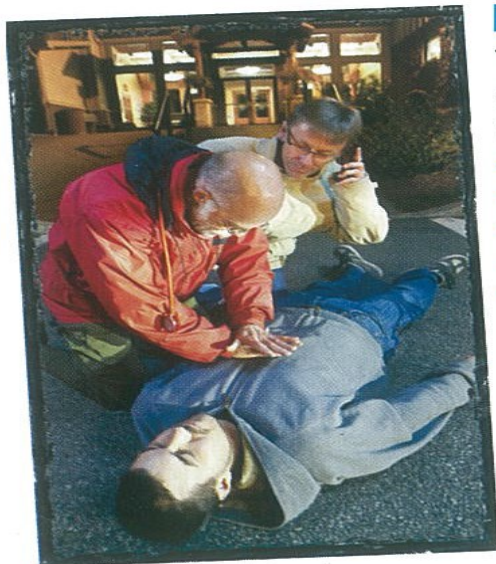
## FITS OR SEIZURES

Taking certain drugs and consuming large amounts of alcohol can cause a fit or seizure.

### What to do

- call an ambulance
- remove harmful objects from the area
- loosen tight clothing
- protect the head
- once the fit has finished, check breathing and place in recovery position.

**If a person collapses it may be necessary to perform cardiopulmonary resuscitation (CPR, see opposite page). This will keep circulation and provide the brain with oxygen and glucose.**





# Fighting back against ICE

## Parents and guardians can help

Protecting teenagers and even older family members from drug abuse and related issues is what parents and guardians want for the people close in their lives.

## Set a good example

Be a role model. Avoid contradictions in your words and actions. Don't say one thing and do another. Try to have a positive influence. What you do and say will have an impact.

## Get involved, stay involved

Spending time with your children will have a positive influence. Make time to be there for them. Show an interest in their sport, interests and hobbies. Family time is important.



## Open the lines of communication

Always be ready and willing to talk with your children. Getting them to share their thoughts, feelings and what is happening in their day-to-day lives should be encouraged. Showing you care and value their opinion is a big step forward.

## Starting a conversation

- **Tell them you care** Highlight their qualities and let them know they are valued and respected.
- **Show support and trust** They can depend on you. Ensure them any talk will be confidential.
- **Do your research** Gather information about the drugs you think they may be using.
- **Have a time and place to talk** Ensure their privacy with no interruptions.
- **What is their knowledge of drugs** Never assume what they are doing. Ask the question about their thoughts on drugs.
- **Get ready for a negative reaction** Remain calm, understanding and reasonable. Best to avoid an argument.
- **Never judge them or tell them what they should do** You want them to keep listening, so best to avoid a lecture.

# CANTEEN ROSTER

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2015		6th Mere Males  Ken Cameron Allan Skinner	7th Julie Page  Judy Abdo  Marie Reeve	8th Jason Mills  Jeffrey Ritchie	9th Marie Reeve  Brad and Judith Martin
	12th Marie Reeve  Jean Cameron  HELP NEEDED PLEASE!!	13th Caroline Weekes  HELP NEEDED PLEASE!!	14th Marina Kmet  Judy Abdo  Marie Reeve	15th Lisa Brissett  Linda McKenzie	16th Marie Reeve Julianne Webster HELP NEEDED PLEASE !!
	19th Marie Reeve  Joyce Cummings  HELP NEEDED PLEASE!!	20th Robert Allan  Leanne Foster	21st Lauren Robertson  Jody Abdo  Marie Reeve	22nd Jason Mills  Jeffrey Ritchie	23rd Marie Reeve  Joanne Lumsden HELP NEEDED PLEASE !!
	26th Marie Reeve  Bev Bisby  HELP NEEDED PLEASE !!	27th Caroline Weekes  Verlie Blackmore	28th Marina Kmet  Judy Abdo  Marie Reeve	29th Anne Munns  Mary Pilotto	30th Jenny Lambourne Pat skinner Marie Reeve
November 2015	2nd  Kay Brauer Lorraine McGrath Marie Reeve	3rd Mere Males  Ken Cameron  Allen Skinner	4th Julie Page  Judy Abdo  Marie Reeve	5th Jason Mills  Jeffrey Ritchie	6th Marie Reeve Brad and Judith Martin
	9th Marie Reeve  Jean Cameron  HELP NEEDED !!!!	10th Caroline Weekes  HELP NEEDED PLEASE !!!!	11th Marina Kmet  Judy Abdo	12th Lisa Brissett  Linda McKenzie	13th Marie Reeve Julianne Webster HELP NEEDED PLEASE !!

## ALLERGY REMINDER


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

**Remember:**





# TERMS 2 & 3 WINGHAM HIGH SCHOOL CANTEEN WINTER MENU

HOT FOOD	COLD FOOD	DRINKS
Low fat Plain Pie	Salad Subs <i>(white or wholemeal)</i>	All Juices
Low fat Flavoured Pie <i>(Potato or Cheese &amp; Bacon)</i>	All Sandwiches <i>(white or wholemeal)</i>	Large Bottles Flavoured Milk
Low fat Sausage Roll	Salad Wraps	Small Bottle Flavoured Milk
Pizza Rounda's	Salad wraps with Chicken or Ham	Just Natural Flavoured milk
Chicken & Corn Rolls	Salad box with egg	Plain Milk
Chicken Nuggets (5)	Salad box with egg Chicken or Ham	Orange Mango Mineral Water
Spicy Chicken (various)	Chicken Winter Salad	Solo Bottle Diet extra lemon
Chicken & Gravy Roll	<b>Salads consist of, lettuce, tomato, beetroot, onion, cucumber, carrot and low fat Cheese.</b>	Up and Go Small
Fish Cocktails (5)	<b>ICE CONFECTIONS</b>	Up and Go Large
Oodles' of Noodles <i>(Beef stir-fry with Noodles)</i>	Paddle Pops	Glee <i>(Carbonated Juice)</i>
Nacho's	Splice	Iced Tea <i>(lemon, Peach, green, mango)</i>
Hot Dogs	Icy twist	Cool Ridge Berry Water
Spaghetti & Meatballs	Mini callipo	600ml water
Fettuccini & Carbonara Sauce	Cyclones	750ml Water
Hash Brown	Frozen yoghurt	Hot Chocolate
Ham & Cheese Croissant	Paddle Pop Thickshake	<b>SNACKS</b>
***Homemade Soup (small roll 40c extra)	Low fat Ice Cream Cup	Famous Wingham High Muffin
***Baked Chicken Dinner	Quelch Stick	Mousse
<b>Keep watch for More and exciting foods coming soon</b>	Frozen Juice Cup	Yoghurt Muesli custard cups
<b>Items marked with *** Means not available until later on</b>	TNT Sour Pop	Sunfruits
<b>in the term.</b>	Frozen Jelly Sticks	Ovaltinees
		Cough drops eucalyptus
<b>VEGETARIAN HOT FOOD</b>		Jelly sticks
Spinach and Cheese Roll		Chips 28grm
Veggie Bake <i>(broccoli, cauliflower, sweet potato, carrot</i>		
<i>potato and pumpkin in a cheesy French onion sauce)</i>	<b>CANTEEN is Open from 8.30 every morning for your convenience, please enter through side door. REMEMBER to Order your lunch/recess your guaranteed to get what you want, and it saves time in the line. NO Heating up of food not purchased through the canteen. NO hot water will be given out. NO Students in the canteen through lunch or recess NO excuses</b>	
Pasta and Sauce <i>(tomato)</i>		
Veggie patty		
Roasted Warm Potato salad <i>(lunch only)</i>		