

PRINCIPAL'S REPORT

Term 3 each year is always a busy term particularly for Year 12 who have commenced their Trial HSC exams this week and following these have only 4 weeks of school left. It is important for all of year 12 to commit to a final surge of effort following the trials in order to maximise their capacity to perform to their best in the HSC exams next term. In this regard 100% attendance in all subjects right up to the end of this term is essential.

Coming up in week 7 are a number of important events including the annual Wingham Rotary Dinner held in our MPC (Tues 25th August) to raise funds for the school's bus. This year Ms Twaddle and her Hospitality students have volunteered to do the catering using our state of the art Hospitality Trade Training Centre. Again we are most appreciative of the Support we have received by way of donations of meat from Wingham Beef Exports, Soft drinks from Saxby's and vegetables from Solomons.

Also on Tuesday the 25th August we launch one of the major initiatives from our school plan: Mindmatters. This initiative is a program of building knowledge and capacity around Mental Health. On Tuesday 25th we will run a series of activities across the school day to raise awareness of Mental Health Issues and what we can all do to assist people suffering from mental health related illnesses. Our SRC has also launched a Domestic Violence awareness campaign which dovetails nicely with Mindmatters. The Wingham Community of schools have also undertaken to implement other aspects of Mindmatters including Kidsmatter and community awareness events over the next few years.

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.

Year 9 Marine Studies - North Haven Stand up Paddle Boarding and Kayaking

As part of the introductory units in Marine Studies on using marine equipment safely, our year 9 Marine Studies class ventured to North Haven. Under the guidance of 'Endless Summer' surf school our students had the opportunity to learn the art of paddle boarding and kayaking.

The groups received safety and introductory instructions and after a half hour practise we ventured up river. What an experience for our kids and while out on the sand bar we stopped and viewed a wide variety of marine life. It was a 'rich learning' experience with many of our students having never ventured into the coastal estuary ecosystem or used the boards and kayaks as well.

This will become an annual excursion for our groups as an introduction to safety in the marine environment and confidence to use such equipment individually.

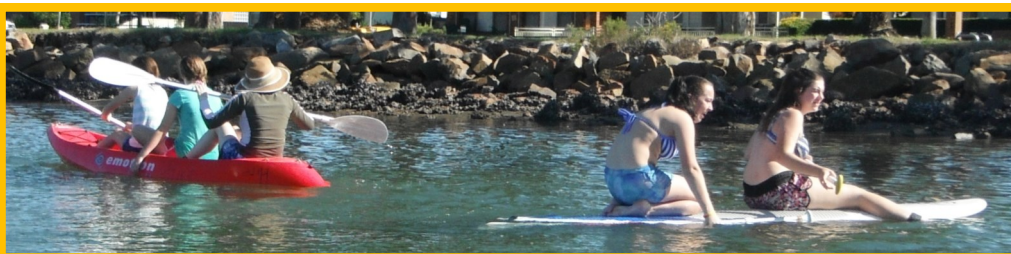
Students, Charlee Wilson, Miah Mitchell-Deak and Amira Cuthbertson went from non confident to fully operational within the hour. Paige Webster, Tallulah Greaves, Selina Marion, and Tobi Polley came out of the day highly competent. They were all great ambassadors for our school in the public environment.

The Wingham high School mini bus once again allowed us to run this small group excursion at minimal cost.

Mr Hawkins

Marine Studies teacher





MOTIVATIONAL MEDIA PRESENTATION – JUNE 25 2015

At times, life seems like a difficult jigsaw. We have some idea of what we want our life to be, but with so many choices to make and so much conflicting information to process, we don't know which way to turn. Having the life we want doesn't happen by chance. Each aspect of our life contributes to the full picture. We need to carefully decide which ones will add to the result we want and which ones will lead to results that will disappoint.

Having a Vision Completing a jigsaw without knowing what the final picture looks like is not an easy task. Yet many of us have no concept of the type of life we want to lead and just hope that things will turn out okay in the end. Life's puzzle won't magically put itself together. At some point we need to take charge and that means deciding where we want to go. This could include choosing the right friends, learning new skills and planning specifically for the future we want.

Knowing Ourselves Each of us is unique. We all have our own strengths and weaknesses. We need to recognise each aspect that makes us who we are. By knowing our strengths, we can more effectively pursue our dreams and goals. By knowing our weaknesses we can prepare for the challenges ahead and work on self-improvement. Knowing ourselves serves to equip us for the puzzle of life ahead, the challenges it presents and ultimately brings us closer to fulfilling our dreams.

Accepting Others Just as we have many facets to our lives, so do others. By accepting difference in others we appreciate the richness that variety brings to the picture of life. Beneath the surface differences we all have dreams, fears, and insecurities. Understanding this can help us respond to others in a supportive way while at the same time enriching our own lives.

Making Good Decisions Every now and then we'll hear advice on ways to make a quick dollar, be more popular, or do better at exams. Some of this advice may be good, but instant results that are built on risky or irresponsible behaviour will lead to situations that end in disaster. Drugs and poor relationships may be things we want to think carefully about before getting caught up in circumstances that limit the scope of our dreams. We need to ensure that in working towards our dream, each step is built on solid decisions that reflect our values and where we want to be. Each piece of the puzzle needs to complement the others.

Overcoming difficulties At times it may seem that the jigsaw of life is just too hard and we lose sight of our goals. The future we want to create may be shaped by ill health, disappointments and even failures. At these times it is even more important to look at the positive aspects of our life, learn the lessons of life and move forward. It is also important to surround ourselves with friends and family who share our dreams, want the best for us, and help to put the pieces of our life together.

Life can sometimes be confusing. It often seems that things that happen in our life make no sense and even move us further away from our dreams. However, by ensuring that we understand our goals, make plans to achieve them and surround ourselves with supportive people, we can make sense of the jigsaw of life.

BEEF WEEK WINNERS

Pictured are Wingham High School Reserve Champion Beef Appraisal team of Kate Stocks, Hayley Brood, Jake Brood and Brooke Anderson. These students achieved an outstanding result at this years Wingham Beef Week.

The students had to assess 8 carcasses, 15 retail cuts and 4 primal cuts of beef. They were competing against 320 other students from State, Private and Catholic schools who travelled to Wingham Beef Week from all over the state. Certainly a fantastic result from our students!!



GRACE WINS TOASTMASTERS PUBLIC SPEAKING

Grace Callaghan, Year 11, is the 2015 winner of the Taree Toastmasters High Schools Public Speaking Competition. Grace competed in the senior section (Years 11 and 12). Competitors were entered from the high schools in the Manning-Great Lakes region.

The contest was sponsored by Mid Coast Water and the topic was “Our Water, Our Future. What will our water future be like in 30 years’ time?” Grace argued an optimistic line.

She argued that “Water is the new gold”. She pointed out that today, we have a far stronger appreciation of the value of water than we did 30 years ago; and in 30 years’ time the value we place on water will be much greater than today. We will see water as a precious substance, mainly due to the effects of climate change.

Grace cited new, emerging and yet to be developed technologies in recycling, harvesting, storage and distribution of water as the reasons for optimism. She gave examples of recent successes and extrapolated from these into the future. The engaging delivery of her speech was instrumental in her success.

Grace won a substantial cash prize and trophy from Mid Coast Water and she will represent Wingham High and Wingham Rotary in the Rotary Public Speaking Competition in November.

SPORT

Jaime Hemmingway

Jaime Hemmingway will be travelling to Perth to compete as part of the NSW Under 16’s Hockey team in the Australian Championships. Jaime has been playing representative hockey for several years now but this has so far been her biggest achievement. She will also be touring the Institute of Sport while in Perth as well as meeting with some of the current Hockeyroo players.

Reid Brown

Reid represented Hunter Region late last term at the CHS State Golf Championships. Reid has been playing fantastic golf for several years and in his competition finished runner-up but managed to beat last year’s champion. Reid has some local competitions to compete in as well as travelling to some more major tournaments in the coming weeks.

Athletics.

Wingham High will have five athletes competing at the CHS Athletics Championships held at Olympic Park.

Luke Bailey will compete in the 100m, 200m, 800m, Shot Put and Discus for Para-athletes.

Maitlan Brown will compete in the Javelin.

Jai Tisdell will compete for the first time at these championships in the Triple Jump.

Layne Watson has qualified in the 90m Hurdles and Triple Jump.

John Roberts will contest the 100m.

[For immediate release](#)

Free 'Teach a Learner Driver' workshop

Teaching someone to drive can be a daunting experience for both supervisor and learner. Join a free workshop to learn some simple tips to make the experience a happier one.

Greater Taree City Council is holding a free two hour *Helping Learner Drivers Become Safer Drivers* workshop for parents and supervisors of learner drivers on Wednesday 19 August, 2015. Presented in conjunction with Roads and Maritime Services, the workshop provides practical advice to ensure the learner gets the most out of every driving session. And through improved quality of driver training, the ultimate aim is to improve safety on our roads.

Road Safety Officer, Chris Dimarco said "Roads and Maritime Services recognise the important role parents and supervisors play in supporting inexperienced drivers and developed the course to help them prepare for the role. We've had some really positive feedback from those who attended in the past, including being able to plan practice driving sessions that help their learner driver build their skills progressively."

Some of the topics to be covered include laws that apply to L & P licence holders, completing the *Learner driver log book*, and the benefits of well supervised on-road driving experience. Attendees will leave armed with a range of strategies, techniques, and tips to more effectively supervise their learner drivers.

The workshop will be held at the Council building, in the Manning Room, 2 Pulteney Street Taree, starting at 5.30pm. Light refreshments will be provided.

Bookings are essential and can be made by calling Council on (02) 6592 5399, or email tareecouncil@gtcc.nsw.gov.au

Need More Info? Check out our website at gtcc.nsw.gov.au
or call Council on 6592 5399





Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:

Wednesday 5.30pm
19 August, 2015.

Bookings essential.

VENUE:

Greater Taree City Council,
Pulteney Street, Taree.

Light refreshments.

BOOK NOW ON:

(02) 6592 5399

or

tareecouncil@gtcc.nsw.gov.au

**Helping learner drivers
become safe drivers**





Stephen Bromhead MEMBER FOR MYALL LAKES PRESENTS
2015 Prostate Cancer Awareness

Family Fun Day

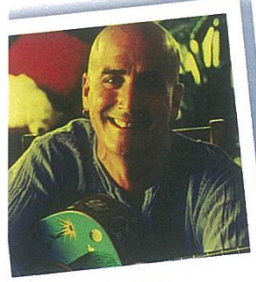
FATHERS DAY
SUNDAY
6TH SEPTEMBER
10AM - 2PM

KNOW YOUR SCORE

Prostate Cancer Foundation of Australia

www.knowyourscore.org.au

TALK TO YOUR DOCTOR AND KEEP YOURSELF IN THE GAME!



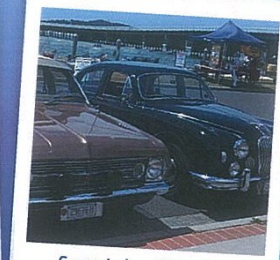
Matt Zarb



The Lakesters



Marching Koalas



Great Lakes Historical Automobile Club



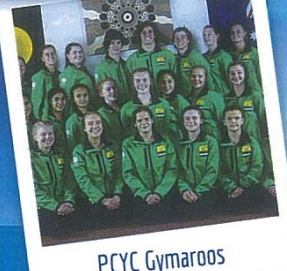
Anthony Zanos
from coastal radio 2RE will be the compere of the days activities



Wingham Pipe Band



Prime Possum



PCYC Gymparoots



Free kids face painting

A FREE FAMILY FUN DAY OF ACTIVITIES AT JOHN WRIGHT PARK TUNCURRY (JUST NEAR THE BRIDGE)

Bring Dad out on his special day and celebrate life to the fullest with lots of free entertainment for the whole family every 30 minutes!

Bring a chair - bring a rug - bring the whole family and stay for the fantastic draw at 12:45pm of over \$10,000 in prizes. Prizes must be won on the day plus if the lucky person who wins the first prize is on site we will throw in an extra \$200 seafood voucher for use at at Wallis Lake/Taree fishermans co-operative.

TICKETS AVAILABLE ON SITE.....JUST \$2 each or 3 for \$5

Program of events for Prostate Cancer Fun Day

Sunday 6 September 2015

Program of days activities

- 10:00am Anthony Zanos opens the day's activities and introduces Local entertainer Matt Zarb to perform
- 10:30am Prime Possum makes an appearance to meet and greet locals
- 10:50am Interview on stage with local Urologist Dr Ben Kwok and Oncologist Dr Ben Livshin
- 11:00am International renown Marching Koalas will perform
- 11:30am Judging of the Men's Shed Competition
- 12:00pm Auction of Men's Shed Competition items
- 12:45pm Drawing of the Prostate Cancer Raffle with prizes valued at over \$10,000
- 1:00pm Performance by the Taree PCYC Gymparoots who have just returned from competing in Finland
- 1:30pm Performance by Wingham Pipe Band

Static Displays by:

- Free Kids Face Painting
- 7 Manning and Great Lakes Men's Sheds will have displays
- Prostate Cancer Foundation Information Booth
- Great Lakes Woodworkers Demonstration
- Bunnings Warehouse Taree Display Stand with free giveaways
- Hot Food and Drinks Available on-site at great prices
- Local Oncologist and Urologist Dr Ben Kwok and Dr Ted Livshin will be on stage and interviewed about the importance of early detection of Prostate Cancer
- Graham Barclay Marine will be on site and have available New for Old Life Jackets Promotion supported by Transport NSW
- Manning Valley Combined Pensioners and Superannuants Association Display
- Great Lakes Graffiti Buster, Ted Bickford will be on site with his Graffiti Buster Vehicle
- Emergency Services will be on site with their vehicles to talk about their role in our community including NSW Fire Service, Rural Fire Service, NSW Police, Manning Volunteer Rescue Association, NSW Ambulance Service, NSW State Emergency Service and Forster/Tuncurry Marine Rescue

THANK YOU TO OUR SUPPORTERS

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

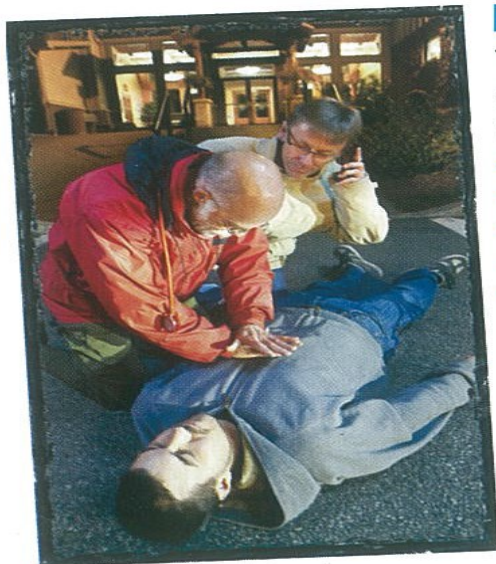
Stimulants such as ecstasy and methamphetamine increase body temperature. Drinking alcohol causes further dehydration.

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
AUGUST	3 rd Marie Reeve Bev Bisby HELP NEEDED PLEASE!!	4 th Caroline Weekes Verlie Blackmore	5 th Marina Kmet Judy Abdoo Marie Reeve	6 th Anne Munns Mary Pilotto	7 th Jenny Lambourne Pat Skinner Marie Reeve
AUGUST	10 th Kay Brauer Lorraine McGrath Marie Reeve	11 th Meer Males..... Ken Cameron Allen Skinner	12 th Julie Page Judy Abdoo Marie Reeve	13 th Jason Mills Jeffrey Ritchie	14 th Marie Reeve Brad and Judith Martin
AUGUST	17 th Marie Reeve Jean Cameron HELP NEEDED PLEASE!	18 th Caroline Weekes HELP NEEDED PLEASE!	19 th Marina Kmet Judy Abdoo Marie Reeve	20 th Lisa Brissett Linda McKenzie	21 st Marie Reeve Julianne Webster HELP NEEDED PLEASE!
AUGUST	24 th Marie Reeve Joyce Cummings HELP NEEDED PLEASE!	25 th Robert Allan Leanne Foster	26 th Lauren Robertson Judy Abdoo Marie Reeve	27 th Jason Mills Jeffrey Ritchie	28 th Marie Reeve Jo Lumsden HELP NEEDED PLEASE!!!!
AUGUST SEPTEMBER	31 st Marie Reeve Bev Bisby HELP NEEDED PLEASE!!	1 st Caroline Weekes Verlie Blackmore	2 nd Marina Kmet Judy Abdoo Marie Reeve	3 rd Anne Munns Mary Pilotto	4 th Jenny Lambourne Pat Skinner Marie Reeve
SEPTEMBER	7 th Kay Brauer Lorraine McGrath Marie Reeve	8 th Meer Males..... Ken Cameron Allen Skinner	9 th Julie Page Judy Abdoo Marie Reeve	10 th Jason Mills Jeffrey Ritchie	11 th Marie Reeve Brad and Judith Martin

ALLERGY REMINDER

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

Remember:

NO peanuts or peanut products are to be brought to school.



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 & 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	Salads consist of, lettuce, tomato, beetroot, onion, cucumber, carrot and low fat Cheese.	Up and Go Small
Fish Cocktails (5)	ICE CONFECTIONS	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	SNACKS
***Homemade Soup (small roll 40c extra)	Low fat Ice Cream Cup	Famous Wingham High Muffin
***Baked Chicken Dinner	Quelch Stick	Mousse
Keep watch for More and exciting foods coming soon	Frozen Juice Cup	Yoghurt Muesli custard cups
Items marked with *** Means not available until later on in the term.	TNT Sour Pop	Sunfruits
	Frozen Jelly Sticks	Ovaltinees
		Cough drops eucalyptus
VEGETARIAN HOT FOOD		Jelly sticks
Spinach and Cheese Roll		Chips 28grm
Veggie Bake <i>(broccoli, cauliflower, sweet potato, carrot Potato and pumpkin in a cheesy French onion sauce)</i>	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	Aprons Blue OR White
Pasta and Sauce <i>(tomato)</i>		OHS Packs
Veggie patty		<i>(apron, goggles, ear plugs, dust mask)</i>
Roasted Warm Potato salad <i>(lunch only)</i>		Visual Arts Diaries
		Exercise books 128 page
		\$1.00
		\$10.00
		\$20.00
		\$7.00