



Dates to Remember

31 August

Year 8 Parent Information Night

1 September

School Leader Voting
P&C Meeting

7 September

Year 7-10 Parent Teacher Interviews

22 September

Year 12 Final Assembly
Semester 2 Excellence Assembly

23 September

Last day of Term 3



Wingham High School's Open Girls Hockey. After a win on Wednesday they will now travel to Newcastle to play a series of games to try and place 1st in the State.

LOST PROPERTY

We have a number of school jumpers/hoodies & other items.

See the Accounts Office if you are missing anything.

Please remember to label students clothing, so it can be returned easily.

Newsletters are published weeks 3, 6 & 9.

Hard copies are available at the front office and the Library.

Or

Online on the schools website



EFTPOS facilities are now available at the Accounts Office and the Canteen.

From the Principal's Desk

Congratulations to – Year 12. I have received a common reply when talking to the Year 12 cohort after completion of Trial HSC Examinations.

“It’s great to see that over!” – or words to that effect.

It is a great relief and real achievement for these students. It is important to remember that it is only ‘half time’ with the HSC Examinations still to come. This is probably the most important period our kids can have with examination feedback and fine tuning before the final exams. Be sure to soak up all the available information and get to practising exam style responses.

Similar to this is further feedback gained through the NAPLAN information. All students in Years 7 and 9 will have taken home their results from the test. Our analysis has shown a great deal of growth for the cohort in general terms. We are also analysing individual students whose performance identifies any concerns or celebration. We will be interviewing students and parents where needed to ensure we are extending all of our students.

An important point in all of our ‘number analysis’ is to ensure we get the balance right. I was witness to interview and whole school speeches of our 2017 School Leader nominees. It is so rewarding listening to the thoughts and ideas of our future leaders. As a community we produce excellent youth. Voting is this Thursday and I know from the field we have, we gain a fantastic leadership group.

Best of luck – to the Girls Open Hockey Team who are off to contest as part of the last eight (8) in the state. We wish them luck in bringing home the ultimate prize.



Year12 Textiles Major Works

After a little under a years work and dedication the year 12 Textiles and Design students have completed and submitted their Major Works. All students spent many hours designing and creating their projects with some outstanding results. All works are currently in Sydney for marking and will be returned during term 4. Their teacher Miss Twaddle is impressed and delighted with their dedication throughout the year.

*Red and White Formal Dress
by Taleigha Dwyer*



Tribal Quilt by Sophie Minns



*Japanese Harajuku dress
by Amber Grauls*



*White Wedding Dress
by Karley Madigan*

*Children's Memory Cards
by Jenna Waters*



Seniors Donate Blood

Some year 11 and 12 students brave the pain by generously donating blood at the Taree Blood Bank.

Steven Whitbread



Tyler Davies



Jack Boyd



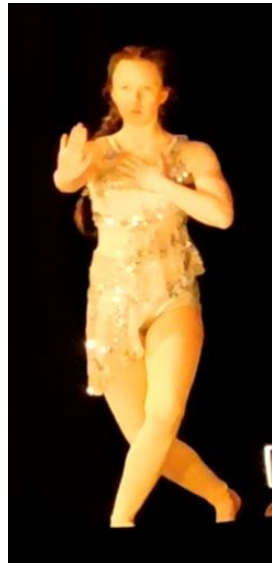
Arlo Scope Caller





The Big Night Out

On Thursday 11th August, Wingham High School hosted our annual celebration of music, drama and dance; The Big Night Out. Twenty six acts from Years 7 through to 12 performed in this three hour long extravaganza, and in one word, it was brilliant. From the Year 12 Drama and Music Major Works through to the individual dances, junior band and even staff performances, The Big Night Out was hailed as many as "the best one yet." Big thanks go to Mrs Harrell for expertly organising the music, staging and program and to Mr Sedgwick and his Year 12 Entertainment class for setting up the sound and lights and running the night without a hitch. An all round team effort that will be talked about for years to come! See you all next year!!





Horse Sports Day

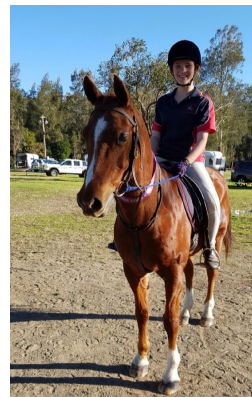
On Friday 29th July, 6 students represented Wingham High School at St Clare's horse sports day held at Taree showground. They participated in rider and hack classes in the morning and sporting events in the afternoon. All students represented the school well and came away with a number of ribbons. Students participating were Emily Foster and Jessica Hudson from year 10, Chelsea Eagles and Courtney Eggins year 9, Georgia Hudson year 8 and Harrison Kern year 7.



Georgia Hudson



Emily Foster



Jessica Hudson

Hockey

Wingham High School open girls hockey team played Rivers Secondary College from Lismore to try and confirm at position in the top 8 in the NSWCHS Knockout. The game started as an exciting contest with neither team having the majority of possession of the ball. The deadlock was broken midway through the first half by captain Morgan Coleman. Lismore were quick to reply and going into halftime Wingham had a narrow lead of 3-1. Strong defence by Oshi and Dimity Bartlett, Grace Coleman, Erica Colvin and Emily Page set the basis for our attack through Cassidy Mills, Kara Allan, Sophie Hartcher, Jaime Hemmingway, Shelby Johnston, Eliza Baker and Emily Foster to capitalise and gain results in the attacking goal circle. Flawless goalkeeping by Maggie Sky kept Lismore scoreless in the second half and Wingham's relentless pressure lead to the final result of a 9-1 win. The team will now travel to Newcastle to play a series of games to try and place 1st in the State.





Kings of the Hunter

On the 12th of August the Wingham High School Chess Team travelled to Coal Point Public School to compete in the Interschool Chess Challenge Semi-Final. After 7 arduous, in some cases torturous, but never tedious rounds; our team emerged victorious. Isaiah Hardy (6 wins), Ryan Siegel-Hensen (5 wins), Bryceon Xuereb (5 wins) and Kye Gregory (4.5 wins) battled with the best and brightest from Callaghan College, Hunter Christian School and Farrer Memorial Agricultural High School to finish in first place with a crushing total of 20.5 points. The team now goes on to compete in the Final in Sydney on the 16th of September.



Bryceon, Ryan and Kye focused on their game, while Isaiah (ever the professional) demonstrates how to subdue an opponent armed with a banana.



Probus Debate

This year's Annual Probus Debate was a high quality dissection of "that beauty is better than brains". The substance of each team's case was strong yet, strangely, for a topic like this one, the insults were few and the tone was fairly serious. Wingham High argued the Affirmative. Realising it would be difficult to restrict the interpretation to people and how they looked, they broadened their case by taking a philosophical line; they made it a matter of aesthetics vs logic and epistemology (knowledge). Georgia Hudson, first speaker, argued that appreciating beauty is a higher order, quintessentially human experience. Understanding the beauty of nature and creatively expressing ourselves through all forms of the arts, represents the highest order of human endeavour.

"Brains", the Affirmative argued, was merely using the intellect to survive and improve our material lives. But this can have a dark side and Ben Butler Kwa, as second speaker, focused on how we have used our intellect to create death, destruction and detriment. Our planet is slowly dying because of the misuse of human brain-power. Prudence Smyth summed up the Affirmative case and ended with the metaphor of a rose being compared to a cabbage. Probus argued that beauty is superficial and benefits only the individual, not society. They advanced lots of historical examples of progress and success as a result of intellectual pursuit. In the end, the adjudicators found for the Negative, who used their time more effectively and had stronger rebuttal. Stephen Smith, our Team Advisor, gave a gracious and well worded congratulations on behalf of our team. The Affirmative case was beautiful, but unfortunately not a joy forever.



Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences.

The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1 Come on, laugh it off

STRATEGY: humour

GOOD FOR: kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2 Don't let this spoil everything

STRATEGY: containing thinking

GOOD FOR: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3 Let's take a break

STRATEGY: distraction

GOOD FOR: kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4 Who have you spoken to about this?

STRATEGY: seeking help

GOOD FOR: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5 I know it looks bad now but you will get through this

STRATEGY: offering hope

GOOD FOR: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's chins up and encourage them when life doesn't go their way.

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... The language of resilient families ...



Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6 What can you learn from this so it doesn't happen next time?

STRATEGY: positive reframing
GOOD FOR: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7 Don't worry – relax and see what happens!

STRATEGY: acceptance
GOOD FOR: kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get

you anywhere. Similarly, parents with a resilient mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

8 This isn't the end of the world

STRATEGY: maintaining perspective
GOOD FOR: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. "Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."

9 You could be right. But have you thought about ...

STRATEGY: flexible thinking
GOOD FOR: kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – 'awesome', 'the best', 'the worst' and 'gross' roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace "I'm furious" with "I'm annoyed". "It's an absolute disaster" with "It's a pain". "I can't stand it" with "I don't like it". Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10 What can we do about this?

STRATEGY: taking action
GOOD FOR: kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'.

Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.

Michael Grose



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WINGHAM HIGH SCHOOL

Year 7 Orientation Day

Tuesday 6 December 2016

This is an information and orientation day for students commencing at Wingham High School in 2017.



What is happening on the day:

- Students come along for taster lessons
- Visit classrooms and orientate around the school
- Able to meet teachers and fellow students
- Experience the day in the life of a high school student
- BBQ Lunch provided

If you require information about Year 7 enrolments to Wingham High School, please speak to your child's primary school.



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