



Dates to Remember

15 March

Boys 15 Years Rugby Trials

16 March

Girls Open Cricket

17 March

Bangara Dance Workshop

Chess Competition

20 March

Year 11 Assessment Tasks

Girls Open Football

Boys Open Football

22 March

15 Years Boys Football

23 March

Parent Teacher Night Years 8-12

23 March

Boys/Girls Open Touch Football

27 March - Week 9

Year 12 Mid Course Exams

Newsletters are published in weeks 3, 6 & 9, online on the schools website.

or

Hard copies are available at the Front Office and the Library.



EFTPOS facilities available at the Accounts Office and the Canteen.



Tallulah Greaves, Melinda Marion and Holly Schwebel attended a Women In Defence information session for International Women's Day. Read Melinda's article on page 3.

From the Principal's Desk

Mid Term is upon us already and there have been exciting happenings already. One of the first exciting things is a celebration that I neglected to mention in the previous newsletter. This was related to one of our students, Jaime Hemmingway, receiving the Rotary Australian Youth of the Year Award! Jaime is an incredible talent focusing on the sport of Hockey but a great academic student also. I can honestly say that Jaime will be the first to admit that talent only gets you so far. Her achievements are due to a relentless desire to work hard and be well prepared. Congratulations to Jaime and a further thanks to our School Captains Makeelly Blanch and Mitch Saxby who delivered great speeches on the day.

Personal excellence is what we are continually striving for at Wingham High and a constant conversation we have with our students. Often times the feeling of achievement is too big for students to comprehend and see it being beyond them. An important point to try and have students realise is that it is the little things that connect to become great achievements. Case in point is a focus for our year 12 students. Upcoming are their Mid-Course Examinations. To get the 'big results' can be quite a stress.

To break this picture down into workable solutions is a study timetable, that allows students to stay on top of their workload. Often times this is easier said than done. It is here that there are programs to help organise and provide pointers from experience. Our Tuesday afternoon "Prepare to Succeed" program is open in the Library from 3:30 – 4:30pm. Here students will find / can organise teachers to help with their studies. Also for year 11 and 12 students Mrs Harrell runs the Senior Success program after hours where parent or external support are encouraged to attend. Those letters of information will be going out to students so please ensure to enquire.

Here is hoping we at Wingham High can help support that positive encouragement (prodding!) at home to help our kids achieve.



Makeelly, Jaime and Mitch



*Jaime Hemmingway
Rotary Australian Youth of the Year*



Students bring the cattle in for drenching, Cassidy applying the drench.



Caitlin Ernst &
Emily Brood

Maitland Show

Wingham High Ag Show Team travelled to the Maitland Show in February. 21 students took two steers and competed in Judging and Parading competitions winning many parading ribbons.

Caitlin Ernst and Emily Brood in year 9 made the final 10 and had to speak in front of the judges describing why they judged the steer in the correct order.



Sport update - Open Boys Cricket

On Tuesday the 21st February the Open Boys Cricket side played against Gloucester High at Wingham Central Park. The competition was Round 1 of the Alan Davidson shield which is a state based competition and has been running for some 50 years.

Wingham High Captain Ryan Smoothy won the toss and elected to bat. With 40 overs to bat openers Blake Thompson and Hayden Essery made a great start scoring rapidly before Thompson fell for 19. Josh McTaggart then strode to the wicket and made a fine 41 runs but the real star was Essery who continued on to first make his century and then passed 150 runs. In 33 years of taking cricket sides I have never seen a finer innings as Hayden played cricket shots all around the ground and offered no chances at all until he eventually fell, in the 37th over for 182. Ronan Meaker swung hard making a quick 15 and Tobi Polley remained 26 not out. Wingham's total was an astonishing 5 for 314 from their allocated 40 overs.

In the field opening bowlers McTaggart and Smoothy made fine starts with Josh picking up a couple of wickets eventually finishing with 2 for 19 off 5 overs. Gloucester High's captain Harry Clarke made a fine 76 before eventually falling to the bowling of Clancy Johnston. Scott Bishop picked up a couple of wickets late in the innings which went some towards negating the effects of his 2 earlier dropped catches. Kurt Fowles took a fine outfield catch but the best catch of the match by far was taken by Ronan Meaker during the earlier innings of Hayden Essery. Hayden hit a six out towards the Wingham High's dugout and Meaker casually stood up, raised one hand, and coolly took the catch!

Captain Ryan Smoothy did a fine job rotating the bowlers before eventually Gloucester was dismissed for a respectable 185. As the players left the ground they were shaking hands and thanking each other for the fine days cricket.

Wingham will now progress in the competition but at present the next opponent is unknown. Whoever it turns out to be had better be prepared for another onslaught from young Hayden Essery as his confidence must be soaring.

Scotty Brown

Year 8 Visual Art

In 8VA1 we have been studying Guerrilla Art. We have looked at many artists and specifically, the artist Banksy. We have been looking at his Social Commentary and the way Banksy and other artists put their art work across for everyone to see.

To recreate and near finish our background study, we decided to create our own social comments in chalk on the netball courts. The social comments range from racism, equality, animal abuse, feminism, sexism and many other social comments.

These were shown in the images of the chalk drawings.



By Jorja Bulley and Taylor Ross-Sampson-Reid



Defence Force Forum Excursion

On Monday 6th February three Wingham High students and one Great Lakes College student travelled to Newcastle for a Women In Defence information session for International Women's Day. The students who attended the excursion were: Tallulah Greaves Yr 11, Melinda Marion Yr 12, Holly Schwebel, Yr 12, and Emmerson Fleming Yr 10. The Forum was designed to encourage girls to "Do What They Love" within the Defence Force.

One woman from each of the three Defence Force Services spoke about how they came to be in the Defence Force and their interesting careers so far. Each of the women from the Navy, Army and Air Force had such different backgrounds, different reasons for joining and each have had such a unique career. Students were also given time at the end to ask the women questions about the Defence Force or talk one on one with the Defence personnel. During this session the students were served a high tea.

The session was very informative and highlighted the list of endless possibilities within a Defence Force Career. The women spoke very passionately about their own experiences and the opportunities they have been given.

Many thanks to Mrs Clissold for giving us the opportunity to attend the information session and for driving us down to Newcastle. Melinda Marion.

Certificate III

Claudia Greenaway has been doing her school based traineeship for the past year at LJ Hooker and has just received her Certificate III in Property Services. Claudia is now going on to be a personal assistant for one of the sales agents at LJ Hooker in Wingham.

Claudia is liking to complete her Certificate IV in the coming months. This has been apposite experience for Claudia as she looks forward to continuing employment post school.



Year 12 student Claudia Greenaway receives her Certificate from her employer Julie Bale at LJ Hooker Wingham.

Health Careers Forum Excursion

A Health Careers Forum was held at the University of Newcastle Department of Rural Health at Taree on Tuesday 7th March. Students had the opportunity to hear about the range of Allied Health Careers including Medicine, Nursing, Midwifery, Physiotherapy, Speech Pathology, Occupational Therapy and Pharmacy.

Hannah Fulton and Olivia Robertson were able to attend this Forum. Unfortunately, some students were unable to attend due to calendar clashes and illness. The opportunity to attend next year will be available for students in Years 10, 11 and 12.

Mrs Clissold Careers Adviser.

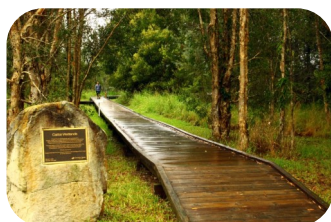
Cattai Wetlands Excursion

On Thursday the 9th of March, Year 9 and 10 students went to Cattai Wetlands to learn more about our Aboriginal culture. We went with Mrs Bloomfield, Mr French and Brendan Croker. We got taught by two elders, Aunty Fay and Aunty Tracey, who told us some stories about our two closest tribes Bripi and Dunghutti.



We also learnt about the Brother's Mountains and what the Wetlands were over 15 years ago. After that we had lunch and then NBN news came and did some interviews. After the interviews we learnt about the language and where traditional art, plants and trees originated from.

The day was very inspiring, and we left wanting to know more about culture and opportunities that could lead us to future jobs. By Danny Bisby and Zayden Dahlstrom





***Seasons for Growth* is a small group loss and grief education program which we are currently running at Wingham High School.**

The Young People's Program strengthens the social and emotional wellbeing of children and young people (aged 6 -18) who are dealing with significant loss or change. This may include the death of a loved one, parental divorce or separation, the experience and aftermath of natural disaster, moving house or school, as well as many other life changes and losses.

Small groups of 4-7 students work with a trained adult Companion (facilitator) who supports the students in learning new ways to share, think about and respond to the changes and losses in their lives. Students learn that they are not alone in dealing with the effects of change, loss and grief. They build their understanding and communication, decision making and problem solving skills as part of a supportive peer group.

The *Seasons for Growth* Young People's Program takes place over a structured eight week period filled with peer-to-peer learning opportunities - with time to talk and listen as well as take part in activities including drawing, music, art, journaling, role plays and story telling. A celebration session and two follow up 'reconnector' sessions complete the program, and each session explores an age appropriate concept, for example "Change is a part of life" and "Caring for my feelings". The story of the seasons is used to explain the cycles of life, including change and loss, and provides a valuable metaphor for children to explore and understand their own story.

If you believe that your child would benefit in from this program, Wingham High will be advertising a second session in Term 2.

Please also note that Good Grief offer programs for adults and parents who are suffering from grief.

For more information: <https://www.goodgrief.org.au/home>

Making of Men Camp

Designed For: Boys 14-17yrs and their fathers or a male mentor.

Location: Yarrakoora, Byron Bay Hinterland, NSW, Australia



Camp Benefits: The Making of Men Camp is a contemporary Rites of Passage program based on years of research and experience developed by a team including Dr Arne Rubinstein, author of The Making of Men.

The camp is focused on bringing out the best in your boy and addresses the physical, emotional and psychological changes happening in your boy's life in a safe and structured way.

This is a life changing experience and one of the best things you could do for your boy at this critical time in his development. Over the 4-day camp your boy will participate in activities and learns skills that will...

- Build stronger father son relationships
- Develop more confident communication and social skills
- Gain higher levels of respect for mothers and women to support future healthy relationships
- Increase confidence and self-esteem
- Gain skills, tools and experience to become a motivated, responsible and resilient young man

One of the most beneficial aspects of our camps is taking the time to get your son to think about his future and what he wants to do with his life. It gives him an opportunity to think about what childhood behaviours he is ready to let go of as he moves into manhood.

NEXT CAMP

Date: 5 – 9 April 2017

Venue: YarraKoora, Byron Bay Hinterland, NSW

Total Cost: \$2100

\$2100 is the total cost for both to attend. Please understand that as the camps fill to capacity we are unable to accept your registration and secure your place without payment of the camp fees.

We have a variety of **payment plans** and **partial scholarships** that can support you to attend.

For more information please visit: <http://themakingofmen.com/camps/making-of-men-camp/>

Most kids now own a smartphone with a built-in camera & WiFi is everywhere

Yes, but 70% of usage is unmonitored & *Sexting* may fill this void

Up to 1-in-5 kids is now *Sexting* or has seen a *Sext*

The consequences for those whose trust is broken can be devastating

Shared images are a terrible form of bullying & can ruin reputations

They can also criminalize the young people who forward such images

What should we do?

Teach our kids to **STOP-&-THINK!**

SelfieCop is a new app that can teach kids safer camera behaviour. SelfieCop reminds kids to *Stop-&-Think* everytime they take or share a photo. www.selfiecop.com

Thousands of kids now own smartphones with a built-in camera and web access...

Although they may not admit it, they are also worried about things that can happen *by-phone*.



Engaging with your kids can help build the confidence & resilience they need to cope.

For example, a regular sit down meal is a great way of encouraging them to open up a little.



It allows them to chat more freely about things they like on their phones, as well as things they don't.

For kids who need extra help with new technology, *Parental Controls* can also be useful.



For example, the Parental Control *SelfieCop* teaches kids to use their phone's built-in camera safely.

SelfieCop reminds kids that any photos or videos they take may ultimately be seen by anyone.



SelfieCop also allows parents to monitor their child's images to help safeguard behaviour.

Download the *SelfieCop* apps for free at www.selfiecop.com



'SelfieCop is a useful tool to help parents safeguard their children's online activities.'

Andrew Jackson, AntiBullying Co-ordinator, ISPC.



SelfieCop reminds kids to **STOP-&-THINK** before taking or sharing photos or videos.

selfie cop STOP. THINK. If you share this photo, you can never take it back.

SEND

'SelfieCop is a useful tool to help parents safeguard their children's online activities.'

Andrew Jackson, AntiBullying Co-ordinator, ISPC.



EMPOWER MENTORING PROGRAM

Share your skills and experiences with the next generation of Industry Professionals.

The Faculty of Business and Law at the University of Newcastle is currently seeking expressions of interest from Industry Professionals working and residing in Port Macquarie, Greater Taree, Cessnock or Port Stephens regions to participate as a Mentor in the **EMPOWER Mentoring Program**.

EMPOWER connects female high school students and university students to industry professionals to inspire and inform young women about the study and career opportunities available in Business and Law. By combining Education and Mentoring, the innovative leadership program aims to empower (E + M = Power) the participants to make informed decisions regarding their work futures.

Interested?

To express your interest in participating in **EMPOWER**, please complete the form available at <https://www.surveymonkey.com/r/EmpowerregionalmentorEQI>

For more information please contact: Kirrily Anderson | T +61 2 4985 4534 | E Kirrily.Anderson@newcastle.edu.au

This program is supported by a grant from the Australian Department of Education and Training, under the Higher Education Participation and Partnerships Program.



Stressed about paying for the tablet on the stationery list?

You could receive up to \$500 for help with school costs!

Saver Plus matches your savings, dollar for dollar, up to \$500, for school costs like uniforms, books, excursions, laptops and tablets.

You may eligible if:

- you have a Health Care or a Pensioner Concession card,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work, and
- you have internet access and can be contacted by email.

Contact Kristiana Darling
your local Saver Plus Coordinator:

0438 648 670

or kristiana.darling@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Greater Taree area by The Smith Family. The program is funded by ANZ and the Australian Government. Find more information at saverplus.org.au.



Stressed about high school costs?

Would \$500 help pay for uniforms, books, excursions, tutoring, a laptop or tablet?

Saver Plus can match your savings for school costs, dollar for dollar, up to \$500!

You may eligible if:

- you have a Health Care or a Pensioner Concession card,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work, and
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