

Dates to Remember

9 April

Careers Excursion
CSU Port Macquarie
Year 10 Marine Studies Excursion
Commercial Fishing Harrington
WHS Hosts a Rotary Dinner

12 April Last day of Term 1

30 April Start of Term 2 for Students Day 2 Week A on the timetable

3 May

Year 8—12 Agriculture Students
Total Field Day Excursion
Science & Engineering Challenge

6 May

Parent/Teacher Evening

9 May

Year 11—12 Biology Excursion
Museum of Human Disease

13 May

A Day at the Farm
Primary Schools Visit

13-17 May

Wingham Beef Week Activities

Newsletters are published weeks 3, 6 & 9 each term, online at www.winghamh.schools.nsw.edu.au or
Hard copies are available at the front office and the library.

Payments for excursions etc, can be made online at www.winghamh.schools.nsw.edu.au

 Find us on Facebook



Girls on the starting line for the 2019 WHS Cross Country

From the Principal's Desk

Welcome to Week 9 already. Another action packed and fast paced term. With plenty of events on the calendar it is fair to say that we are never standing still or a quiet place.

The latest update regarding our Science Lab upgrade is that we are hopeful of all being completed by the end of the school holidays. This will be a few weeks ahead of schedule (all going according to plan) which will be great for the school and student learning.

On our calendar is a great deal of important events on the horizon. One of the most important is the opportunity to speak with our staff, your children's teachers. I find it a valuable experience to gain some feedback on the performance of your child. Often times it is stated that if there appears to be no problems then there is no reason to come along to parent/teacher evening. I would suggest that the opportunity to engage in conversation and hear from teachers how your child's performance is progressing, is a great use of time. I know it is appreciated chatting as a teacher with parents and summarising what we have done and how students are indeed performing.

Monday 6th May, Term 2 Week 2 it would be great to see you there.

I often have conversation with students and parents about bullying and harassment in schools. In a comprehensive high school this is an area we are constantly trying to reduce (even eradicate) in our environment. What I find is lost on students in many cases is their role in stopping bullying and harassment dead in its tracks. Often times there is conflict in which participants want to have their say and then get upset with "return fire". Our school values and its recent adjustment **Respectful, Responsible, Positive** are a great summary, I believe, as to how you can be the best version of you. I recall my own mother reciting "if you don't have anything nice to say, say nothing at all". Sometimes those oldies might have been onto something! Better yet, I think the real superpower we all possess is the ability to make someone feel good about themselves. That's our vision.

I hope you have a great end to the school term.

Paul Ivers

Health Careers Forum

The University of Newcastle Department of Rural Health hold a Health Careers Forum each year at High St Taree. This year it was held on Tuesday 12th March and the following students participated in this excursion:

Zali Baker, Sarah Busuttil, Destinee Carey, Josephine Manks, Ella McNamara, Amber Trad and Mathew Xuereb.

The first part of the excursion involved students listening to speakers from each of the Allied Health areas including Medicine, Nursing, Midwifery, Physiotherapy, Speech Pathology, Occupational Therapy, Medical Radiation Science, Nutrition and Dietetics and Pharmacy.

Following on from this, students selected three of these areas to attend practical demonstrations and hear more in depth information about a possible career in this field. This excursion will be offered again in 2020 to students in Years 10, 11 and 12.

Mrs Shirley Clissold Careers Adviser.



TIDE Excursion

On Wednesday the 20th May, Kelly and Mr Mills took a group of Aboriginal students to TIDE in Taree. We got to do some Aboriginal dot painting on a big mural designed by Gina. We got to paint a panel of the mural, which was going to be put together with sections done by Chatham High and Taree High. Aunty Fay and Gina taught us how to dot paint on the mural which is being hung up on the side of TIDE's buildings. Later, we also got to choose a cut out animal to do our own dot painting designs on. Aunty Fay and Gina said that we were the best behaved school they had there!

We had a nice lunch and then went for a walk along the riverbank. It was all great fun!

Bella Flewitt and Matilda Horsington Williams



Waku! Gudida Easter Egg Eggstravaganza

Students are raising money for our Waku! Gudida group.

The tickets will be \$1 each.

The prize is a bundle of eggs which be taken around to roll call in the mornings – so bring \$1 to roll call to go in the draw.

G'Day USA January 2021 Information Evening

DATE: Thursday, April 4

TIME: 5:30 – 6:45pm (registration from 5:20pm)

WHERE: Wingham High School Library

SRC Notice

Student Representative Council

As you may know, last week was anti-bullying week. We would like to say thanks to all who participated and to the poster winners, Kate Lednor and Laura Spee. Also, a big thankyou to everybody who helped decorate our quad with beautiful chalk drawings last week.

Yesterday was harmony day and it was a great success thanks to all of the amazing people involved in the picnics and year 12 for organizing a sausage sizzle. Year 12 would also like to thank you for helping raise over \$400 for the year 12 charity which will eventually be donated to M.S research.

JAR RUN – Year 12

In light of our charity 'Kiss GoodBye to MS' we would appreciate any donations of glass jars (with lids) of any size. If you have a jar/s you would like to donate, please bring them into school and leave them at the English staffroom. Thanks, from Year 12.

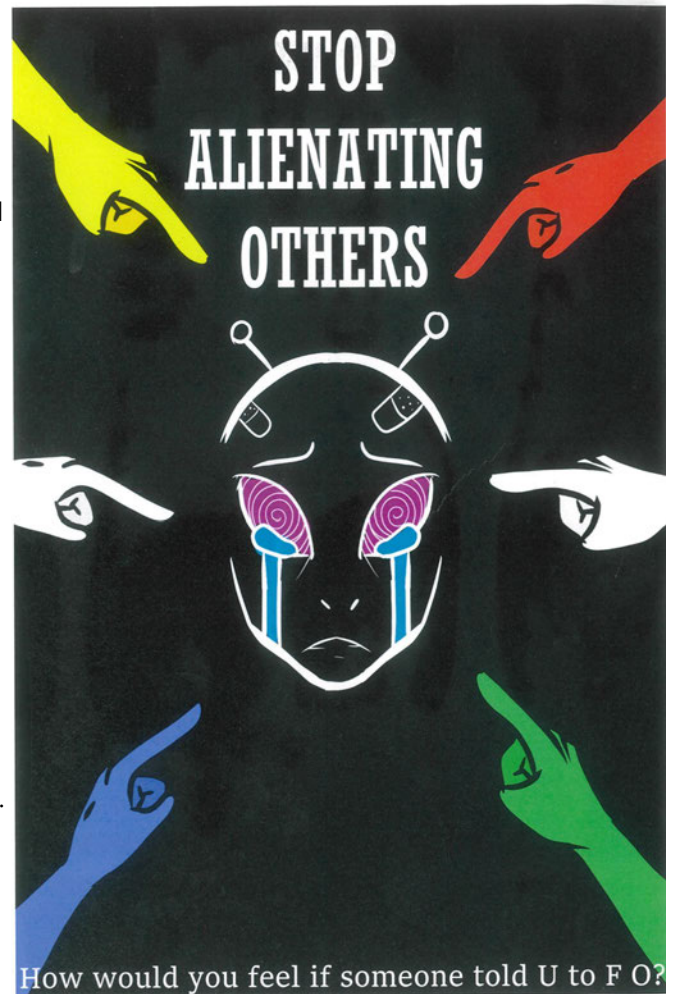
Harmony Day

March the 21st is a day to acknowledge and celebrate Australia's diverse culture in harmony and this is exactly what Wingham High did.

Students were encouraged to wear orange accessories and bring in a picnic blanket to enjoy lunch together on the back oval.

In recognition of this day, Year 12 provided a BBQ lunch, in which all proceeds went to their charity 'Kiss Goodbye to MS'.

This was a huge success and Year 12 would like to thank everyone who participated as they raised over \$400 to contribute to the charity.



Georgia's Solo Vocal Camp

Georgia Hudson has just returned from a week away with 100 talented singers from around the state. Here is her story.

Audition: To audition for the Solo Vocal Camp we needed to send in two videos, of contrasting songs, with the application form. On this occasion I was advised by email I had been successful.

Camp: Solo Vocal Camp is run each year by the Arts Unit of NSW to help, encourage and tutor students from around the state in performance, singing, movement and stage craft. This year it was run in Katoomba from 12 to 16 March. One hundred students from all over NSW came together for the five days to improve their skills and gain more knowledge. As part of our registration we were separated into our work and performance groups.

The first day consisted of specialised workshops including song writing, performing confidently, and stage craft and movement. Then, for the rest of the week we moved onto our solo performances where we performed in front of our tutors for tips and advice towards our performances. Meanwhile we also worked on our group performances and a final whole camp item for the concert on the Saturday.

The days were full of hard work and at the same time it was so much fun. It was just like being at 'Camp Rock!' People would sing and make percussion on tables or with cutlery spontaneously, and everyone would join in. Also, each night there was an open mic where everyone had the opportunity shine doing something they love.

All the work culminated in a sold out two hour performance at the Riverside Theatre Parramatta on the Saturday night.

Benefits: I believe that Solo Vocal Camp is a very helpful experience and it not only improves your performance and skills but also develops connections for future opportunities, and life long friends.

To view the final concert follow this link

https://youtu.be/ra7OjKup_Us



YELLOW GROUP

Tutors: Taylor Cable and Julian Kuo

Catie Broadbent	Canterbury Girls High School	10
Sonnet Cure	Dulwich High School of Visual Arts and Design	11
Blake Douglas	Bulli High School	11
Jaime Esler	Koorringal Public School	10
Nick Hammond	Northern Beaches Secondary College – Manly Campus	10
Georgia Hudson	Wingham High School	11
Ebony Johnstone	Newtown High School of the Performing Arts	11
Elizabeth Player	Conservatorium High School	10
Angelina Pona	Mosman High School	10
Daisy Pring	Kiama High School	11
Zephyr Skipper	Maclean High School	10
Caitlin Stevens	Hunter School of the Performing Arts	10
Bella Thomas	Kirrawee High School	10
Daniel Timmins	Bradfield Senior College	11
Bianca Tzioumis	Sydney Girls High School	10
Arwen Walzer	Blaxland High School	10
Teaghan Whitton	Northmead Creative and Performing Arts High School	11



Don't Stop The Music



Year 8 student Tenisha Styles is trying out the new 3/4 size guitar.

Late last year ABC aired a program called "Don't Stop The Music" which focused on the importance of music in schools. As part of the program they asked for donations of instruments and invited schools to apply for instruments to start or improve their music programs.

Some 8000 instruments of every type, have been donated nationally and several hundred schools have been prioritised to receive them. It has been a very successful program but will take some time for the Salvation Stores and the committee to complete the challenges of assessing instruments, matching them with schools' requests, and then working out how best to deliver them.

The Fender guitar company donated 300 brand new ¾ size guitars and we have received one. This will assist smaller students to develop their skills to a greater level as full sized guitars are too big for smaller hands. Thank you to Mr Hunt for collecting it for us while in Sydney.

We may still receive other instruments through the program and will keep you posted but the students are excited to try out the new guitar.

Year 7 Aquatics Program

Year 7 students participated in the compulsory aquatics program as part of the junior syllabus for aquatics and water safety. The program was based on the award level program from the Royal Life Saving Society. The students attended the pool for 6 lessons and had 2 lessons learning and practising CPR. Year 10 students were the instructors and they did a fantastic job.



Thank you to the Year 10 Instructors

Beau Brown, Josephine Manks, Mathew Xuereb, Lochlan Clement,
Nathan Smith, Georgia Wall, Cale McPherson, Destinee Carey, Hayden Kriss,
Caitlin Holden, Lachlan Hall, Lauren Fulton, Meggan Watkins, Raechellie Thomas,
Sam McIntosh, Taila Hawksford



Marine Studies Shark and Ray Centre Excursion

On Wednesday 13th March, 18 Year 10 Students awoke bright and early before the crack of dawn to travel down to the Irukandji Shark and Ray Centre at Port Stephens. A range of elasmobranch species of the shark and ray subdivisions were encountered, including hand-feeding many of both sharks and rays in two separate indoor wading pools. Students were also able to pat the sharks and rays, feeling the difference between the rough denticular skin of the sharks (which are actually very tiny teeth cells aligned to form this unique body covering) and the smooth skin of the rays, which lack these dermal denticles and is covered in a slimy mucous layer which protects against parasites and this contributes to the very smooth feel.

Students then travelled to the Kookabarra Barramundi fish farm and restaurant for a tour of the breeding tanks and a catered pizza lunch.

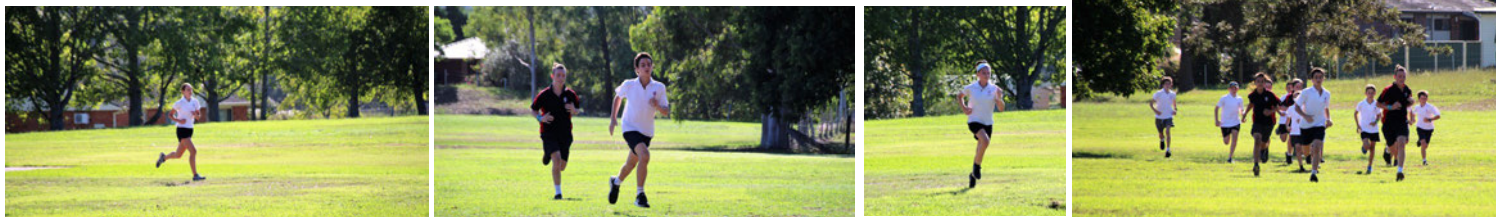
Thanks to Wayne for driving the bus.



Cross Country

The school cross country was held on Friday 29th March. The successful competitors qualify to compete at the zone cross country championships which will be held at the Wingham Sporting Complex on April 11th.

Best performances were Zali Baker for the girls and Lester Andrews for the boys.



Year 7 & 8 Rockets

Mr Brown's Year 7 and Year 8 Technology classes have been doing a unit of work on rockets. These classes have looked into the history of rockets, when and who invented them, major technological breakthroughs and future directions of space exploration and travel. But the best part was designing, building and testing their very own rockets!

Design parameters dictated that the rockets were to be powered by compressed air and that they were to be made from recycled materials. The only materials that the school would supply was paper, cardboard, masking tape and hot glue. Once constructed the student rockets would be test fired under teacher supervision from a small portable compressor.

Initial flights were underwhelming. Most rockets recorded distances of between 5 to 15 metres. Whilst this was disappointing, it was better than an unlucky few whose rockets either didn't leave the launcher at all or were exploded by the air blast! But, as one of the current space pioneers Elon Musk said "If things are not failing, you are not innovating enough".

As the students' technical knowledge and practical abilities improved, so too did the flight length of the rockets. Some early leaders were Ellie D'Elboux (24m), Eden McSweeney (27m) and Kade Welsh (30m). Innovation and redesign saw this increase dramatically, first with Hayden Turner (60m), Breanna Colvin (65m) and current leaders Logan Holden and Yazmin Shepherd (75m).

Special mention here goes to Oliver Saxby whose rocket exploded away from the launcher with such impressive velocity that it was clearly going to be contender for furthest distance travelled – unfortunately, no trace of it has ever been found. Some say, it's still out there, circulating the planet, awaiting re-entry...



Wingham High School Newsletter



Canteen Roster For more information phone Judy on 6553 5488

Volunteers Welcome

April/ May	1	Leane J 29	Jennifer H 30	Judy A Leane 1	Ray L Bev B 2	Angela C Elissa 3
May	2	Leane J 6	Jennifer H 7	Judy A Leane 8	Ray L Lauren 9	Elissa Simon 10
May	3	Leane J Lorraine M 13	Jennifer H 14	Judy A Leane 15	Ray L Bev B 16	Elissa Raelee 17
May	4	Leane J Cheryl B 20	Jennifer H 21	Judy A Leane 22	Ray L Marina 23	Elissa Leane 24
May/ June	5	Leane J Lousie S 27	Jennifer H 28	Judy A Leane 29	Ray L Bev B 30	Elissa Angela C 31
June	6	Leane J 3	Jennifer H 4	Judy A Leane 5	Ray L Lauren 6	Elissa Simon 7

**Gluten Free
Bread and Wraps
Now Available**



**HEALTHY
SCHOOL
CANTEENS**

Wingham High School • Winter Canteen Menu • 2019

The CANTEEN is OPEN from 8am every day - please knock at the side door.
For any special requirements please call in & have a chat with Judy.

REMEMBER to ORDER your LUNCH & RECESS
(you're guaranteed to get what you want & it saves time in the line)

Check the blackboard for daily specials.

HOT FOOD

Low fat plain pie	\$3.50
Low fat flavoured pie	\$3.80
Low fat sausage roll	\$3.50
Pizza (Home-made)	\$3.50
Ham and cheese toasted wrap	\$2.50
Fish piece	\$2.50
Chicken fingers	\$3.00
Baked Bean and Cheese Jaffle	\$3.00
Toasted sandwich	\$2.50
Chicken Parma	\$3.00
Curried Beef (Home-made)	\$4.00
Lasagne (Home-made)	\$4.00
Apricot chicken (Home-made)	\$4.00
Homemade soup	\$2.50
Garlic Bread.	\$1.50
LUNCH ONLY	
Chicken burger with coleslaw	\$4.00
Roast chicken dinner (Home-made)	\$4.50
Oodles of noodles (Home-made)	\$4.00
Chicken and gravy roll	\$3.50

All home made meals contain vegetables.

COLD FOOD

Salad Roll (white or wholemeal)	\$3.00
All Sandwiches (white or wholemeal)	
Salad / egg & lettuce ham, cheese & tomato	\$2.50
chicken & lettuce / beef & pickles	
Ham cheese and pineapple roll	\$3.00
Salad Wrap	\$3.50
Salad Wrap with Chicken or Ham	\$4.00
Salad Box with Egg, Chicken or Ham	\$4.00

VEGETARIAN HOT FOOD

Spinach & Cheese Roll	\$3.50
Cheesy Mac	\$3.00
Vege bake	\$4.00
Vege mornay pie	\$3.80

Vegetarian meals are not available
every day. Please Order.

ICE CONFECTIONS

Paddle Pops	\$1.50
Frozen Juices Stick	\$1.00
Weis (3 flavours)	\$2.00
Tnt	\$1.00
Twisted Frozen Yogurt	\$2.50
Frozen Fruit smoothies	50c
Ice Mony's	80c
Low fat Ice Cream Cup	\$1.20
Frozen Juice Cup	\$1.00
Frozen Fruit	.80c
Frozen Fruit Cups	1.00

**Gluten Free
Bread & Wraps are
now available**

Please Order

DRINKS

All Orchy Juices	\$2.50
Flavoured Milk (large)	\$3.50
Flavoured Milk (small)	\$2.50
Just Natural Flavoured Milk	\$3.70
Plain Milk	\$2.50
Up & Go (small)	\$2.00
600ml Water	\$1.50
750ml Water	\$2.50
Flavoured Active Water	\$3.50
A.I.t drinks	\$3.50
Glee Sparkling fruit juice	\$2.00

SNACKS

Fruit Muffin	\$1.00
Fresh Fruit, whole or pieces	.80c
Fresh Fruit Salad	\$2.50
Yoghurt Muesli Custard Cup	\$2.50
Fruit & Yogurt cups	\$1.00
Chips 28gm	\$1.00
Popcorn	\$1.00
Crispy fruits packet	\$1.50
Cheese Platters	\$2.50

MISCELLANEOUS

Aprons - Blue or White	\$10
OHS Packs (apron, goggles, ear plugs, dust mask)	\$20
Visual Arts Diaries	\$7

Please note : 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 .

CELEBRATING YOUTH WEEK 2019

TAREE parkrun!

**SATURDAY
APRIL 13TH
8AM START**

Endeavour Place Reserve,
Taree

**FREE & OPEN
TO ALL AGES!**

5KM WALK OR RUN!

"KIDS IN CONTROL"

The kids are taking control on the Saturday

April 13th for NSW Youth Week!

ATTENTION ALL YOUTH: if you and a friend would like

to volunteer on the roster take charge for the day & dress up!

REGISTER AT WWW.PARKRUN.COM

*KIDS UNDER 11 MUST BE ACCOMPANIED BY AN ADULT DURING PARK RUN.
ALL ADULTS ARE REQUIRED TO REGISTER ONLINE ALSO.

BeanOut
andAbout

Supported by



APRIL SCHOOL HOLIDAYS



TAREE

Sun 14th	Mon 15th	Tue 16th	Wed 17th	Thu 18th
Gymaroo Austria Training 9am-5pm (2-days)		Rhythmic 9am-12pm	AGG Competition Teams 9am-5pm	Gymaroo Juniors Gym-Joeys 9am-12pm
	Volleyball 5:30-7:45pm	Gymnastics Skills Workshop 1pm-4pm	Tiny Tumblers Invite ONLY 9am-12pm	Cheerleading 9am-12pm
		Basketball Skills & Drills 9am-12pm	Tumbling (Inter-Adv) 1-4pm	Tumbling (Inter-Adv) Competitive athletes ONLY 1-4pm
		Cooking with Bec 9am-12pm	Judo Jnr 4:30-6pm Snr 5:30-7pm	How to Fly your Drone 9am-12pm
		WAG Level 1-5 Competitive athletes ONLY	FreeG 9am-12pm	Hand Drumming 9am-3pm
		Tue 23rd	Wed 24th	Thu 25th
			TeamGym Camp 9am-4pm (2-days)	
			Judo Jnr 4:30-6pm Snr 5:30-7pm	Anzac Day
			How to Fly your Drone 9am-12pm	
			Tiny Tumblers Invite ONLY 5-6:30pm	
			WAG Level 1-5 Competitive athletes ONLY 2pm-5pm	



**pcyc
TAREE**



**APRIL SCHOOL HOLIDAYS
9AM - 3PM
THURSDAY 18TH & TUESDAY 23RD**
Call the club to book

**LEARN HOW
TO FLY A
DRONE**



Workshops:
17th & 24th April
9am - 12pm
Limited numbers
\$55 per person

BOOK NOW and get a FREE DRONE

**2-4HRS
\$25
4+HRS
\$35**

**BOOKINGS REQUIRED
6551 0292**
Bring Water and
Snacks/lunch

*excludes TeamGym
Camp & Judo