



# FAREWELL YEAR 12 2020

## Term 4

School resumes  
for  
staff and students  
on  
Monday  
12th October

### From the Principal's Desk

Resilience, flexibility, determination – I am looking for words that adequately describe our graduating students of Year 12 2020. To say their travel toward the HSC has been unique, would be one large understatement. I will take this opportunity to remind all that there is still 50% of students' final result to be determined in the HSC Examinations that begin on Tuesday 20th October. (Term 4 Week 2). This year all students will need to answer basic questions ensuring they are not suffering from flu like symptoms. Any student who is will need to get a COVID test. They must inform the school and ensure they tell the doctor / centre that they are a Year 12 student and have their results fast tracked. There is a guide in the following pages of this newsletter.

Year 12 Graduation / Formal is still booked in for November 25. We are looking at advice that states, due to COVID restrictions, parents are not permitted at these milestone events. We are awaiting the state of play, closer to the date, to determine what our final hoorah for Year 12 will look like. Here's hoping that the school holidays will continue with low (nil) infection rates.

I wish all a wonderful holiday and encourage our Year 12 parting students all the best in their studying for the HSC Examinations. A thorough preparation will indeed make the final results a real achievement to be celebrated.

*Paul Ivers*

# COVID-19 safe expectations of students

This information will assist students understand the COVID safe arrangements in place when attending their HSC examination. The safety and wellbeing of students and staff in attendance is of paramount importance to us and as such we ask all students to co-operate with these arrangements at all times.

## Screening for students with symptoms

- Students must not attend the exam if they are unwell
- Students will be asked upon arrival if they have any flu-like symptoms or if they should be in self-isolation under direction by NSW Health
- Students displaying flu-like symptoms or who advise they are unwell will be asked to leave the school and arrange to have a COVID-19 test
- Students with a clinical history/known illness that may appear like COVID-19 symptoms should be planning now and speak to their doctor/GP. The GP can provide written assurance – e.g. symptom the student presents on a normal basis.

## Flu-like symptoms

Flu-like symptoms include fever, cough, sore throat, shortness of breath, loss of taste, and loss of smell. Additional information about COVID-19 symptoms can be found on the [NSW Health website](#).

Students who are displaying even mild flu-like symptoms they should leave immediately and not return until they have a negative COVID-19 test and are symptom-free.

## Fast track COVID-19 test results

HSC students can fast-track their COVID-19 test results.

To do this you must:

- say you are a HSC student when taking a test
- ensure the nurse or doctor doing the test marks your referral 'urgent — HSC'
- self-isolate until a negative result is received
- show your school the negative result
- call the contact number provided by the clinic if results are not received within 36 hours.

## Minimising the risk of transmission

- Students should wash their hands or use hand sanitiser prior to commencing the exam.
- Maintain good personal hygiene practices during the exam including covering your cough or sneeze through coughing or sneezing into your elbow or a tissue, disposing of tissues at the end of the exam.
- Avoid shaking hands or hugging other students on exam days.
- Hygiene supplies will be available at all exam venues
  - Sanitiser
  - Wipes.

- Student may wipe down their table before they begin their exam if they choose to.
- Students should not mingle in large groups prior to or after the exam.
- Exam rooms will be cleaned each day.

## **Arrival and sign-on arrangements**

- Students should arrive no more than 20 minutes prior to the exam and report directly to the designated exam room for screening and sign-on.
- Students will be asked to sign an attendance sheet confirming attendance at the exam, providing contact details and that they do not have flu-like symptoms.

## **Alternative Examination Locations**

Your school has identified an alternative examination location in the event that the examination is unable to proceed in the planned location. This information will be provided to you on your personal examination timetable so it is readily available at short notice in case it is required.

This is a backup only and students should attend the planned location unless advised by the school. Do not attend a proposed alternative location if you have not been told to do so by the school.

## **Confirmed cases of COVID-19**

If during the examination period the school is advised by NSW Health that there has been a confirmed case of COVID-19 which will impact the school, arrangements are in place to minimise disruption where possible. The school may advise you the day before that the examination will be relocated to the alternative venue detailed in your timetable or the exam may be cancelled.

## **Illness/Misadventure**

Students who do not attend an exam due to having symptoms, or who are turned away as a result of screening will be eligible for an illness/misadventure claim. Your school will assist you through this process where required.



## SRC News



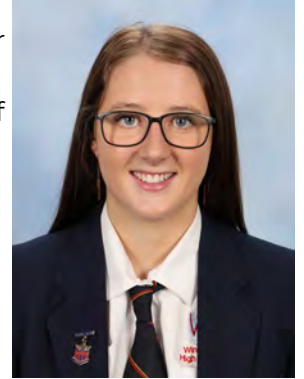
The SRC have put off the 3 on 3 basketball comp until next term. If you are wanting to be a part of this, get a team together and sign up at the notice board near the Maths staff room.

We would like to say a big thank you to the 2020 SRC. Everyone has done an amazing job at making the school a better place. We are now in the process of establishing the new SRC for next year.

Thank you all for a great term 3 and can't wait to see you next term.

### **from Dimity...**

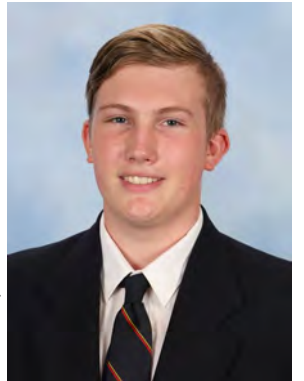
School captain of 2020, where to even start. It was meant to be one of the best years of our lives however, COVID-19 had a different idea. Unfortunately, the role of school captain was minimised to running a group in the SRC. At the start of Year 12 when I received the role of school captain I looked forward to learning, growing and partaking in new experiences and interacting with the broader community. All of the events, ceremonies and assemblies have been cancelled and any other responsibilities. For me this has been disappointing, and, in a way, I feel like I haven't been "school captain". The reason I went for the role was because I have a passion to grow, but mainly to make a difference but I am still very thankful that I have been able to work with the SRC and the environment group throughout the year.



-Dimity Bartlett, School Captain 2020

### **from Billy...**

Year 12 has always been the most difficult year of schooling, the large amount of work to memorise mixed with the long nights of reading study sheets and flash cards is hard for everyone. However, I have to say the struggles of 2020 have definitely not made it any easier. I still remember walking into a school full of smoke in the blistered heat thinking "gosh it can't get much worse than this". Covid-19, to say the least has made things a bit more difficult. The online school systems seem to come on quite quickly but, by the time I had worked out how to use them I was already behind and needing to catch up, and by the time I caught up we were back to school again.



One of the biggest challenges for me was my two film major works. My multimedia major work had to entirely change to make it safer in a pandemic environment. However, the drama individual project guidelines changed making the project much easier to complete given the current situations at the time.

Overall, the year has been a challenging one. There have been many obstacles that have been in our way but we, as a year have been able to work through the trouble and still have a successful year.

-Billy Callaghan, School Captain 2020

## Year 12 Final Fundraising



## Coffee & Muffins



## Year 12 Construction

It has been a busy end to a somewhat interrupted year and practical tasks were put on hold till some normality returned. This proved to be challenging but was also achievable.

Part of the construction course this semester involved Brick and Block, Levelling and completing a concrete slab to the entry of new multipurpose courts.





## Year 12 Primary Industries — Quad and Side by Side Training

Year 12 Primary Industries students attended Taree TAFE on Monday 7th and Tuesday 8th of September for their final event training as a Primary Industries student. Taree TAFE hosted a safety training course for our students on the operation of these farm vehicles. With 40 people dying on farms in Australia just this year (2020) from quad bike injuries, such a training course is well justified.

The students attending and completing the two day course were Emily Brood, Madeline Betts, Tamika Brown, Jordyn Blanch and Broady Armstrong.

John Hawkins



## Links to Learning

The links to learning boys have been working on creating furniture out of crates for a school fishing spot in the Ag farm. We are very lucky in our school to have river frontage & a place to go to work on our wellbeing. This week the group talked about setting one goal to make our lives better, it was challenging but a good conversation.

Meg Goodsell

Student Outreach worker



## Mental Fitness

Year 12 participated in a webinar about Mental Fitness with Rosie, a volunteer youth presenter for the Black Dog Institute. From the floor of her bedroom in Melbourne, Rosie discussed the importance of mental fitness and how mental health should be treated like physical health – it's important to take care of our brains, not just our bodies. Year 12 learnt about different ways to build mental fitness, for example through gratitude, mindfulness, and developing a sense of meaning and purpose. All this helps to create positive emotions, manage stress better, and build better relationships with others.



Year 12 also learnt about the Mental Fitness Challenge at [biteback.org.au](http://biteback.org.au), with six weekly challenges to help build mental fitness. The website also includes quizzes, activities, and information on how to be mentally healthy.

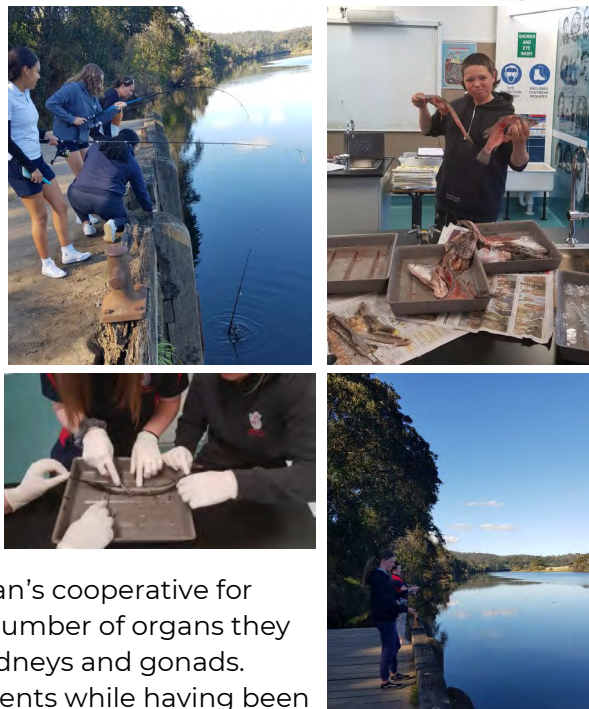
Just like we get injured or catch a cold, we may also go through times where we feel overwhelmed, afraid, stressed, or hopeless. It's important to reach out and talk to someone to get support when we're struggling and things feel difficult. There are lots of websites and helplines out there designed to help if you don't feel up to talking to a friend or grown up yet. These include ReachOut, Eheadspace, Kids Helpline, Lifeline, Butterfly Foundation, Head to Health, and Beyond Blue.

## Year 9 Marine Studies

Over the last half of Term 3, the Year 9 Marine class has been focusing on completing their Local Area Study. Luckily, we were able to get out for a lesson to attend our local waterway, the Manning River down through the Brush. The warming weather had brought with it a number of bird species both seen and heard on the day; unfortunately, no fish were spotted or caught while on location. When students completed their litter survey it returned minimal rubbish indicating people are generally quite respectful of the area, minus the 35 cigarette butts collected around the carpark perimeter.

Subsequently, students were keen to get their hands into some dissections featuring locally-caught garfish and flathead, with one flaty offering a hidden surprise inside its stomach – its last meal – a very small but intact juvenile tarwhine! A number of barramundi (not locally caught) had also been kindly donated by Taree Fisherman’s cooperative for students to dissect and examine. Students were impressed by the number of organs they could identify including the gills, heart, eyes, brain, swim bladder, kidneys and gonads. Overall a very visceral but fun and engaging experience for the students while having been mostly restricted to learning on school grounds during the past two terms.

The Year 10 Marine class has been focusing on recreational fishing skills for the second half of this term. They also had the opportunity to undertake a dissection to examine fish biology and internal organs. While attending the Manning River at the Brush one afternoon during class, students were able to develop their casting and knot-tying skill. Problem-solving skills in the form of rod-retrieval techniques were also tested on the day, when one rod was accidentally let go of while casting out from off the pontoon.



## The Material Sounds School Challenge Creativity in Motion

### What is the challenge?

**TO CREATE A 'RUBE GOLBERG LIKE' MACHINE OF ASSEMBLED MATERIALS TO TRAVEL A MARBLE ACROSS A ROOM UTILISING SOUND OR LIGHT.**

This challenge is inspired by the artists in the *Material Sound* exhibition at Manning Regional Art Gallery; a touring show which creates an experience of sound and light with installations constructed from everyday materials.

Each school participating will be supplied a base kit of materials to create your machine, but it will be up to you to utilise whatever you can get your hands on from the school environment to make it super cool and unique.





## Self Care

“As we all know 2020 has had many challenges. It is so important for all of us to take care of ourselves. The holidays are coming up and we all need to re-charge the batteries. Attached is a list of ideas of self care activities. It has been suggested that **3 things per day** can help to balance out the stresses of life. They don't have to be big things. **For Example: you might**

1. Pat your pet,
  2. Draw in your art book &
  3. Have a hot chocolate or a milkshake
- but I encourage you to find your own.*

We wish you all a wonderful holiday and will see you in Term 4.

Meg Goodsell Student Outreach Officer

## 80+ SELF CARE ACTIVITIES FOR TEENS

### Kiddie Matters-Coaching Kids For Success

1. Listen to music
2. Take a shower
3. Talk to a friend
4. Watch a movie
5. Read a book
6. Go for a walk
7. Ride your bike
8. Exercise
9. Play with your pet
10. Stretch your muscles
11. Do yoga
12. Meditate or pray
13. Talk to a friend on the phone
14. Go the park with a friend\*
15. Go to the mall\*
16. Get a hair cut\*
17. Take a nap
18. Plan an outing with friends\*
19. Go for a jog
20. Write in a journal
21. Invite a friend to your house\*
22. Go for a swim\*
23. Go for a hike\*
24. Try a new activity
25. Play board games
26. Play card games
27. Play a video game
28. Cook with your parent
29. Go to the spa with a parent
30. Go outside and watch the birds and other animals
31. Make a list of things you like about you
32. Go to the library
33. Write a poem/short story
34. Learn a new language
35. Sing your favorite songs
36. Write a song
37. Learn to play an instrument
38. Make a funny video
39. Draw or paint a picture
40. Make a list of your accomplishments
41. Make a bucket list
42. Write a letter to your future self
43. Make a list of things you're good at
44. Work outside in nature
45. Plant a garden\*
46. Make a scrapbook
47. Trim your nails
48. Visit a museum\*
49. Eat your favorite dessert
50. Take photos of nature
51. Make a playlist of your favorite songs
52. Do a puzzle
53. Play with a sibling
54. Go to the bookstore \*
55. Google information about a different culture
56. Watch funny cat videos
57. Read a comic
58. Go outside and watch the clouds
59. Make a playlist of funny movies
60. Turn up the music and dance
61. Make a list of people you look up to and why
62. Practice deep breathing exercises
63. Walk barefoot in grass
64. Read an inspirational book
65. Write in a gratitude journal
66. Do an arts and craft activity
67. Start an art journal
68. Have a good laugh
69. Practice progressive muscle relaxation
70. Volunteer in your community\*
71. Draw or color Zentangles
72. Draw or color Mandalas
73. Unplug and spend time in nature
74. Go stargazing
75. Make a fairy garden
76. Look at family photo albums
77. Read inspiring quotes
78. Listen to running water
79. Snuggle under a cozy blanket
80. Fly a kite
81. Write a love letter to yourself
82. Make jewelry
83. Blow bubbles and be silly
84. Give yourself a self-massage
85. Daydream

**\*Ask for your parent's permission**



# Wingham High School Newsletter



## Canteen Roster Term 4 October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1	2
School Holidays					
<b>4</b>	<b>Term 4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Week 1	Leanne J Lorraine Mc	Jennifer H	Judy A Julie P	Ray L Bev B	Elissa Jenny Angela C
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Week 2	Leanne J Louise S	Jennifer H	Judy A Marina K	Ray L Bev B	Elissa Jenny
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Week 3	Leanne J	Jennifer H	Judy A Bev B	Ray L Lauren R	Elissa Jenny
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Week 4	Leanne J	Jennifer H	Judy A Bev B	Ray L Marina K	Elissa Jenny

## November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
Week 5	Leanne J Lorraine Mc	Jennifer H	Judy A Julie P	Ray L Bev B	Elissa Jenny Angela C
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Week 6	Leanne J Louise S	Jennifer H	Judy A Marina K	Ray L Bev B	Elissa Jenny
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Week 7	Leanne J	Jennifer H	Judy A Bev B	Ray L Lauren R	Elissa Jenny
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Week 8	Leanne J	Jennifer H	Judy A Bev B	Ray L Marina K	Elissa Jenny
<b>29</b>	<b>30</b>	1	2	3	4
Week 9	Leanne J Lorraine Mc				

## December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3	4
Week 9		Jennifer H	Judy A Julie P	Ray L Bev B	Elissa Jenny Angela C
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Week 10	Leanne J Louise S	Jennifer H	Judy A Marina K	Ray L Bev B	Elissa Jenny
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Week 11	Leanne J	Jennifer H	Judy A Bev B	Staff Only	End Term Staff Only
20	21	22	23	24	Christmas 25
School Holidays					

## CANTEEN VOLUNTEERS NEEDED!

All you need is a free Volunteers Working with Children's Check and one simple form for you to enjoy a free morning tea and lunch and a good laugh with our fabulous canteen team. However, most importantly you are helping our students receive nutritious, NSW Government approved meals. You won't have to serve or handle money.

So come in and lend a hand as much or as little time as you like - and you don't have to have a child at this school to help!

**Please call Judy on 6553 5488.**



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