

WINGHAM HIGH SCHOOL

VALE CLAIR TWADDLE

Farewell to a wonderful young lady.

It was twelve months ago that Wingham High bid farewell to Clair Twaddle, a great, enthusiastic and bubbly teacher. She had big plans to travel Australia in her newly decked out and decorated van. Clair had been with us for seven years. Maybe it was the seven-year itch that niggled at her to see this great country.

Clair managed to get in lots of excitement, sharing the van with Daisy the dog. Along came Covid 19 and I'm sure her plans changed dramatically.

Mid November, we were given some very sad news. The wonderful young lady, living her dream, was no more. An horrific accident took that away from her. We all have a heavy heart here at Wingham High but have special memories of Clair.

Never one to sit back, Clair:

- was an active year advisor for five years, culminating in a great fund-raising effort for the Westpac Rescue Helicopter.*
- led the PBL team (Positive Behaviour Learning) which modified the school core values to Respectful, Responsible and Positive*
- was chief organiser and head chef for several annual dinners for the Rotarians.*
- Introduced the 'Rowley', a card to reward positive behaviour.*

Everywhere I look, Clair's touch is there:

- the lime green wall in Rm 3, the Textiles room*
- her hot pink Hospitality jacket that now hangs in Rm 1, the Hospitality room*
- the interesting fabric choice that covers the notice board in the Science staff room*
- the smell of good coffee, was Clair*
- the bottle of Saracha sauce in the fridge, was introduced to us by Clair*

Clair Twaddle was a fabulous, innovative teacher, a colleague, a friend, a mentor, a Year Advisor, a happy, creative and industrious person. Not one to sit still, Clair kept herself busy by gardening and renovating her house, by learning how to surf and playing the guitar or it may have been being creative with her art work and embroidery, perhaps belly dancing or cooking. I'm sure there were lots more activities she liked to do.

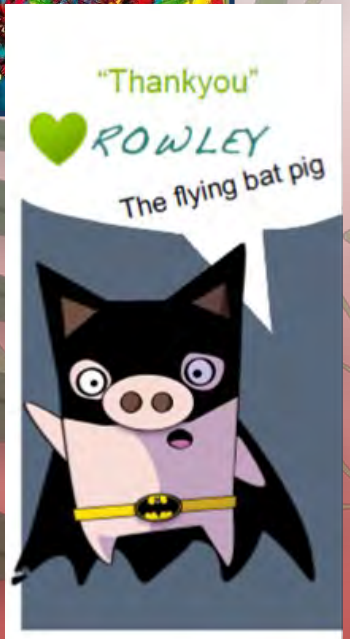
Clair drew on this quote to express her thoughts for her beloved Year 12 group...

"Let yourself be drawn by the strong pull of what you really love. It will not lead you astray." She certainly lived by that motto.

We love you Clair, farewell to someone who made so many people smile.

Julie Leslie

Fellow Textiles and Food Technology Teacher.



Dates to Remember

10 December

Year 10 - Love Bites

11 December

Fantastic, Fun Friday

15 December

Reports Issued
Excellence Awards

16 December

Wacky Wednesday
End of Term 4

18 December

HSC/ATAR Results Released



Newsletters are published in weeks 3, 6 and 9.

Are available online at:
www.winghamh.schools.nsw.edu.au

Are emailed to:

- all students @education emails
- parents/carers with registered email accounts.

To receive a copy via email:

Contact the school and update your email address

Or

Hard copies are available from the front office and the library.

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



From the Principal's Desk

Welcome to the final newsletter of 2020 and what a bumpy old ride it's been. This year, if you're looking for a word to try and summarise all the events we have encountered, I think I would have to use the word "resilience".

There's been so many things that have happened, so many decisions that have had to be made on the run and plenty of evaluation of all those decisions being made. All of society has of been affected by COVID however, we have had a great deal more than the COVID situation. I must congratulate all students in their dealings with our many and varied challenges, especially our senior students of years 11 and 12. What they have had to contend with is, as everybody has stated, unprecedented. Our Year 12 students have successfully completed the HSC and our Year 11 students have just began their final year of study as we speak. We have been fortunate that we've been able to continue on with life in this new COVID normal to a large degree. The greatest inconvenience I would have to say has been the inability for us to venture too far outside of our school. Lack of excursions and sporting events, different cultural events, the ability to experience what University life might be like, has had a great impact on the full range of learning that's usually offered here at Wingham High School. So, whilst there's plenty of doom and gloom when we talk about 2020 we have to have a look at what positives we can take out of this. As a school, we had the instant re-education to online learning and were able to adapt to the situation of home learning with different degrees of success. I really appreciate just how well teachers have gotten on with business and how they continue to try and support students throughout the year with different restrictions in learning placed upon them. It's fantastic to see as I write this that we are able to continue our Authentic Assessment, albeit in a different capacity, but still enable our Year 10 students some sort of completion for their junior years of study. It was also fantastic to be able to have our Year 12 graduation ceremony at our local Wingham Services Club. All of the students looked fantastic as you can see in the pages ahead.

I don't think I'm the only individual that's looking forward to a well-deserved break these holidays, I feel the same sort of anticipation from our students and from staff and parents. As I stated, this year has had so many challenges thrown at us. Whilst most of the focus is about COVID we have had plenty more emotional challenges thrown at us. I must again congratulate staff on the way they've come together and pulled through such events. One of these great emotional challenges that we are contending with is the sudden passing of Ms Clair Twaddle. She was a fantastic teacher who made deep connections with a vast range of staff and students and the impact of her loss is indescribable across the whole Wingham community. I battled through the read on the front of the newsletter. It will be important to remember Clair for all of the positive qualities that she brought to the school. You will forever be in our hearts and our thoughts. We will look to carry on the positivity of which she tried to embed in our school.

To all my parents, carers and the wider school community, I wish you all the best for a safe and happy Christmas and look forward to 2021 hopefully starting in the most positive way it can. All the best for the remainder of 2020 and hope you have a relaxing break.

Paul Ivers



Year 6 into Year 7 Orientation Day for 2021



NAIDOC WEEK 2020 — Always Was, Always Will

The past week, we have celebrated NAIDOC week at Wingham High School. Our teachers presented a variety of lessons on the theme for this year: Always was, Always will be. On Friday, we spent the morning frantically getting ready with Kelly. At lunch time we celebrated with a sausage sizzle. While Ms Meaney was cooking the sausages, a few kids went around to different classes to show the school the beautiful jewellery creations we made and these are for sale. At lunch Mr Croker and Dom played the didgeridoo over the speaker system. It sounded awesome!

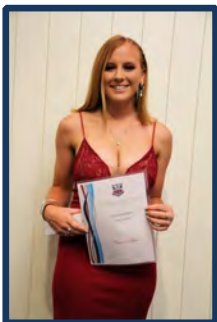
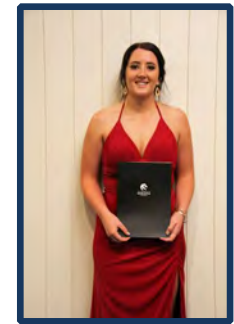
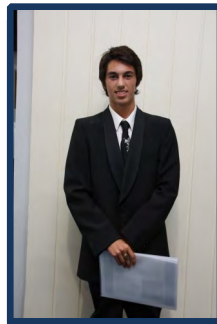
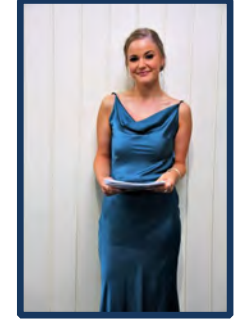
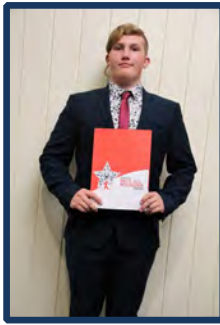
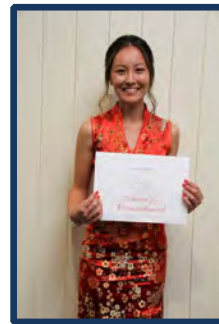
It was a shame that we couldn't do our big NAIDOC assemble and celebrations this year, due to Covid 19.

During Sport time, some of us went down to the Wingham Brush. We played tic tac toe, touch and we all ate a lot of food- the left over sausages, cabanossi, cheese and snacks. Yummo! It was really nice to be able to spend time together.

Ivy Jobson



Year 12 Graduation



SRC News



Food Waste

It has recently come to our SRC's attention that every year the average household wastes around \$4,000 by throwing food away and in NSW \$10 Billion worth of food is wasted.

In Australia, students alone waste 3.5 million sandwiches, 3 millions pieces of whole fruit and 1.3 million items of packaged foods each year according to the Manning River Times.

We encourage everyone to think about how we can all decrease food waste in our daily lives, especially in school.

We suggest talking about what works and what you / your child likes eating so that you can make packed lunches that won't waste food, energy, water, packaging, transport and money and think about using our school canteen.

If worrying about not getting food in time is stopping you from using the canteen or not wanting to wait in line, you can order in the morning or recess. On top of that, in your order you can ask for ingredients to be taken out of salad sandwiches and rolls and the canteen is happy to help.

By looking at different options, you can find something to suit your family to help reduce food waste in our community.



These beautiful pictures were painted by Ebonie Linton and Sienna Ratcliff during Visual Arts for NAIDOC Week.



Year 11 Hospitality

Year 11 Hospitality created amazing dishes for staff to order for their lunches. They were spectacular! On the menu for Week 8 this term was:

- Sticky pork banh mi- *sticky braised Pork, pickled carrot and apple, cucumber, coriander, shallot, mayo and pickled sliced chilli.*
- Katsu chicken wrap- *crumbed chicken with katsu sauce, pickled radish, lettuce and lime mayonnaise*
- Falafel, tabbouleh, hummus with lemon yoghurt dressing wrap.



Charlie Taylor



On Monday 2nd November I attended the NSW Schools Constitutional Convention, hosted in the NSW Parliament House and viewed remotely from school via a live broadcast. Each school in NSW was able to nominate one student to participate, and I volunteered.

The event started with an introduction by *The Hon. Jonathan O'Dea MP, Speaker of the NSW Legislative Assembly* and also *Daniela Giorgi, Parliamentary Education and Engagement* who mainly ran the event. The main speaker was *Professor Anne Twomey, Professor of Constitutional Law, and Director, Constitutional Reform Unit, University of Sydney Law School*. The main topic was *Federalism and the Division of Powers – the role of the Commonwealth and the States in dealing with national emergencies*.



A section of it was dedicated to the roles and powers of the Defence Force in dealing of such emergency, when the States call upon them to assist. The Legislation of the Defence Force doesn't help in relation to emergencies and does not provide statutory support for the armed forces fulfilling the role of aiding the civil community during a crisis. However, because they do in fact help and have done so in the past as well, *Anne Twomey* goes on to describe the basis and terms in which they do this.

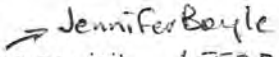
Other scenarios were mentioned, and the presentation revolved around matters our nation has dealt with and experienced in the last 12 months



Dear Parent/Carer

Loss at any time can be challenging. We recognise that when changes occur in families through separation, divorce, bereavement or other loss experiences, young people may benefit from learning how to make sense of these changes. To support our children and young people, we are offering an evidence-based education program called *Season for Growth*.

Season for Growth is a small group program that supports children and young people to learn change is part of life, naming and caring for feelings, problem-solving, making good choices and developing support networks. The children will attend the weekly sessions of 40-45 minutes for eight weeks, concluding with a 'Celebration' session. Each child is given a journal to record their experience and learning during the program.

Further information about *Season for Growth* please contact me or visit www.goodgrief.org.au  6553 988

www.goodgrief.org.au

LIMITED NUMBERS

BOOKINGS ESSENTIAL

FEE FREE SERVICE

Are you work ready? Need some help?

Are you 15 -19 years old?
Not enrolled in education/
training/employment?

Mid Coast Connect can assist with:

- + Find the right course for you
- + Career planning
- + Job search assistance
- + Job applications
- + Resumes & cover letters

Brooke will be at the
Bucketts Way Neighbourhood Group
88 King St, Gloucester
26th November 9.30am - 3pm
10th December 9.30am - 3pm
Call on 0422 449 482

 MID COAST
connect
opportunities for youth
www.midcoastconnect.com.au

RECOVER/CREATE 2021

In 2021, dancer and choreographer Kristina Chan will lead a group of young people that have been directly affected by the 2019-20 drought and bush fires in the Mid North Coast NSW, in a series of creative practice workshops leading to a performance at The Manning Entertainment Centre in Taree

The call out is for people aged between 10 - 24 years who have been affected by the devastation in any capacity. We are seeking those with a keen interest and enthusiasm in creative practice and performance making, with no experience necessary.

The participants will train and develop skills in movement, choreography, voice and contemporary performance. Kristina will introduce methods to create story-telling performance work, addressing themes of devastation, recovery and solidarity, developing a new performance work in collaboration with the participants. With the generous support of The Manning Entertainment Centre, the performance will be held at the end of the workshops in April 2021.

Kristina is a recipient of the National Regional Arts Fellowship Program 2020. During this fellowship, Kristina will be mentored by local artist Jill Watkins, who specialises in circus and community cultural development as a vehicle to bring artistic expression opportunities to the community. RECOVER/CREATE is funded by and is a result of this fellowship.

The workshops will take place at Circartus studio in Wingham between February and April 2021, and are free for the participants. More detailed dates TBC

**Expressions of interest and more information
please contact Kristina by Jan 10th 2021**

chankristina79@gmail.com
<https://www.kristina-chan.com/>



www.thebutterflyfoundation.org.au

Body Image Tips for Young People

Did you know that body image is how you **FEEL** and **THINK** about your body? It's actually not about what you look like!

No two people were born to look or be the same. Celebrating and embracing our differences is really important. There isn't a right or a wrong way to look.

Beauty and appearance ideals exist in all societies and they are all unhelpful! These ideals don't encourage uniqueness but instead suggest that everyone 'should' and 'could' look a certain way, which is unrealistic! Spending time, money and energy on changing your appearance is exhausting and research tells us that altering your appearance won't help your body confidence or self-esteem in the long run. What will help, is reminding yourself that you have the power to change the way you see, think and feel about how you look.

Here are some positive tips to help you:

You are so much more than your appearance. You are not an 'object' or a 'thing'. You are a human being. Your weight, body shape, muscles, hair/skin colour, complexion, height does not define you. Your appearance does not determine your worth.

Avoid making unhelpful comparisons. The more you compare your appearance to siblings, friends, celebs, sport stars or anyone, the more unhappy you'll feel. It's ok to admire beauty in others, but avoid devaluing your own body if you do.

Treat your body well. Your body is the only one you're ever going to get. It might not look exactly as you'd like, but it does so many amazing things for you. Speaking kindly, finding exercise and activities that you love, eating mindfully and taking time out to rest, demonstrates body respect. It's really important that you avoid any kind of restrictive diet and excessive exercise plans. They do not work or help your body confidence (no matter how much advertisers try to make us think otherwise).

Keep yourself media and social media savvy. What you see may not always be! It's important that you stay savvy when looking at media and social media images. Photoshop, hair and make-up, endless filters and editing tools work to create the highly stylised and perfect images that you see – on celebrities and our friends. You never really know what is going on behind the image, remember, no one is perfect.

Go easy on yourself... AND your friends! Body bullying and food shaming is never ok. Speaking kindly to yourself and your friends – face to face and online – is the only way. If you wouldn't say it to a friend, avoid saying it to yourself. If you couldn't say it to someone's face, don't say it to them online. Words can build people up or tear them down. Use your words carefully (to yourself and to others).

Have fun with your appearance but don't let it rule your life. It's ok to take pride in your appearance and have fun with fashion and styling (if that's what interests you), but obsessing and worrying about how you look is not good for us. Remember, you are more than your appearance, so spend time doing the things that make you feel good.

Surround yourself with people who accept you as you are. Changing your appearance to fit in won't make you a better, more lovable person. If a person or group doesn't like YOU for who YOU are, then it's time to find some new people to spend time with. You are enough just as you are.

If your body image is getting you down or you are worried about a friend, talking helps and Butterfly is here to listen:

National Helpline on 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au



www.thebutterflyfoundation.org.au

Body Image Tips for Parents

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem.

Here are some tips on ways you can be a good body image role model for your child:

Love and accept your own body. This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Don't talk about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Even with the best of intentions, sometimes life throws us a curve ball. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some **warning signs** to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent weight changes or rapid weight loss
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. If you want to talk to an experienced counsellor about your own body image issues Butterfly can support you. Call our **Support Line on 1800 ED HOPE (1800 33 4673)** or email us at support@thebutterflyfoundation.org.au

TIPS TO SUPPORT BODY CONFIDENCE

10. Be aware of warning signs and intervene early if a young person is struggling

9. Address the risk and protective factors that underpin body dissatisfaction

8. Encourage healthy relationships with food and exercise

7. Challenge diet culture and unhelpful messaging

6. Empower young people to be more than their appearance

5. Say no to appearance-based teasing and/or bullying

4. Challenge appearance ideals with media and social media literacy

3. Be the change! Role model positive body image

2. Provide evidence-based education for all members of your community

1. Discourage appearance based talk and be mindful of language

Worried about someone?
Call Butterfly's National Helpline
ED HOPE
1800 33 4673
thebutterflyfoundation.org.au

Butterfly Education for the prevention and early intervention of negative body image and eating disorders.
Email: education@thebutterflyfoundation.org.au Call: 02 8456 3908 thebutterflyfoundation.org.au

THE EATING AND BODY ATTITUDE SPECTRUM

HEALTHY BEHAVIOUR

NORMAL EATING

- Responding to hunger and fullness cues
- No/good or "bad" foods

POSITIVE BODY ESTEEM

- Healthy positive feelings about body shape/size
- Movement for health and pleasure

UNHEALTHY BEHAVIOUR

DIETING

- Restricting amount and type of food consumed for a period of time

INCREASED BODY DISSATISFACTION

- Unhappy with shape and size
- Consistently feel the need to lose weight
- Frequent thinking about food, eating and body
- Sometimes feel guilty/bad about foods eaten and feel the need to exercise or restrict to compensate
- Occasional binge eating

DISORDERED EATING

FREQUENT UNHEALTHY EATING BEHAVIOURS

- Frequent food restriction, use of unhealthy weight loss behaviours and binge eating

HIGH LEVEL OF BODY DISSATISFACTION

- Distress about body shape/size and eating which interferes with daily activities
- Rigidity with eating patterns/food choices

MENTAL ILLNESS/DIAGNOSES

CLINICAL EATING DISORDER

- Anorexia Nervosa, Bulimia Nervosa, Other Specified Feeding & Eating Disorder (OSFED), Binge Eating Disorder

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