

### Dates to Remember

1st April  
Last Day of Term

19th April  
1st Day, Term 2

26th April  
ANZAC Day Assembly

3rd May  
Parent Teacher Night



### From the Principal's Desk

Hi all and welcome to the final newsletter of Term 1.

As all Wingham community can appreciate it has been another testing time with the natural elements baring its teeth once again on our township. The floods that we have recently encountered have once again brought out some tremendous stories of comradery, whilst also delivering sad tales of loss and devastation. I can only thank, with the greatest of appreciation, those community members who bravely stepped in to help and rescue our cattle caught in the flooding at the farm. Miraculously, I am informed that all cattle survived!

With the end of this term comes the finalisation to the School Improvement Plan. This will direct funding associated with the school and provide a clear focus for school improvement. There has been a great deal of work to produce this document. The important work starts now, implementing our actions to get the best possible results from each of our students.

Our conversation around attendance continues and we will gain our information around hitting our 90% for individuals very soon. It is important to note that the school being non-operational will not have affected school attendance negatively for any child in terms of percentage attendance.

I hope you all have a wonderful Easter break. I will be absent until Week 6 of Term 2 and wish Mary Doust all the best as Relieving Principal for this period of time. Look forward to seeing you all in the near future.

*Paul Ivers*

Newsletters are published in weeks 3, 6 and 9.

Are available online at:  
[www.winghamh.schools.nsw.edu.au](http://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](http://www.winghamh.schools.nsw.edu.au)



## March 20, 2021 - Wingham Flood

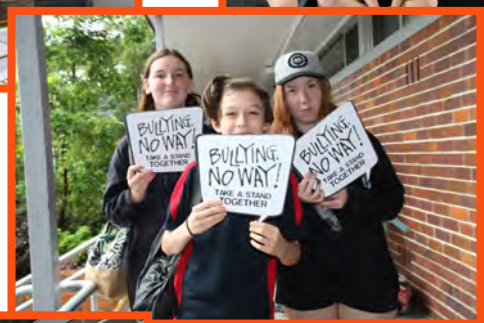
Following the issues of drought and COVID of 2019-20, our largest flood arrived with vengeance at 2.30am. We had been planning for a bigger flood following the extreme drought. The Manning Catchments had received 250mls+ each day consistently.

On the afternoon of Friday 19<sup>th</sup> we had made arrangements for the school's Bottom Farm cattle to be in the top yards/paddocks with silage bales set out in case of being flooded in from paddocks below. Watching river gauges and direct SES reports, we planned for the 11.4m expected flood which we have survived before with planning. By 9pm the upper river had received record rainfalls and the river gauges were rising rapidly and were close to the 11m mark. Our neighbour Royce explained by 2pm he was moving horses and cattle for us and his own in floodwaters. A large pulse of water pushed in from the river and took all 190 silage bales in a whirlpool which pushed quickly through our orange trees and through the neighbouring houses. Our cows and calves were in the top yards hanging for their lives at 2.30am in the pouring rain/flood waters as it moved up East Combined Street. As the morning of Saturday progressed to 6am, the top farm was now flooded through all paddocks / buildings except for Reg's office. East Combined Street was covered by at least a metre of water at the front gates of the farm. This flood had moved beyond expected rises and was expected to peak at 14.3m.

We are forever indebted to community members who took on the challenge of rescuing our Beef Week steers from the feedlot/paddocks and the neighbour's horses and cattle. As the morning progressed the cattle and sheep had to be moved onto the oval and Technology compound. This group of community members included Jonty Hemmingway, Kel Bridges, Billy Callaghan, Gavin Austin, Andrew Edwards, Farron Saxby, Jo & Ava Abbott, Greg and Maree Gilbert, Annette Blanch, Helen Cross and many other volunteers from our local community. Jonty needs special commendation for her organisation of the rescue over those couple of days.

Once the Top farm was sorted the mission was to get to the Bottom Farm as it was thought all cattle may have been lost. Billy Callaghan set his drone aloft and was able to pass images of our cattle still around the yards and bore hanging in there. The team of Greg Gilbert, Billy Callaghan, Jo Abbott and Andrew Edwards launched canoes / kayaks just like International Rescue straight down East Combined Street to the bottom farm. They swam the cattle out of the yards and up the road to the top farm to safety. Many amazing stories can now be shared as to how this worked out.





## Marine Studies Shark and Ray Centre Excursion

On Wednesday 17<sup>th</sup> March, 20 students from Year 10 Marine Studies awoke bright and early before the crack of dawn to travel down to the Irukandji Shark and Ray Centre at Anna Bay, near Port Stephens. A range of elasmobranch species of the shark and rays were encountered, including hand-feeding many sharks and rays in the new facility's large outdoor enclosed saltwater lagoon. Students felt the difference in skin textures between the rough skin of the sharks and the smooth slimy skin of the rays. Most notable was the beautiful patterns on the Leopard Whipray and the bright colour of the Blue Spotted Ray. They also spent half an hour snorkelling in the deep end of the lagoon to view the larger tawny nurse sharks. Thanks to our wonderful GA Terry for driving the bus.

*The new centre is much larger than our previous one, giving more room to our animals to move around in with over 430,000 litres of water more than the previous centre! It also features a tropical indoor aquarium and several other smaller patting tanks. Everything in the centre has been built to be as naturalistic as possible, with the focus on the animal's welfare and lifestyle. The large lagoon with sandy shores, rocky reefs lots of caves, crevices and holes, and a strong current allows them to feel more comfortable, and also makes for great enrichment as they can explore, go into new caves, burrow under the sand and play in the current and bubbles. Our new pools are their own mini ecosystems for our animals, and people to enjoy.*

*Other phases in the next 5 years will include new exhibits like the jellyfish room including the infamous Irukandji; one of the most deadly things in the world, an extreme Shark Experience and some endangered fresh water species such as sea otters and fish.*

*Irukandji Shark and Ray Encounters is dedicated to effecting ocean conservation of the ocean through interaction, display, communication, education, research and calls to action.*





Learning Clubs provide a safe and supportive out-of-school learning environment where primary or secondary students can participate in activities that develop their academic and social skills.

Learning club Tutors

Becoming a volunteer tutor



- Are you keen to make a contribution through a donation of time?
- Do you want to make a difference to young people in need, through education?
- Are you looking to meet new people and see the impact of your volunteering first-hand?

Becoming a volunteer tutor gives you the chance to support students in their educational and personal development.

**The Smith Family is currently recruiting Learning Club volunteer tutors. Can you help?**

**Taree Learning Clubs**

**LOCATION:** MidCoast Council Library  
Victoria Street, Taree

**DAY:** Tuesday or Wednesday

**TIMES:** 4 - 5pm

**For more information and to register:**

Visit: [thesmithfamily.com.au](http://thesmithfamily.com.au)  
Call: 1300 397 730  
Email: [volunteer@thesmithfamily.com.au](mailto:volunteer@thesmithfamily.com.au)



**93%**  
of students agree going to Learning Club makes them try harder at school

The Smith Family is a national children's charity that helps disadvantaged young Australians to succeed at school, so they can create better futures for themselves.



## Swimming Carnival

Tuesday 9th March was the annual swimming carnival. Students had a great day competing for their house. The following is age champions for 2021 are:

- |                                              |                                                      |
|----------------------------------------------|------------------------------------------------------|
| <b>12 Yrs</b> Alicia Goodlad, Ryan Hardgrave | <b>15 Yrs</b> Isabelle Abbott, Wyle Durant           |
| <b>13 Yrs</b> Eva Greenaway, Jack McAuliffe  | <b>16 Yrs</b> Lilia Taylor, Nathaniel Croft-Phillips |
| <b>14 Yrs</b> Laura Darby, Mitchell Curtis   | <b>17 Yrs</b> Josephine Manks, Charlie Taylor        |

### House Points

Macquarie	192
Oxley	157
Manning	135
Parks	117



For secondary school students

**Bullying is NEVER OK!**

### Tips for secondary school students who experience bullying

Bullying is deliberate verbal, physical and/or social behaviour intended to cause ongoing physical, social and/or psychological harm. Bullying can make you feel anxious, depressed and lonely. It can happen anywhere — in person, or online using various digital platforms and devices (this is called cyberbullying). It might be obvious to others or hidden.

#### Bullying in person or online might look or feel like being:

- repeatedly hurt physically, or verbally through abusive texts, emails, images, videos, or nasty gossip and chat
- excluded or ignored
- tricked or humiliated by fake accounts.

#### No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share information about others with their consent.

You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- Talk to someone you trust about it. Try to stay positive. Focus on things you do well.
- Act unimpressed or pretend you don't care what they say or do to you.
- Use strong, assertive statements if you are talking to them face to face, starting with the word 'I'; tell the other person 'I want you to stop that' in a confident voice. Practise this with your friends.
- Don't respond to online bullying, it usually just makes it worse.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you experience or see bullying. You can speak to:

- a **trusted person** — this could be a parent or carer, aunty, uncle or friend who will listen and be supportive
- your teacher or principal** — they can give you support and advice about how to make it stop
- eHeadspace** — they provide free online and telephone support and counselling to young people 12–25 and their families and friends
- Kids Helpline** — they have counsellors available at any time who will listen and support you
- the police** — call the police if you are in immediate danger
- the eSafety team** — you can report serious cyberbullying (see the steps below).

#### Reporting cyberbullying

- 1. Keep a record**  
Take screenshots or photos of the cyberbullying content. You should also save or record evidence of the webpage addresses (URLs) or social media services where the content has been shared. Always record the time and date you collected the evidence. Read more about collecting evidence.
- 2. Report and block**  
Report the cyberbullying to the platform where it took place. The eSafety Guide has reporting links for social media services, apps, games and websites. You can also use the platform or device settings to block the person who is cyberbullying you.
- 3. Make a complaint to the eSafety Commissioner**  
If you are under 18 (or helping someone under 18) and the social media service doesn't respond to your complaint within 48 hours, you can report seriously threatening, intimidating, harassing or humiliating online behaviour to the eSafety Commissioner. The team there can help you have the cyberbullying content taken down and get you further support.

#### Important links

<b>Bullying: No Way!</b>	<a href="http://bullyingnoway.gov.au">bullyingnoway.gov.au</a>	<b>Kids Helpline</b>	<a href="http://kidshelpline.nsw.au">kidshelpline.nsw.au</a>
<b>eSafety young people</b>	<a href="http://esafety.gov.au/young-people">esafety.gov.au/young-people</a>	<b>eHeadspace</b>	<a href="http://headspace.org.au/eheadspace">headspace.org.au/eheadspace</a>
<b>eSafety Guide</b>	<a href="http://esafety.gov.au/esafety-guide">esafety.gov.au/esafety-guide</a>	<b>Youth Law Australia</b>	<a href="http://yla.org.au">yla.org.au</a>
<b>eSafety Report</b>	<a href="http://esafety.gov.au/report">esafety.gov.au/report</a>		



## TACO 'about AWESOME Thursday

On the 18 March the year 12 Hospitality class completed a practical event. The students did an amazing job creating 3 types of Tacos for staff to order. They had to demonstrate their ability to communicate in a team environment, prepare simple dishes and prepare appetisers and salads. They have received fantastic feedback and are defiantly developing in their cookery skills!



### TACO 'BOUT AWESOME!

On Thursday 18th of March, yr 12 hospitality will be offering staff the opportunity to order Taco's for lunch. This is to complete an Assessment task. It is \$5.00 per serve (2 mini tacos). Please order through the google form.

**CHIPOTLE PORTOBELLO MUSHROOM TACOS WITH CHILLI PUMPKIN SEED SAUCE.**

**HONEY GARLIC CHICKEN TACO WITH ASIAN SLAW AND SWEET CHILLI, YOGHURT DRIZZLE.**

**STEAK TACO WITH CHIMICHURRI SAUCE WITH SWEET POTATO GARNISH.**

### NSW Department of Education – School Infrastructure

## Wingham High School Works notification

17 March 2021

Dear parents/carers,

The NSW government is undertaking a range of proactive programs to identify and manage potentially hazardous materials across NSW schools. These programs aim to ensure the continued health and safety of the school communities.

As communicated in the notification shared in May 2020, the department implemented approved control measures to ensure that asbestos containing material found in roof cavities of Wingham High School were managed safely. This included sealing any potential penetrations and air vents to the ceiling cavity and making sure the material remained encapsulated in line with advice from the independent hygienist.

The works were safely completed by a licensed asbestos contractor and conducted in accordance with the Department of Education's Asbestos Management Plan and SafeWork NSW requirements.

As a precautionary measure and part of the ongoing assurance and monitoring program, inspections and air monitoring of the relevant buildings have been scheduled to take place from 24/3/21 to 31/3/21 and will be conducted by a qualified independent licenced asbestos assessor in accordance with SafeWork NSW regulations.

The health, safety, and well-being of the school and the local community is our highest priority and we will continue to keep the community updated.

#### For more information contact:

School Infrastructure NSW  
Email: [schoolinfrastructure@det.nsw.edu.au](mailto:schoolinfrastructure@det.nsw.edu.au)  
Phone: 1300 482 651  
[www.schoolinfrastructure.nsw.gov.au](http://www.schoolinfrastructure.nsw.gov.au)





NSW Department of Education

## Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

### Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life



[education.nsw.gov.au](http://education.nsw.gov.au)





## SMILING MIND Feeling It

SMILINGMIND.COM.AU

### How to do a 5-step vibe check!

Imagine your feelings are visible, like an energy field around you that changes colour as you experience different emotions. Cool colours are for feelings that are low in energy, while warm colours are for feelings that are high energy.

Colours are also different based on how pleasant the emotion you're experiencing feels. For example, the blue zone is for low energy, unpleasant feelings like sadness, boredom and loneliness. The green zone is for low-energy emotions that feel nice, like contentment, gratitude, and satisfaction. On the high-energy spectrum, yellow is for energising feelings that are pleasant, like excitement, joy and silliness; while red is for unpleasant but energising feelings like anger, frustration and anxiety.

**STEP 1: ASK WHAT COLOUR YOUR ENERGY FIELD IS.** You can use your body for clues - if you're slumped over or breathing slowly, you're in a low-energy state. If your shoulders are tense and your blood is pumping, it's probably high energy.

**STEP 2: GET CURIOUS ABOUT IT.** Ask, why do I feel this way? What is something that happened recently that could be having an impact? Are there memories I have associated with this place or situation?

**STEP 3: NAME THE VIBE.** Think about the colour you landed on, what emotions felt under that colour? Can you find a song or movie it could be best represent where you're at? Precisely naming our emotions helps us understand what's really going on and allows us to identify and communicate what we need.

**STEP 4: LET IT OUT!** You could journal, talk to a friend, dance around your bedroom or express your emotions creatively through art or music. It's entirely up to you! Whatever the emotion your feeling is, empower or challenge it, always good to express it and follow to how do through.

**STEP 5: WORK WITH YOUR VIBE.** For example, if you feel yourself stuck in the blue, you might consciously try to do more energy by dancing around the house. If you feel yourself in the red, you might a feel breathing exercise or mindfulness meditation could help bring you back into the green.

RED	YELLOW
ANGRY STRESSED ANXIOUS IRRITATED FRUSTRATED	WORRY THOUGHTS OPTIMISTIC NAILS Proud
BLUE	GREEN
SAD BORED LONELY HOPELESS DISTRAUGHT	CALM CONTENT SATISFIED LOVING TRANQUIL

VICTORIA Education and Training

## SMILING MIND Feeling It

SMILINGMIND.COM.AU

### Emotions glossary

Can't quite put your finger on what you're feeling? Use this list to find one or two that feel closest to where you're at.

**TRY IT**  
Aim to work your way through the 5-Step Vibe Check at least once each day over the coming week. Use the emotions glossary to help you become an emotions master! Want to delve deeper? Give the REFLECT questions a go this week found on the following page.

**Anxiety**  
Worry about future uncertainty and our inability to control what will happen to us focuses us on ordering and planning, can indicate something is important to us.

**Contentment**  
State of feeling happy and satisfied that feels calm a sense of completeness.

**Fear**  
Organises our responses to threats, focuses us on escaping danger.

**Anger**  
Response to unfair treatment or injustice; helps us take action fairly to improve the situation.

**Stress**  
When we're facing too many demands and feel we're not able to cope, focuses us on taking action.

**Sadness**  
Organises our response to loss of people or things that are important to us, focuses us on what we value, communicating to others that we need support.

**Quit**  
A judgement we make of ourselves when we feel we've done something that feels wrong, helps us take action to right our wrong.

**Shame**  
The shameful painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging, gives us information about our faulty core beliefs (e.g. 'I'm unlovable').

**Jelousy**  
Organises responses to others who threaten to take away relationships or things very important to us, focuses us on protecting what we have.

**Joy**  
State of feeling happy and satisfied that is energetic; a sense of getting what one wants.

**Envy**  
Organises our responses to others getting or having what we want but do not have, focuses us on working hard to obtain what other people have.

ANNOYED IRRITATED WORRIED FRIGHTENED JITTERY TENSE TROUBLED ANGRY	FRUSTRATED FURIOUS PANICKED STRESSED ANXIOUS FEARFUL NERVOUS	RESTLESS APPREHENSIVE UNEASY CONCERNED TROUBLED GUILTY	JOYFUL HOPEFUL FOCUSSED OPTIMISTIC PROUD CHEERFUL LIVELY PLAYFUL	EXCITED THOUGHTFUL EMPOWERED PLEASSED HAPPY ENTHUSIASTIC EMPOWERED SURPRISED	BLISSFUL BLATTE UPSET MOTIVATED EXHILATED
APATHETIC BORED DOWN DRAINED MISERABLE DISHEARTENED DEPRESSED	HOPELESS DESPONDENT LONELY PESSIMISTIC ALLENHATED DISAPPOINTED GLUM	EXHAUSTED DISOLATE MOROSE DISCOURAGED	EASYGOING CALM SERENE SATISFIED RESTFUL LOVING BALANCED	COMFORTABLE MELLOW THOUGHTFUL SERENE CONTENT FULFILLED RELAXED	PEACEFUL SLEEPY CONTENT CHILL CAREFREE

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## SMILINGMIND.COM.AU

### Working with, not against, your emotions!

We might feel scared and even ashamed of our challenging emotions and try to push them away, but this usually only makes our emotions come back stronger. This may lead us to doing and saying things we wish we hadn't. When we are experiencing challenging emotions, things like study and work can feel really hard. So, learning how to make our emotions work for us, not against us, is a super helpful life hack!

Even though the blue and red zones feel unpleasant they're not bad. Remember, all emotions are valuable sources of information. It is okay to be in these zones, but check in with yourself and try different things to help you work with those emotions to feel more comfortable. This might be meditating, talking to loved ones, reaching out to a trusted teacher, or doing some self-care activities. Whatever works for you - is right for you! If you find yourself feeling overwhelmed by emotions please reach out for additional support (see contacts below). We all need some extra support at times!

**REFLECT**

- What is it like for you to use the 5-step vibe check?
- What stood out to you? Did anything surprise you?
- What's one thing you've learned about yourself?

**WANT MORE? CHECK THESE OUT!**

Brandi Brown Interviewing Marc Brackett about how being able to recognise, name and understand our feelings affects everything we do in our lives.  
<https://www.youtube.com/watch?v=3u0k1p1p1p1>

Susan Edwards Ted Talk on emotional intelligence.  
<https://www.youtube.com/watch?v=3u0k1p1p1p1>

Susan Edwards Professor Sense Checking 101.  
<https://www.youtube.com/watch?v=3u0k1p1p1p1>

Wife has never been happier about how to make friends with emotions.  
<https://www.youtube.com/watch?v=3u0k1p1p1p1>

Brandi Brown talking about shame on the podcast 'Feeling It'.  
<https://www.youtube.com/watch?v=3u0k1p1p1p1>

**CHECK OUT THE FEELING IT SERIES HERE!**

WebApp link:  
<https://www.smilingmind.com.au/program/75>

Smiling Mind app location:  
All programs > Youth > Feeling It

**WHERE TO FIND SUPPORT**

**Immediate danger**  
If you're in a life-threatening situation (and need immediate help) call 000.

**Want to talk to someone?**  
You school:  
• Reach out to a teacher or wellbeing coordinator at your school.

**During business hours**  
If you're having difficulty coping during business hours you can also contact:  
• Helpline: <https://www.smilingmind.com.au>  
• A local GP to arrange an appointment with them, then call.

**Available 24 hours every day**  
If you're in crisis or are having difficulty coping call one of the following helpline (24/7) of which are available 24 hours a day, 7 days a week:  
• Lifeline 131154  
• Kids Helpline 1800 551 800

VICTORIA Education and Training





## Canteen Roster Term 1



RESPECTFUL  
RESPONSIBLE  
POSITIVE

March 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Leane Lorraine	2 Jennifer Lisa	3 Bev	4 Ray Lauren	5 Elissa Tim	6
7	8 Louise Vicki	9 Jennifer	10 Bev	11 Ray Marina	12 Elissa Tim	13
14	15 Leane	16 Jennifer Lisa	17 Julie	18 Ray Bev	19 Elissa Tim	20
21	22 Leane	21 Jennifer	24 Marina	25 Ray Bev	26 Elissa Tim	27
28	29 Leane	30 Jennifer Lisa	31 Bev			

Wingham High School Canteen Roster

## 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.**



**Gluten Free Options  
Now available by order**

Payments for excursions etc,  
can be made online at

[www.winghamh.schools.nsw.edu.au](http://www.winghamh.schools.nsw.edu.au)



Find us on  
**Facebook**

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Are available online at:

[www.winghamh.schools.nsw.edu.au](http://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.