

Dates to Remember

11— 19th May
NAPLAN

Friday 21st May
Zone Athletics

Friday 28th May
Regional Cross Country

Monday 31st May
Yr 10 into 11 Subject
Selection Evening

Monday 21st June
Semester 1 Excellence
Assembly

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



[ANZAC Ceremony 2021](#)

From the Principal's Desk

Welcome back to Term 2.

Over the past few weeks I have presented our new Strategic Improvement Plan (SIP) to our parents, students and staff. Our 3 Strategic Directions are: Student Attainment and Growth, Instil Teacher Excellence and Strengthening Wellbeing. The document highlights our key areas of improvement in line with the Premier's targets. These include growth in literacy, numeracy, attendance, cultural awareness and HSC outcomes. Attention will continue to ensure all our students feel a sense of belonging and advocacy at Wingham High School. The SIP is on our website.

Regular attendance at school for every student is essential if students are to achieve their potential and increase their career and life options. Research indicates what we inherently know – there is a strong link between attendance and student achievement. To put it simply, students can't learn if they are not at school and in classes.

Promoting a positive attendance culture across our school community is a shared partnership and responsibility between parents and the school. As a school we are placing an increased emphasis on the importance of regular attendance, including students getting to school on time and attending all timetabled classes. We have developed and instigated methods of tracking detailed elements of attendance data and will be putting strategies in place to follow up areas of concern. Attendance is a target in our school plan with the aim to improve students attending greater than 90% of the time.

This term we will be providing students and parents/carers with information about our new Mobile Phone policy. The introduction of the policy will be day 1 Term 3. The rationale is students need to be focused on learning to achieve their best. If parents/carers need to contact students they can phone the school on 65535488 and the message will be given to the student.

NAPLAN is coming up in Week 4. I encourage all of students in Years 7 and 9 to do their personal best when sitting for these tests. NAPLAN provides us with great information about where our students sit compared to state averages, where our growth areas are and most importantly, it identifies areas for improvement.

Parents have been able to return to school sites. On Monday 3rd May we held our parent/teacher evening. It was great to see so many parents/carers and students attending.

The repair of our school ovals after the damage from livestock during the flood is moving forward. The first step is to make safe an area so students can use this at recess and lunch. Further planning is occurring to repair the entire two ovals. We are all looking forward to being able to have use the ovals again.

Mary Doust



ANZAC Day and School Ceremony





Youth Aware of Mental Health

The Department of Education is working with Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM).

What is YAM?

YAM is a program aimed at addressing the mental health needs of young people.

YAM involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this young people will learn problem solving skills and gain knowledge about mental health.

This is a free program for all Year 10 students. The Department of Education has funded all costs associated with the YAM program.

Who is it for?

Year 10 students

What is in the program?

There are 6 themes addressed in the program

- What is mental health?
- Self-help advice
- Stress and crisis
- Depression and suicidal thoughts
- Helping a friend in need?
- Who can I ask for advice?

How will YAM run in our school?

YAM will run over 3 weeks and is delivered in the classroom setting (up to 30 students) by accredited trainers external to the school.

Week 1	Week 2	Week 3
Opening session	Role play 2	Closing session
+	+	
Role play 1	Role play 3	

Students will be given a booklet to keep. It will include a guide of local health resources as well as a list of different organisations who work with youth in the local community.

Who can I contact to discuss YAM?

The contact for YAM in our school is Jenni Boyle

When will YAM be delivered in our school?

YAM will be delivered in Weeks 6, 7 & 8

Where can I find more information about YAM?

<http://www.y-a-m.org/>



Art Expression Excursion

On Tuesday twenty students from Years 9 to 12 went on an excursion to Maitland Regional Art Gallery. We went to see Art Express and Terminus. We were able to try the virtual reality goggles which launched each of us into a whole new subjective universe of dreams!!! We viewed artworks made by previous high school students which, considering their age, were really impressive. The gallery was full of all types of art, from paintings, photography and jewellery to sculptures and digital art displayed on screens to watch. It was a beautiful sunny and relaxing day with a picnic in the gallery garden before leaving. We would like to thank Miss Bloomfield for organising this excursion and Mr Mills for driving the bus.

By Lilia Taylor



TOCAL 2021

A group of 49 Hospitality and Ag/Primary Industries students attended Tocal Field Days on Friday, 30th May 2021. This gave our students the opportunity to view a range of trade displays, value added products and machine dealerships. All students were again able to attend a large public excursion following our restricted COVID period for any activities.



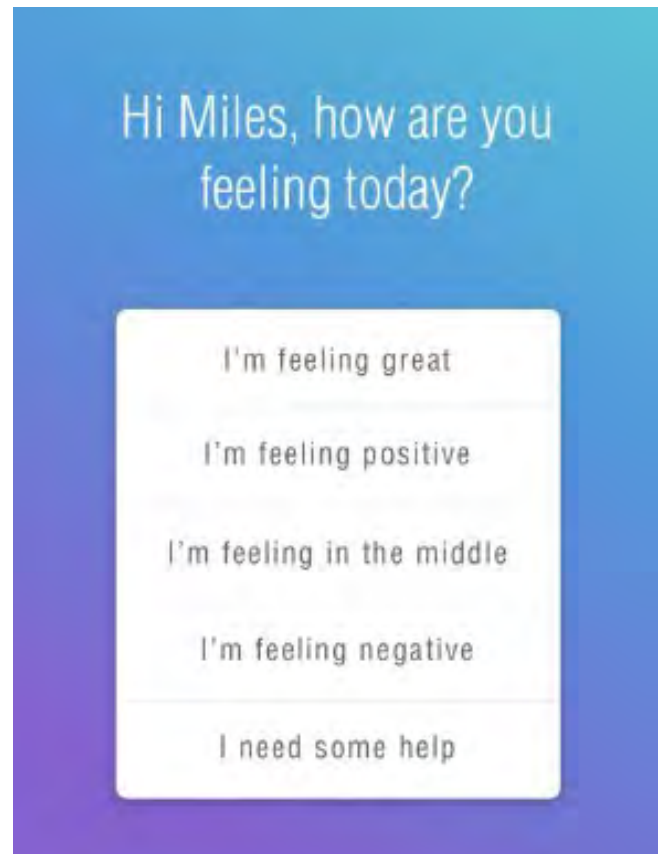
PULSE Wellbeing Tool

Wingham High School is trialling an app called Pulse, which measures the week-to-week wellbeing of students. It tracks the wellbeing of individual students so that the school can respond to those who express a need. It also tracks student engagement with the school so the school can make changes based on student voice.

Once a week, students will be prompted by email to complete a “Check-in” on the app. The check-in consists of 5-6 questions and takes less than 60 seconds. The goal is to give our students a safe way to make their voice heard and give us their opinion on their experience at school.

The first question “How are you feeling?” is identified, meaning the school can see individual student responses. Students will be able to notify their Year Advisor if they need help and the Year Advisor will contact the student over the week. For urgent matters, students will continue to see their Year Advisor or Head Teacher Wellbeing in person.

The remaining questions are all anonymous. The school will not be able to see individual responses. Wingham High School will



Youngers and Elders Together in Song

Last Thursday twelve budding musicians from years 7-11 attended a workshop in the MPC organised by the very talented Sandra Kwa. They combined with members of the community creating thirty people of diverse ages, together for over six hours co-operating in music making.

The day began with a demonstration of playing the leaf by Uncle Russell Saunders as well as some amazing stories and performance on the didgeridoo. This was an inspirational way to start the day.

Over the day students and community members worked together to perform four songs – I am Australian mashed with the National Anthem, Gangsta’s Paradise which the group rewrote into their own rap verses focusing on local social issues, The Wellerman and Fly Away. There was something for everyone. Not only could people sing together they had the opportunity to play a variety of instruments such as piano, guitar, drums, flute and ukulele. New skills were developed along with new bonds with the community. Many of the community members stated that their favourite part of the day was working in groups with the students.

Congratulations to Tara Lawton, Miranda Frenidin, Freya Raglus, Jasmine Kennewell, James Webb, Patrick Hall, John





What is bullying?

How to identify bullying, and signs your child might be involved in bullying at school.

Bullying is defined by three key features:

- it involves a misuse of power in a relationship
- it is intentional, ongoing and repeated
- it involves behaviours that can cause harm.

Having a disagreement with a friend, or a single incident or argument is not defined as bullying. These behaviours may be upsetting, and should be resolved, but they are not bullying.

Physical and verbal bullying, such as kicking or name calling can be easy to see (overt). Other types of bullying, such as social exclusion or spreading rumours are not as easy to see (covert).

A person can be bullied about many different things such as how they look, sound or speak; their background, religion, race or culture including being Aboriginal; they have a disability; their size or body shape; their schoolwork, hobbies or achievements; or other ways they may be different.

Bullying can also happen online using technology such as the internet or mobile devices. This is also called [cyberbullying](#).

How can I tell if my child is involved in bullying?

Children who are bullied or are bullying others may respond and act differently.

Your child's behaviour and mood can change for a variety of reasons. Be alert to the possibility that the change may be related to bullying.

You may notice your child:

- doesn't want to go to school or participate in school activities
- changes their route to school or becomes frightened of walking to school
- drops in academic performance
- changes sleeping or eating patterns
- has frequent tears, anger, mood swings or anxiety
- takes money from home
- has unexplained bruises, cuts or scratches
- loses or brings home damaged belongings or clothes
- asks for extra pocket money or food
- arrives home hungry.

The signs of online bullying can be the same as signs of other bullying but may include other behaviours with phones and computers. For example, your child may:

- be hesitant about going online
- seem nervous when an instant message, text message or email appears
- be visibly upset after using the computer or mobile phone, or suddenly avoid it
- close a laptop or hide a mobile phone when others enter the room
- spend unusually long hours online.

Often children do not report bullying to their parents. This may be because they are afraid of upsetting their parents, feeling ashamed, afraid of making things worse, or worried that they may lose privileges such as access to the internet.

<https://education.nsw.gov.au/student-wellbeing/attendance-behaviour-and-engagement/anti-bullying/nsw-anti-bullying/parents-and-carers/what-is-bullying->

Australian Young Writer's Creative Writing Competition 2021

Theme: Post-pandemic recovery challenges and resilience

You can write a play, a poem, or story... the style is up to you. However, your creative piece should be about what you feel, think of, or have experienced when it comes to mental health. If you want to write about a mental health problem or mental illness, then you may do so, however, we do also encourage you to take the opportunity provided to promote positive mental health and wellbeing.

Winning Prizes & Awards

A winner for each of the following categories will be selected from each state:

Upper Primary	(Years 5 - 6):	\$100
Lower Secondary	(Years 7 - 9):	\$125
Upper Secondary	(Years 10 - 12):	\$150

Submit your creative piece by 11:59 pm, July 31st, 2021

Form link:

<https://www.mhfa.org.au/CMS/australian-young-writers-creative-writing-competition>



Mental Health Foundation Australia | Ph: 1300 643 287 (1300 MHF AUS) | www.mhfa.org.au | admin@mhfa.org.au

All Year 10, 11 & 12



Year 10, 11 and 12 are invited to go to see the awesome Australian Movie **HIGH GROUND MA15+** at Fays Twin Cinema, Taree on 17th May 2021.

A critically acclaimed and engrossing revisionist Western that elevates the stories and voices of Indigenous Australians, represented by a phenomenal cast lead by director Stephen Johnsons. Set against the stunning landscapes of 1930s Arnhem Land, HIGH GROUND chronicles young Aboriginal man Gutjuk, who in a bid to save the last of his family teams up with ex-soldier Travis to track down Baywara - the most dangerous warrior in the Territory, who is also his uncle. As Travis and Gutjuk journey through the outback they begin to earn each other's trust, but when the truths of Travis' past actions are suddenly revealed, it is he who becomes the hunted.

This movie is rated MA15+.

As this movie depicts the frontier wars in Australia, there is a lot of violence and bloodshed. There are scenes which show people being killed. There is some nudity, bare chested women.

REVIEWS

"In the magnetic Nayyinggul, superb as the boy on the brink of manhood who must choose whether to reject anger or embrace it, the film showcases a notable new talent."

- Screen International

"A gripping, visually spectacular revenge thriller that makes superb use of stunning landscapes while also addressing the lingering scars of colonial-era racism."

- Hollywood Reporter

"This may be fictionalized narrative, but it honours its ugly patch of history by refusing to treat it with much in the way of twisting sensationalism. Absorbing and handsome."

- Variety

"This potent drama speaks with its own voice"

- Screenhub

"A stunningly beautiful and meditative Australian western"

- Flicks.com.au

Please see Ms Meaney for a note in the CAPA Staffroom.



Expression of interest for Assisted Travel Support Officer (ATSO) position

The Assisted School Travel Program (ASTP) often provides additional support to students with disabilities on transport. Assisted Travel Support Officers (ATSOs) support students with complex health or behaviour needs to ensure their safe travel to and from school.

If you are interested in temporary part-time work as an ATSO the following website contains information on the role, and how to apply for the position:

<https://education.nsw.gov.au/public-schools/astp/atsos>

For further information please contact ASTP on 1300 338 278, or email ASTP at atso.astp@det.nsw.edu.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
1 day per fortnight W X W T F W T W T F	= 4 weeks	= Over 1 year missed
1 day per week W X W T F W T W X F	= 8 weeks	= Over 2.5 years missed

education.nsw.gov.au

Local help after Floods/ Fire/ Covid-19 disasters.

It is difficult to know where to start getting help after a disaster such as we had in Wingham during the floods & bushfires.

Your first step is to contact the Mid Coast Recovery Hub

either in person or online, details below. To ensure you find out what help you are entitled to.

In person- the old Council Chamber building 2 Pulteney St Taree – for **face to Face help**.

Website: <https://www.midcoast.nsw.gov.au/Council/Emergencies-on-the-MidCoast/Recovery-from-Flood-Fire/Flood-Recovery-Hub>

WINGHAM HELP

The Manning Valley Neighbourhood Service, in the Old Courthouse at 4 Farquhar St, Wingham - Phone number: 6553 5121 (Open Monday – Thursday 9am-3pm.)

They can offer some financial assistance, food/ meals and can even have a washing machine and drier available for your use. They will talk to you to help find what help you need and how they can help. They are very helpful & have helped our students many times in the past.

WINGHAM Town Hall - 52 Farquhar Street, Wingham

There is an outreach recovery centre visit is scheduled for Wingham Thursday 29 April - 2pm - 5pm and a community meeting at 6pm - 8pm

Housing

If you require accommodation assistance, please call: Link 2 Home Emergency Accommodation 1800 152 152 or Disaster Welfare 1800 018 444.

There is also a 24 hour phone line – see picture below.

If you are still not confident or unsure of how to access help please do not hesitate to contact the school & speak to the Student Support Officer Meg Goodsell. We want our students & families to have the support they need at this challenging time.



Feeling It
SMILING MIND
SMILINGMIND.COM.AU

STOP before you start

The STOP technique is a really great way to bring mindfulness into your life. By creating moments to STOP each day, we're taking a step back and can access a broader perspective rather than getting swept away. Choose an activity you already do every day, such as taking a shower or making a coffee, and practice the STOP technique immediately beforehand. Literally, STOP before you start!

T **TUNE**
tune into your breathing. Notice the sensation of your chest rise and fall as you breathe. Spend 10-15 seconds taking a few deep breaths in and out through your nose and out through your mouth.

O **OBSERVE**
observe your sensations. Where do you feel your feet on the floor? How do you feel your hands? Can you hear your breath? Can you feel your body you feel these things?

S **STOP**
stop when you're feeling and breathe. Breathe in and out for a moment.

P **PROCEED**
proceed with something that will help you with how it's going. Taking a shower? Making a coffee? Try it a few times.

Try it at least once each day over the coming week and see where the best opportunities are for you in your day to just STOP!

VICTORIA Education and Training

SMILINGMIND.COM.AU

WHAT DOES IT MEAN TO BE PRESENT - DOG MIND VS. LION MIND

If you were to wave a bone in front of a dog and a lion and then throw it — how might they each react? A dog will automatically chase the bone without any thought. A lion, however, will pause, consider its options and choose its response.

Imagining the lion sitting poised, present and non-reactive, reminds us of the state of mind we're trying to cultivate when we practice mindfulness: Lion Mind is about being aware and observing with curiosity, so that we can choose how we want to respond rather than reacting automatically in ways that may not always be so helpful.

HOW LION MIND CAN HELP YOU

Think of a time where there's been a challenging situation with a friend, or a concept that was difficult to wrap your head around whilst studying... your Dog Mind might have reacted automatically telling you it was too hard, that you couldn't do it. Lion Mind helps us face the 'bones' that get thrown our way, such as worries, negative thoughts and uncomfortable feelings. It helps us to take a step back and see the bigger picture. Regularly practicing Lion Mind also helps us be more creative, learn and focus better, think more clearly, better regulate our emotions, sleep better and support our relationships.

TRY IT

The STOP technique is a quick and easy way to cultivate mindfulness — getting into Lion Mind. Try it at least once each day over the coming week. Choose an activity you already do every day, such as taking a shower or making a coffee, and practice the STOP technique immediately beforehand. Literally, STOP before you start!

REFLECT

- How do you find practicing STOP? What did you notice?
- What do you notice when you're in Lion Mind?
- What do you notice when you're in Dog Mind?

WANT MORE? CHECK THESE OUT!

Shava Shapiro Ted Talk — The Power Of Mindfulness: <https://www.youtube.com/watch?v=6221c08dAJ0>
Chris Willard Ted Talk — Growing Up Stressed or Growing Up Mindful: <https://www.youtube.com/watch?v=6221c08dAJ0>
Happy Animation — Why Mindfulness is a Superpower! <https://www.youtube.com/watch?v=6221c08dAJ0>
Happy Animation — A Beginner's Guide to Meditation: <https://www.youtube.com/watch?v=6221c08dAJ0>

CHECK OUT THE FEELING IT SERIES HERE!

Web app link: <https://www.smilingmind.com.au/programs/25>
Smiling Mind app location: All programs in South-East Queensland

WHERE TO FIND SUPPORT

Immediate support if you're in a threatening situation and need immediate help call 000.

Want to talk to someone? Your 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:

- HeadSpace <https://www.headspace.org.au>
- A local GP for an urgent appointment with their MINDline.

Available 24 hours every day

If you're having difficulty coping during out-of-hours of the following services, some of which are available 24 hours a day 7 days a week:

- Lifeline 13 11 14
- 1800 Respects 1800 015 252

VICTORIA Education and Training



Canteen Roster Term 2



RESPECTFUL
RESPONSIBLE
POSITIVE

May 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Gary Lorraine	4 Jennifer	5 Bev Judy	6 Lauren	7 Elissa Fred	8
9 <i>Mother's Day</i>	10 Gary Louise Vicki	11 Jennifer Lisa	12 Bev Judy	13 Marina	14 Elissa Fred	15
16	17 Leane Gary	18 Jennifer Valda	19 Julie Judy	20 Bev	21 Elissa Fred	22
23	24 Leane Gary	25 Jennifer Lisa	26 Marina Judy	27 Bev	28 Elissa Fred	29
30	31 Leane Gary					

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**



Wingham High School • Winter Canteen Menu • 2021

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
Ham and cheese toasted wrap	\$2.50
Fish piece	\$2.50
Chicken fingers	\$3.00
Nachos (Home-made)	\$2.50
Pizza (Home-made)	\$3.50
Toasted sandwich	\$2.50
Curried Chicken and Rice (Home-made)	\$4.00
Spaghetti and Meatballs (Home-made)	\$4.00
Homemade soup	\$2.50
Garlic Bread.	\$1.50
LUNCH ONLY	
Hamburger	\$4.00
Roast chicken dinner (Home-made)	\$4.50
Chicken and gravy roll	\$3.50
Gluten Free Flavoured pies	\$3.80

COLD FOOD	
Salad Roll (white or wholemeal)	\$3.00
All Sandwiches (white or wholemeal)	
Salad / egg & lettuce	\$2.50
ham, cheese & tomato	
chicken & lettuce / beef & pickles	
Chicken, cheese and BBQ sauce Roll	\$3.00
Ham cheese and pineapple toasted roll	\$3.00
Salad Wrap	\$3.50
Salad Wrap with Chicken or Ham	\$4.00
Half Wrap with Ham and Salad	\$2.00
Salad Box with Egg, Chicken or Ham	\$4.00

VEGETARIAN HOT FOOD	
Spinach & Cheese Roll	\$2.50
Cheesy Mac (Home-made)	\$3.00
Vege mornay pie	\$3.80

Vegetarian meals are available
Every day but please order.

ICE CONFECTIONS	
Paddle Pops	\$1.50
Licks (pink, lemon)	\$1.50
Tnt Morny	80c
Twisted Frozen Yogurt	\$2.00
Frozen Fruit smoothies	50c
Berri Juice sticks	50c
Frozen fruit poles	80c
Low fat Ice Cream Cup	\$1.20
Frozen Juice Cup	\$1.00
Frozen Fruit	.80c
Sour snaps	80c
Frozen Fruit Cups	\$ 1.00
Moosies	\$1.00

**Gluten Free
Bread, Wraps & Pies
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
Hot Chocolate	\$2.50
600ml Water	\$1.50
Juice Bombs	\$2.00
Cool Ridge Revitalise	\$2.50
Active Flavoured Waters	\$3.50

Snacks	
Fruit Muffin	\$1.00
Fresh Fruit, whole or pieces	.80c
Fresh Fruit Salad	\$2.50
Yoghurt, Fruit Custard Cup	\$2.50
Fruit & Yogurt cups	\$1.00
Chips 28gm	\$1.00
Chicken noodle snacks	50c
Crispy fruits packet	\$1.50

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

All home-made meals contain vegetables.

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.

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



Find us on
Facebook