

### Dates to Remember

Thursday, 5 August  
'Do It For Dolly' Yr 12 Cake  
Stall

Monday, 9 August  
HSC Trials Commence

Thursday, 12 August  
School Vaccination  
Program

Term 3 - Weeks 9 & 10  
Year 11 Examinations

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)



*Wingham High's Under 15 Years Basketball Team*

### From the Principal's Desk

Welcome to our new semester, one we are currently guiding through with a great deal of caution to avoid the COVID situation that our metropolitan counterparts are having to deal with.

As has been widely communicated our school remains at level 2 restrictions. What this means for us is that we are trying to function as close to 'business as usual' for our student body, whilst minimising all but the essential visitors coming onto the school grounds. It is a strange and at times frustrating situation to be in, yet, one we are all too well aware of the possible outcomes of positive cases of COVID in our region.

Our Year 12 students continue to be well supported and comparatively speaking, getting on with the business of completing the HSC. Our HSC Trials continue to be timetabled for the period of weeks 5 and 6 (Monday 9<sup>th</sup> August – Wednesday 18<sup>th</sup> August 2021) as planned. The HSC timetable has been changed and students should have been sent information from NESA in their email. The examinations will now run from Tuesday 19<sup>th</sup> October through to Thursday 11<sup>th</sup> November 2021.

We continue with our focus on attendance in trying to produce quality habits that enable all to achieve their personal best. The marker that has been laid down is at or above 90% attendance. Interestingly, at the time of writing, there is just below 40% of students achieving this goal. It is another opportunity to reflect on attendance and make sure that your child is at school to provide them the opportunity of education. The information is very clear that with greater education comes greater life opportunities.

Here's hoping for Wingham's schooling opportunities to continue in a face to face format. I hope you enjoy the read.

*Paul Ivers*



## NAIDOC Week Morning Tea and BBQ





## KEEPING YOUR CHILD SAFE ONLINE

### WOULD YOU LIKE TO KNOW MORE?



The eSafety Commissioner Website is an important resource for parents/carers to know about. It is the place that online harassment/ inappropriate behaviour can be reported. They also offer free webinars for parents and carers.

These live webinars explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online. In Term 3 there will be a number of free webinars available to help you understand online sexual harassment and image-based abuse, (non-consensual sharing of intimate images).

All sessions are delivered by eSafety's expert education and training team. It is designed for parents and carers of young people aged 13-18.

It will cover:

- The difference between online sexual harassment and image-based abuse.
- How to report online sexual harassment to social media companies.
- How to report image-based abuse to eSafety and when to report to police.
- Where to get support if you feel upset or worried about something that has happened online.

You can choose to attend the webinar with your teen or share resources with them afterwards from the webinar package.

- ◆ Wednesday, 28 July 12.30 to 1.30pm
- ◆ Thursday, 29 July 7.30 to 8.30pm
- ◆ Tuesday, 10 August 7.30 to 8.30pm
- ◆ Tuesday, 24 August 12.30 to 1.30pm

You can register for FREE on this website <https://www.esafety.gov.au/parents/webinars>

## School vaccination program - Term 3

**The vaccination date for Year 10 and Year 7 will be August 12<sup>th</sup> 2021.**

For Year 7 students, this visit will provide their 2<sup>nd</sup> and final HPV dose. It is also the opportunity for Year 7 students to receive their initial doses if this was not attended earlier in the year.

Year 10 students are currently being offered the Meningococcal ACWY vaccine.

As always, we will continue to provide catch up vaccinations for students who have missed doses. The consent forms for these students are already with our nurses.

**Please could you return the consent form to Mrs Boyle or Student Services by July 30.**

Please contact Mrs Boyle on 6553 5488 if you require further information.

## E-Cigarettes

### What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

#### WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include: strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

#### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

#### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



#### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

#### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

#### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here:

[www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)



## Under 15's Boys Basketball

At the end of week 3, the under 15s Boys Basketball team attended a Gala Day at Saxby's Stadium in Taree. The boys faced off against three other schools from the area.

Only seven players were able to attend, which meant that Wingham High School entered the competition with only two reserves – significantly fewer than each other team. The day did not start well. We first faced Taree High, our biggest rivals and the most experienced team in the area. Despite the Wingham boys managing to keep them at bay initially, Taree slowly pushed ahead, and we lost our first game.

It would be the only game we would lose on the day, however. Pushing past the defeat and the ever-increasing fatigue, Wingham recorded two huge wins against Gloucester and Great Lakes – Tuncurry.

The boys played with determination and frequently, due to our lack of reserves, out of position. Mr. Jovanovic would like to congratulate the team on their adaptability and perseverance. Liam Walsh and Wil Raison, the most experienced players on the team, lead the charge, guiding our players through a new defence. Kyle Marron showed off his footwork and dribbling skills and was arguably the most valuable player overall. Jonathan Aitken's ferocious defence frequently stopped players larger and taller than him. Jack Baker's inexhaustible energy had him covering the entire court and sinking a couple of impressive three pointers. Lochlan Paulson played nearly every position throughout the day, proving to be an invaluable utility player. Special thanks to Luke Croker, who joined the team at the last minute and comfortably fit in with the rest despite not having played with the team before.

The future of Wingham High basketball is looking bright with these young gentlemen.



## National Consistent Collection of Data (NCCD)

All government and non-government schools across Australia participate annually in the national consistent collection of data (NCCD) on students with additional needs. The data collected outlines the adjustments that teachers make so that all students are supported and receive quality teaching and learning experiences.

The data will be provided to the Australian Government from the NSW Department of Education to assist in the development of a consistent, national picture of the educational requirements of students with additional needs and is provided in such a way that it cannot be used to identify any individual student or school.

If you have any further questions please do not hesitate to contact Wingham High School.

## Textiles Making Fabric Masks

Three Technology classes from Stage 4 worked with Ms Leslie to complete the construction of a fabric face mask. Students chose their fabric and worked confidently and quickly to be able to wear the mask.

Luci Yarnold, Kodie Ward and Sean McDean of Year 8 are sporting their masks while Yarramundi Hollis and Bella-Rose Spriggs are finishing their masks with the help of Ms Leslie. Winmalee Hollis and Leyna Sheather from Year 7 also wearing their creations.



## Showcasing Junior Science

### Year 9 – Medical marvels

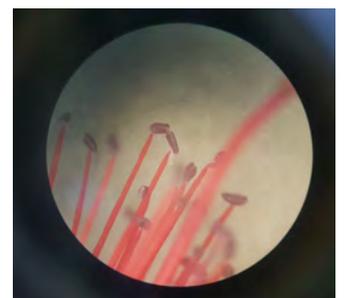
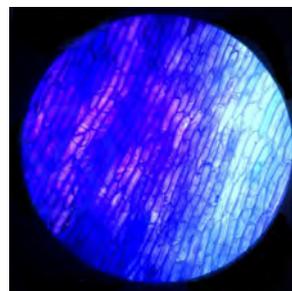
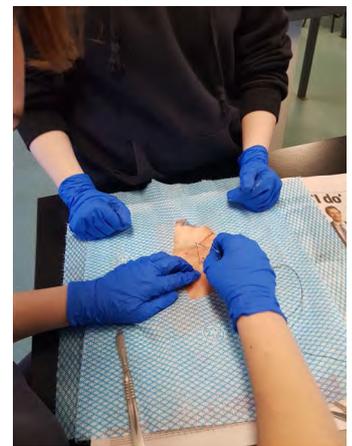
As part of the Medical Science topic which Year 9 have been studying this term, students across all classes have dissected sheep brains and kidneys, pig lung tissue and cow's eyes. While investigating a range of related careers within the medical field, one class had the opportunity to explore their skills in surgery and wound suturing (stitching) of sheep hearts and pig skin. Other practical components of the unit included identifying a range of plant diseases which can affect local species, making yoghurt, culturing bacteria in petri dishes and investigating how a sterile environment, antibacterial soap and hand sanitiser slow the rate of bacteria growth.

### Year 8 – Beautiful Body systems

Year 8 students have been focussing on human body systems as well as plants as part of the Multicellular Organisms topic. They have recently completed dissections of a chicken wing and a sheep's heart and have also observed various plant cells under the microscope.

### Year 7 – Marvellous Microscopes

As part of their most recent topic of Cells and Classification, students have been developing their skills in handling and using microscopes, preparing slides, observing plant cells and identifying microorganisms present in pond water. Students have used both light microscopes and stereomicroscopes. Highlights have included seeing wattle and bottlebrush flowers and their pollen, moss, bloodworms, various insect larvae, copepods, paramecium and other microscopic zooplankton, microscopic algae, human blood cells, onion skin cells and Agapanthus leaf cells.





## Canteen Roster Term 3

August 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Leane Lorriane	3 Jennifer Lisa	4 Bev	5 Ray Lauren	6 Elissa Tim	7
8	9 Louise Vicki	10 Jennifer	11 Bev	12 Ray Marina	13 Elissa Tim	14
15	16 Leane	17 Jennifer Lisa	18 Julie	19 Ray Bev	20 Elissa Tim	21
22	23 Leane	24 Jennifer	25 Marina	26 Ray Bev	27 Elissa Tim	28
29	30 Leane	31 Jennifer Lisa				

## 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**

## The Lower North Swim League presents An action-packed gala day

**Sunday August 8th 2021  
at Taree Aquatic Centre**

To register  
[www.swimleague.com.au/register](http://www.swimleague.com.au/register)  
 go down to  
 Lower North Region Teams  
 click on Rapids  
 follow the registration platform,  
 payment product options  
 pick Lower North Gala Day \$45



**Don't miss out**

**FUN**

**FAST**

**FURIOUS**

**SWIM LEAGUE IS NOT YOUR TRADITIONAL SWIM MEET. IT'S A LEAGUE OF COMPETITION IN THE AQUATIC ARENA LIKE YOU'VE NEVER SEEN BEFORE**

## If you can swim you can join in

**You will get an exclusive Swim League Team Shirt and an official Speedo Team Cap  
 By racing, you will help your team qualify for the Northern NSW Zone Playoffs**

Full information and event updates will be on the Swim League Facebook, Instagram and [www.swimleague.com.au](http://www.swimleague.com.au)

**Proudly hosted by TAREE TORPEDOES**

Payments for excursions etc,  
 can be made online at  
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