

Dates to Remember

16-20 May
Day on the Farm &
Beef Week

25 May
White Card Course

25 May
Yr 10/11 Marine
Shark & Ray Centre
Excursion

30 May
Yr 10-11 Subject Selection
Night



From the Principal's Desk

Welcome to the first of our Term 2 Newsletters. One of the greatest things that has happened at our school and is very much at the front of my mind is having parents and carers back on campus and engaging in our Carer / Teachers interviews. It was absolutely glorious to see such an event supported by so many and highlighted some of the things we have been missing out on over the last couple of years.

Term 2 has some big agenda items on the calendar. At the time of writing the NAPLAN tests had just begun for our Year 7 and Year 9 students. The school has always been a supporter of the assessment as it does provide a snapshot of where we are at as a school and where we need to concert our efforts to try and support growth of all. It is important to note that NAPLAN is just one measure, on a certain day, about one aspect of student development. As a school we continue our dedicated commitment to the holistic development of each of our students.

A fantastic example of our dedication to student development is our involvement in Wingham Beef Week. It is yet another example of great events that has had to be postponed for the last couple of years due to COVID. It is with great excitement that our show team can once again be involved in such a major town event. Here's hoping we come away with a few ribbons in a first venture back.

As the term progresses we will be beginning to think about our transition events that will affect some of our cohorts substantially. There will be a strong focus on our Year 10 and Year 12 students who will be faced with decisions that will influence their journey in the next couple of years. As always there are plenty of staff who specialise in support and providing the necessary communication and information for these students. Exciting; but understandably, challenging times ahead for these students and their families. Remember, we are here to help!

I hope you enjoy the information following and a celebration of some great events experienced by our students. Thanks for your support, enjoy the read.

Paul Ivers

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



TOCAL Bake or Burn Competition

On 29 April, Shari Urquhart and Sharnee Anderson travelled to the Tocal Field Days to participate in the Bake or Burn Competition. The students had to participate in 3 heats of 30 minutes making a dish in each heat. They did an amazing job working as a team to come away as winners!!!

A special thank you to Lindy Kliendeinst who cheered the students on in every heat and became the photographer on the day. The students scored an overall 53.90/60.

A thank you to Meadow Ridge Farms (Johnathan Lee) and Comboyne Culture.



Carrot and harissa falafel with roasted beetroot hummus, tahini yogurt, quinoa and carrot skin chips.



Roasted pumpkin tart, whipped feta, roasted pumpkin seeds and pumpkin peel chips.



Banana peel tacos, with coleslaw and chimmi churri sauce

TOCAL Excursion

A group of 21 Ag students ventured to Tocal Field Days on Friday, 29 April. This excursion is always an excellent opportunity for our students to view new and innovative products on sale and being demonstrated.

A key focus area was on the use of technologies in farming and labour saving devices on farm. Our students also had the opportunity to see our Hospitality team competing in the Bake or Burn Competition. Congratulations to Sharnee Anderson and Shari Urquhart for their professional win and first place on the day.



System Engineering Challenge



Wingham High was invited to participate in the local RYSTEM competition organised by our local Rotary branches. It is the first year this version has been run, having recently rebranded from the Science and Engineering Challenge. The event was attended by our Year 10 STEM class, and some Year 9 Science students.

Each group of students competed in two challenges throughout the day. The six challenges were; Building a Bridge, Stomp Rockets, Hang Glider, Robot Challenge, Artificial Hand, and Water Tower. We were competing against St Clare's College and Taree High, and our students placed first in the Hang Glider, Stomp Rockets, and Artificial Hand challenges throughout the day.

It was a very enjoyable day that allowed our students to really display their engineering talents, and Rotary is planning on making a bigger and better event for next year.



Youth Forum

On 5th April seven brave SRC students from years 8-12 – Annabelle Ross, Emily Prior, Matilda Hurst, Breanna Colvin, Erik Waldron, Isobel Butler-Kwa and Dean Stacey – ventured over to MidCoast Christian College (formerly Taree Christian College) and participated in a forum run by Russell Ingram from MidCoast Council.

The forum had a variety of youth focused activities. We were asked about safe and unsafe areas, cultural, environmental, cultural and arts community events as well as discussing effective ways for the council to communicate with youth. Chatham High, Taree High and MCC were the other schools participating. We thoroughly enjoyed the event and it was a great experience for all. We look forward to being involved in more forums in the future.

Written by Breanna Colvin, Emily Prior and Matilda Hurst.

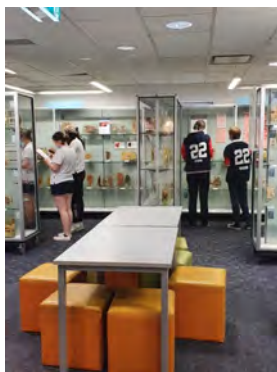


Museum of Human Disease Excursion

On Thursday, 5th May Yr 12 Biology students travelled to UNSW at Randwick to complete their depth study at the Museum of Human Disease.

Students got the opportunity to view real human specimens which were affected by a range of infectious and non infectious diseases. Students also had the chance to walk around the campus and purchase their lunch from the pretty impressive food court on the Uni campus.

Thank you to Mr Gilbert for driving the bus for us.



Fantastic Fun Friday



Year 12 Hospitality Students Cater for Parent Teacher Evening

Students involved were Josiane De Souza Rodrigues, Anh Maggs, Jamayha Minns, Amber Pereira, Mia Polley, Shari Urquhart, Charlee Yarnold, Sharnee Anderson, Lester Andrews, Miranda Frendin, Tasmin Gregan, Finlay Hansen, Amber Loretan, Emily Summerville, Lea Urquhart, Ashlee Vickers.

The feedback on the quality of the food was that it was amazing. This event will go toward the students hours that they are required to complete for their Year 12 Hospitality subject.



Boys Bill Turner Cup

The Wingham High under 15's Soccer Bill Turner Cup team played their first knockout game last Friday against Gloucester High School.

It was a very tight game that could have gone either way but the boys came out on top with a 3 – 0 win. They played with lots of heart and teamwork, representing their school tremendously.

They are now into the next phase of the knockout competition and will play Forster High school at Boronia Park on Friday the 20th of May at 10:30.



SAVE THE DATE! Stargazing with Jaimee Powditch

Stargazing
by Jaimee Powditch
Manning Valley
NSW

When: 6pm - Thursday, 18 August 2022
Where: Wingham High School
What: Bring a chair, blanket and a telescope (if you have one).

"Whether the skies are dark, swirling with cloud or bright with a glowing moon, you will leave from a magical evening with a few stories to remember when you next take the time to look up."



Wingham High School • Winter Canteen Menu •

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 pocket	\$2.50
Fish piece	\$2.50
Chicken fingers	\$3.00
Pizza (Home-made)	\$4.00
Toasted sandwich	\$3.00
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	\$4.50
Roast chicken dinner (Home-made)	\$5.00
Chicken, cheese, bbq sauce toasted roll.	\$3.00
Gluten Free Meat pies	\$3.80

COLD FOOD	
Salad Roll (white or wholemeal)	\$3.50
All Sandwiches (white or wholemeal)	
Salad / egg & lettuce	\$3.00
ham, cheese & tomato	
chicken & lettuce / beef & pickles	
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	\$4.50

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

ICE CONFECTIONS	
Paddle Pops	\$1.50
Tnt Morny	\$1.00
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
Frozen Fruit Cups	\$1.00
Moosies	\$1.00
Sour snaps	\$1.00

Gluten Free
Bread, Wraps, Pies &
Pizzas now available

Please Order

Vegetarian meals are available
Every day but 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)	\$2.50
Hot Chocolate	\$2.50
600ml Water	\$1.50
Juice Bombs	\$2.00
Active 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
Yogurt	\$2.50
Fruit & Yogurt cups	\$1.00
Chips 28gm	\$1.00
Popcorn	\$1.00
Chicken Noodle Snacks	.50c

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.

6 WAYS TO BE #BODYPOSITIVE



1. FOCUS ON WHAT YOUR BODY CAN DO

Think of the millions of unique things your body helps you do everyday. This is a great reminder that you're so much more than the way you look.



2. QUESTION WHAT YOU SEE IN THE MEDIA

Next time you see an 'ideal' body, think:
What goes into looking that way?
How many people do you see in everyday life that look like that?
Is it realistic or helpful to compare yourself to that standard?



3. UNFOLLOW PEOPLE WHO MAKE YOU FEEL CRAP ABOUT YOURSELF

For a positive newsfeed, try following people you admire who have all different interests - and body shapes.



4. SAY THANK YOU

Next time someone gives you a compliment, try saying thank you rather than shrugging it off. Showing gratitude can go a long way to improving how we feel about ourselves.



5. FOCUS ON OTHER PEOPLE'S GOOD QUALITIES

Looking for the good in other people creates positive vibes and can even help you focus on your own strengths.



6. HANG WITH POSITIVE PEOPLE

Surround yourself with people who get you and encourage you to feel confident.

We know that feeling good about your body or appearance isn't always easy. If you are struggling with body image, visit ReachOut.com or chat to the **Butterfly Foundation** on 1800 33 46 73.





NSW Department of Education

Why attendance matters



When your child misses school they miss important opportunities to:



Learn



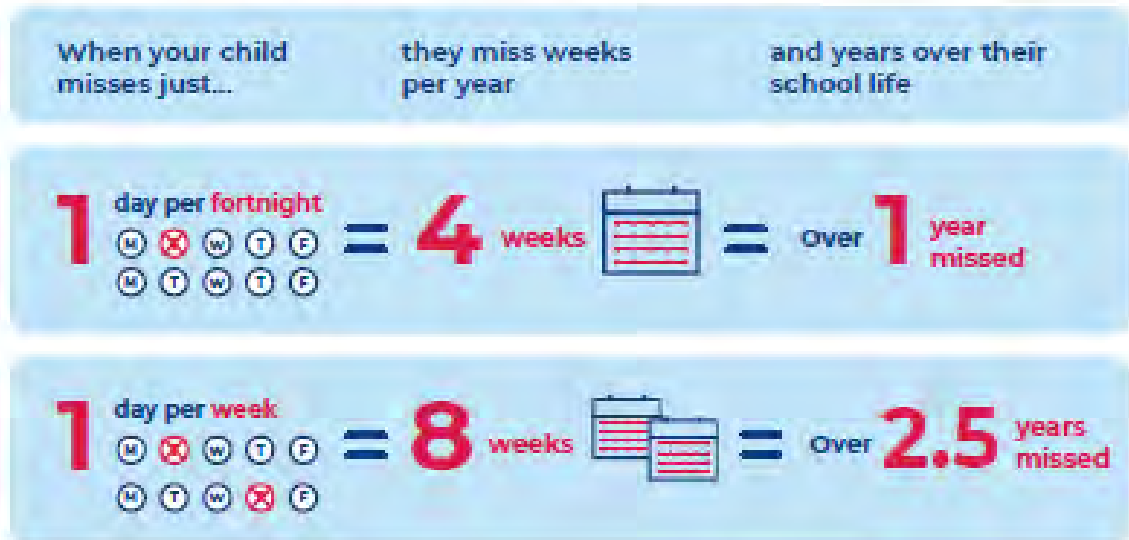
Build friendships



Develop life skills

Days missed = years lost

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



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Canteen Roster Term 2

MAY 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Garry Fred	3 Jennifer	4 Judy Sky	5 Bev Marina	6 Jenny	7
8	9 Garry Fred	10 Jennifer	11 Judy Julie	12 Bev Valda	13 Jenny	14
15	16 Garry Fred	17 Jennifer	18 Judy Marina	19 Bev	20 Jenny	21
22	23 Garry Lorraine	24 Jennifer	25 Judy	26 Bev Fred	27 Jenny	28
29	30	31	1	2	3	4

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



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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:

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Or

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