

## Dates to Remember

Friday 30th June  
Final day of Term 2  
Tuesday 18th July  
Students return for Term 3  
25th and 26th July  
Luminosity Conference  
Wednesday 26th July  
Regional Athletics  
Thursday 27th July  
Mid Coast Career Quip  
Friday 4th August



## From the Principal's Desk

Welcome to the final newsletter for Term 2 and Semester 1. It represents the plethora of educational experiences and fantastic student achievements at Wingham High School.

Students will soon receive their school reports. This is an important document highlighting strengths and areas for improvement. I encourage all to discuss educational progress, celebrate student effort and achievement, and set new targets for the future.

Our Excellence Assembly has been delayed due to technical issues in the MPC but will now be held on Monday 24th July at 6pm. It is an opportunity for those students who have excelled in the different aspects of school to be recognised and acknowledged for their focus and commitment. We love welcoming parents into the school for this wonderful event. Preparation is starting for the mobile phone ban in high schools in Term 4. Wingham High School will be using Yondr pouches as a tool to support this. Consultation with students and parents will occur during Term 3 regarding Wingham High School's phone policy. The new policy will be designed to ensure that students are focused on learning and teachers can focus on teaching. The identified distractions associated with mobile phones in the classroom will be nullified. The policy will improve social interactions in the playground. Mobile phones will be banned from the start of the school day until the end of the day.

I hope you enjoy the newsletter, and once again, thank you for supporting Wingham High School.

*Monique Cheers*



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)





## Careers News



### University of Newcastle

On Wednesday 14<sup>th</sup> June, twelve Year 12 students participated in a Careers Excursion to the University of Newcastle. The students involved were Charlotte Abbott, Haylee Cole, Timothy Hoare, Lacey Kelly, Brody Kriss, Jesse Linton, Reid McPherson, Finn Murphy, Freya Raglus, Isaac Smyth, Lilia Taylor and Jaimee-Lee Woolfe. Firstly, the students attended a Year 12 Presentation about the University of Newcastle, including entry pathways and scholarships. The students then participated in 3 sessions - a NUBOTS Presentation, a Finance Academy Session and then a tour of the university facilities and grounds. Overall, the students enjoyed the opportunity to explore the campus and determine whether the University of Newcastle would be a viable future study option for them.



### Mid Coast CareerQuip 2023 - Thursday 27th July 2023

This year's CareerQuip will take place in and around Manning River Rowing Club Taree and the Riverfront. Year 10, 11 and 12 students will be invited to attend this free event.

Mid Coast CareerQuip allows all community members, not just High School students, access to professional careers information or to seek out new opportunities in skills shortage areas from a plethora of providers.

It is expected that over 2000 students will attend. There is a high level of commitment of local careers advisers, both private and public to support the event.

Exhibitors will include National Association of Prospective Student Advisers members such as Universities, private and vocational Colleges and student support services. These will be enhanced by Australian Defence Force recruitment, TAFE NSW, NSW Police Force and employer organisations. Local and regional skills shortage employers plus trades and vocations will also be present, with interactive and static displays.







## 2023 MID COAST CareerQuip

**Showcasing local career options  
across the Mid Coast**

**Thursday  
27th July**  
8am – 3pm

**Manning River Rowing  
Club and Endeavour  
Place Reserve, Taree**

**Free for schools and the  
general public to attend**

**See exhibitions from Tertiary education institutes, Vocational  
training providers, Armed Forces, Local employers, and more!**

**[careerquip.com.au](https://careerquip.com.au)**

With thanks to our major sponsors



## End of term rewards

**Wingham High School** continues to work hard to encourage students to improve their attendance rates.

**Our ongoing aim is** to encourage all students to achieve and maintain the at or above 90% attendance targets set by the NSW Department of Education.

**At the end of this term**, students whose attendance is at **90% or above**, will again go into the draw to win a \$50 gift credit card – one student prize for each year group.

Also, 3 canteen vouchers will be drawn in each year group for attendance at:

- 100%
- 90-100%
- 80-90%



All students who were included in these draws will receive an Attendance Matters Rowley, as well as a recognition letter (emailed home) for:

- Outstanding attendance – 100%
- Recognition of attendance at or above 90%
- Valuing attendance – 80-90%

## When your child misses school they miss opportunities to ...



**Learn**



**Build friendships**



**Develop life skills**

**We invite the Wingham High School community** to participate in actively supporting our school community to drive student attendance levels up.



## Attendance Matters

### Responding to Absentee Notes and Notices

Parents and carers are reminded that an explanation for your child's absence is required within a 7-day timeframe. Otherwise, the school will record the absence as unexplained on the student's record.

Replying to the school's text message or using the Parent Portal are our preferred method of communicating student absences. Otherwise, parents/carers may phone the school office or provide a written note to explain your child's absence.

WHS appreciates the responses provided to the school by parents and carers to explain absences.

Informing the school on the day of absence, notifies the school of your child's safety and wellbeing, and fulfils **your legal obligation**.

Principals are legally responsible for keeping accurate records of student attendance.

### How we communicate unexplained absences to parents:

WHS sends an SMS every day for:

- Whole Day Absence
- Late Arrival
- Reminder of accumulated unexplained absences (from the start of the term)

An email is sent every day when SMS' **Fail to send** or are **Undelivered**.

### New initiative

Each fortnight, students who have accumulated unexplained absences for a 2-week period, will receive a form to take home that lists these dates.

Parents and carers are asked to return the completed form to the school as soon as possible.

Forms will be posted to your home address if your child is absent on the day that these are handed out.

The form is titled 'Wingham High School' and includes the school's address and contact information. It is dated 'Tuesday, 20 June 2023'. The form is addressed to 'Dear \_\_\_\_\_' and contains a message explaining that text messages for student absences are sent daily and that the school has not received a reply to explain the absence for the dates listed. It asks the parent/carer to explain the absence using one of the following reasons: Medical appointment, Sick, Injury, Family Reasons, or Other. It lists the dates: Tue 13/6, Wed 14/6, Thu 15/6, and Fri 16/6. It reminds parents and carers that an explanation of an absence is required within 7 days and that the school will record the absence as unexplained on the student's record if not explained. It asks students to return the completed letter to their class teacher, year adviser, or Student Services as soon as possible. There are lines for 'Parent/Carer signature' and 'Date'. It is signed 'Yours sincerely, Ms Monique Cheers, Retiring Principal'.



## “Get Up” Project

These students have the absolute treat to be involved in the "Get Up" project, being held at Wingham circus space, Circartus. We are very grateful to the team at Circartus for providing this very valuable creative experience. Our students have learnt valuable skills during this course, including cooperation, safety and respect. Each student has been closely mentored during the process of “getting up” on stilts! The group will perform on Friday 4th of August at 7pm, at Circartus in Wingham.

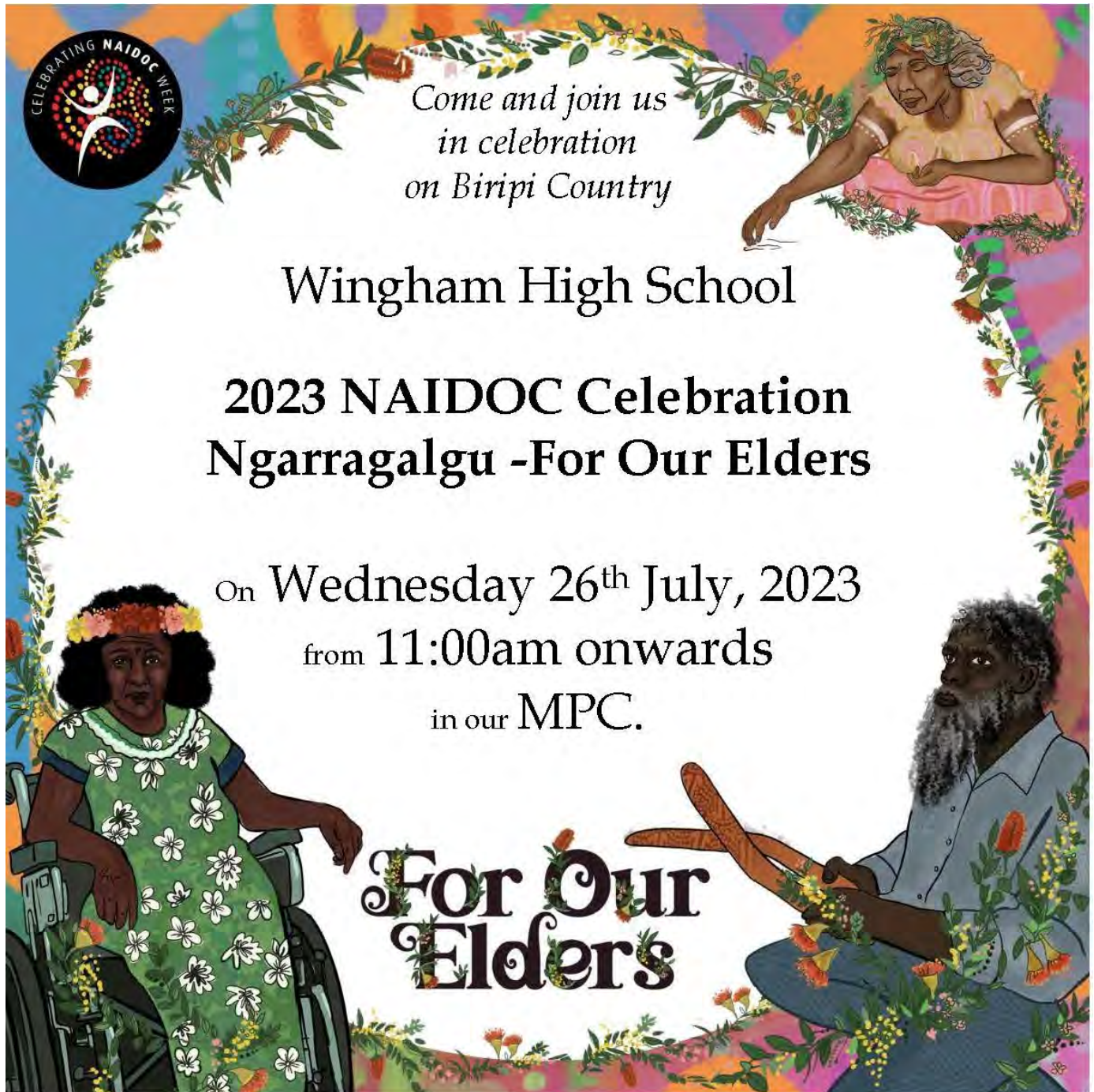


## Driver's Licence Access program

We are pleased to be offering a Driver's Licence Access program, delivered by Homebase Youth Services. Training is held at school once a week for 8 weeks. Upon completion of the course, our students aim to be ready to sit their L's Knowledge Test.







*Come and join us  
in celebration  
on Biripi Country*

## Wingham High School 2023 NAIDOC Celebration Ngarragalgu -For Our Elders

On Wednesday 26<sup>th</sup> July, 2023  
from 11:00am onwards  
in our MPC.

### For Our Elders

We will be having a Bush Tucker Tasting Luncheon in our MPC.

Afterwards our Wakul Gudida students will spend time with our Elders, doing activities and yarning.

Please come on down and join us in celebrating our rich and diverse First Nations' culture!



Australian Government  
National Indigenous  
Australia Agency



Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.





Date	Event	Time & Venue	Details	Transport
<b>Saturday 1st July</b>	Kooriooke and 3 course meal	<b>6:00pm</b>	Contact Purfleet Taree Local Aboriginal Land Council for ticket details.	Elders will be picked up from their homes by Biripi Aboriginal Aged & Community Care. <b>Community pick:</b> 5:00pm from Purfleet Taree Local Aboriginal Land Council & 5:30pm from Bushland AMS town clinic.
<b>Sunday 2nd July</b>	Church Service	<b>9:00am</b> Purfleet Church	2023 Biripi NAIDOC celebrations will commence with a church service and morning tea honouring our Elders both past and present.	Elders will be picked up from their homes by Biripi Aboriginal Aged & Community Care.
	Corrobboree	<b>11:00am</b> Saltwater National Park	Our Elders have set the many courses we follow, we would like to pay our respects to our Elders by coming together to dance as one on girambit barray (saltwater country). BBQ lunch provided.	Elders will be picked up from their homes or transported from Purfleet church by Biripi Aboriginal Aged & Community Care.
<b>Monday 3rd of July</b>	Ngarragalgu 'For our elders' March	<b>10:00am</b> March begins at Hungry Jacks car park <b>12:00pm</b> March ends at Fotheringham Park	Assemble at Hungry Jack's Taree carpark at 10am, the march will begin at 10:30 and led by our Elders and Biripi Age Care bus down Manning Street and Victoria Street towards Fotheringham Park Taree where we will conclude the march with a flag raising ceremony and morning tea.	Elders will be picked up from their homes by Biripi Aboriginal Aged & Community Care.
<b>Tuesday 4th July</b>	Community Basketball – With Elders shootout	<b>10:00am</b> Saxby's Stadium Taree	Come along to the community basketball match and Elders shootout. Lunch provided and prizes to be won!	Elders will be picked up from their homes by Biripi Aboriginal Aged & Community Care.
<b>Wednesday 5th July</b>	Elders Day	<b>10:00am</b> Biripi Aboriginal Aged and Community Care	A day to celebrate everything deadly about our elders.	Elders will be picked up from their homes by Biripi Aboriginal Aged & Community Care.
<b>Thursday 6th July</b>	Youth NAIDOC Primary Disco	<b>5:30pm – 7:30pm</b> Taree High- gym	4:50pm pick up from Purfleet Biripi AMS, 5:00pm pick up from corner of Hughes and Barton Street Bushland & 5:15pm pick up from Bushland AMS town clinic.	
	Youth NAIDOC High Disco	<b>7:30pm – 9:30pm</b> Taree High- gym	6:50pm pick up from Purfleet Biripi AMS, 7:00pm pick up from corner of Hughes and Barton Street Bushland & 7:15pm pick up from Bushland AMS town clinic.	
<b>Friday 7th July</b>	Cultural Community NAIDOC Day	<b>10am – 2pm</b> Purfleet Taree Football fields	Come along to the 2023 Cultural Community NAIDOC Day to celebrate our Elders! <b>Free community event!</b> Entertainment includes Cultural activities, jumping castle, Walkabout Barber, Aboriginal market stalls, Service stalls, games and activities, raffles.	

If you have questions about any of our NAIDOC week events reach out to Purfleet Taree Local Aboriginal Land Council.



## Aboriginal Garden progress

We have amazing things happening in our Aboriginal garden. We have many bush tucker plants and our yarning circle is very popular and often used by our students. Delegates from the Royal Botanical Gardens are joining our students regularly to build this beautiful space.





## PCYC Programs

### Fit for Change

Each Wednesday this term students travelled to Taree PCYC to participate in boxing fitness training and group work. There were high expectations on those who attended, starting with returning their permission notes and being in full uniform to attend. Next our students had to commit to doing the hard work expected. Students learnt techniques of the sport of boxing, including supporting your team mates, being respectful of others, avoiding conflict by having strong self worth, self control and self belief. Stories were shared over a good feed each week. The program was run by PCYC Police Youth Command officer Rob Wylie and boxing instructor Gary Crawford, with support from Meg Goodsell, Michael Wright and Kate Taylor. A positive experience was had by all who attended.



### Heart to Heart

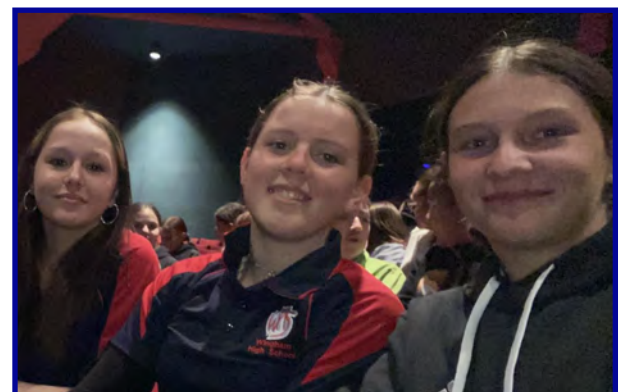


This term these students have been going to PCYC every Tuesday to participate in a wonderful program called Heart to Heart. This program has been running in Foster/Tuncurry for many years. Mrs Doust snapped up this opportunity for our school when meeting with PCYC and Meg organised it with help. It was run by PCYC Police Officer Senior Constable Cheryl Hoffman & mental health clinician Stevens with support of Meg Goodsell, Kelly Holden, Mary Doust, Kat Brown and Nicole Austin. Each week the girls travelled to PCYC, painted, practiced mindfulness, ate great food and enjoyed each others company. On Tuesday 20/6/23 they graduated with support from family and friends. We were very proud of how this group conducted themselves, wearing full school uniform weekly and behaving in a manner that well deserved the gifts they gained from this experience.

## NAIDOC Excursion

On Tuesday 20th of June, Wakul Gudida went to the Manning Entertainment Centre to watch Taree High School perform their NAIDOC concert, Ngarragalgu – For Our Elders. Twelve schools from the area attended to see multiple performances. There were dances, poetry, singing, rapping and didgeridoo. We really enjoyed the didgeridoo ensemble played by Uncle Russ, Lester, Serge and Josh. Each dance had a different story behind it and we had Elders talk to us about the meaning of the dances. Khai Gahan was one of the rappers/singers. He performed two songs in Gathang language and English. We had a great day and thank you to Taree High for a Deadly day! And the bus for taking us home.

- Bonnie Seddon and Peyton Steadman





## Luminosity Youth Summit

On 25-26th July some lucky students will attend the Luminosity Youth Summit. This is a very unique opportunity for students to experience inspiration into what they can achieve in their lives. Held at the Glasshouse Port Macquarie over 2 full days they will travel to Port Macquarie and listen to speakers, participate in activities and be entertained by musicians, dancers and more.

For a chance to attend, we are asking students to write on a piece of paper why they would like to attend and return it to Student Services, with the title LUMINOSITY. Tickets are worth \$300, but our student support officer has been sourcing sponsorship so there is no cost to students. These free tickets are very limited.

Wingham High School P&C are subsidising 3 students, and there will be limited other tickets offered. Applications need to be in by end of term 2. They will also need to return signed permission notes when selected. P&C, Meg Goodsell, Student Support Officer and executive staff will determine who will attend. Luminosity is open to students aged 15 and over.



## EduVenture Visit

Taree Universities Campus (TUC) has been successful in being a part of a wider program called 'The Regional Partnerships Project Pool Program'. This federally funded Program, locally named 'EduVenture' has been designed following community consultative processes identifying local challenges that were barriers for young people in developing their career aspirations, especially in the earlier years of high school. With our chosen partner the Australian National University (ANU) the project will bring together TUC and ANU Student Ambassadors, local recent school leavers, and local employers to engage in activities and share stories with six high schools across the MidCoast LGA – Taree High, Chatham High, Wingham High, Gloucester High, Bulahdelah Central, and Great Lakes College (7-10 Tuncurry Campus). TUC and ANU will coordinate visits over the next two years of 2023 and 2024, working with the 2023 Year 8 cohort, and following the same cohort through to Year 9 in 2024.





## Athletics News

Congratulations to these students who have qualified to compete at the Regional Athletics Carnival which will be held in Newcastle on the 26th of July. Three of our students, Freya Raglus, Paxton Summerfield and Aliesha Bell were named Manning Zone Age Champions at the Zone Carnival at Tuncurry.



### Regional Team:

Tanille Lamb	Nathaniel Croft-Phillips
Indie Lucas	Jayden Bourke
Grace Bell	Jesse Linton
Aliesha Bell	Paxton Summerfield
Freya Raglus	Declan Saxby
Indiana Luland	Harry Goodlad
Tahlara Franklin	Jack McAuliffe
Luci Yarnold	Zachary Burrows
Seanna Squires	Benjamin Lansdowne
Ellie D'Elboux	Jaxon Rogers
Tamika Delaney	Jack Sowter
Scarlett Horsington	Gus Loretan
	Brayden Livermore





## Push-Up Challenge

During June the school community were challenged to complete 3,144 push-ups over 23 days, as we put a spotlight on the number of lives lost to suicide in 2021.

Every morning in roll call students who wish to participate did as many push-ups as they could. The teachers tallied the numbers and submitted them to the SRC. A new mental health fact was read out each morning also.

Congratulations Wingham High - together we have done 10000 pushups, which is over 3 times the required 3144 acknowledging the number of suicides in Australia in 2021.



FOR YOUNG PEOPLE

## THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

### DO YOU KNOW WHAT YOU'RE VAPING?

**NICOTINE**

Many vapes contain nicotine making them **very addictive**

**FRUITY**

The nicotine in 1 vape can **= 50 cigarettes**

If you vape you are **3 times** more likely to take up smoking cigarettes

Vaping has been linked to **serious lung disease**

Vape aerosol **is not water vapour**

Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

Do you know what you're vaping? Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website

## VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.

### NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN

Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people. This can harm your ability to pay attention, learn and affect your mood and memory.

### RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray,
- toxins such as formaldehyde and heavy metals,
- ultrafine particles that can be inhaled deep into the lungs,
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.

Do you know what you're vaping? Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website



## ONLINE ORDERING

- Available 24/7
- Convenient for parents
- Removes paper orders and cash
- FREE registration

Online ordering is more convenient, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning or sending kids to school with excess cash, online orders are faster and more accurate giving parents peace of mind that their order and payment is received accurately at the school.

Registration is free and only takes a few minutes.



## EASY, ONLINE REGISTRATION

- Go to [www.flexischools.com.au](http://www.flexischools.com.au)
- Click REGISTER NOW
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.



Place lunch orders from your iPhone or iPad! Find us in the App Store.

## 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!



## Wingham High School • Winter Canteen Menu •

The CANTEEN is OPEN from 8am every day  
For any special requirements please call in & have a chat with Judy.

REMEMBER to ORDER on-line with FLEXI SCHOOLS.  
(you're guaranteed to get what you want & it saves time in the line)

HOT FOOD	
Low fat plain pie	\$4.00
Low fat flavoured pie	\$4.50
Low fat sausage roll	\$3.50
Ham and cheese pocket	\$3.00
Fish piece	\$3.00
Chicken fingers	\$3.50
Pizza (Home-made)	\$5.50
Toasted sandwich	\$3.00
Curried Chicken & Rice (Home made)	\$4.50
Spaghetti and Meatballs (Home-made)	\$4.50
Homemade soup	\$2.50
Garlic Bread.	\$2.00
Cheese Burgers	\$5.00
Roast chicken dinner (Home-made)	\$6.50
Chicken, cheese, bbq sauce toasted roll.	\$4.00
Ham Cheese and Pineapple Roll (toasted or not)	\$4.00
Gluten Free Meat pies	\$5.00

All home-made meals contain vegetables.

COLD FOOD	
Salad Roll (white or wholemeal)	\$3.50
All Sandwiches (white or wholemeal)	
Salad	
Egg & lettuce	
Ham, cheese & tomato	\$3.00
Chicken & lettuce	
Corned beef & pickles	
Salad Wrap	\$5.00
Salad Wrap with Chicken or Ham	\$5.50
Half Wrap with Ham and Salad	\$3.00
Salad Box with Egg, Chicken or Ham	\$5.50

### VEGETARIAN HOT FOOD

Spinach & Cheese Roll	\$3.00
Macaroni Cheese	\$4.00
Vege mornay pie	\$4.50
Vege Burger	\$5.00

Vegetarian meals are available  
Every day but please order.

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 .

ICE CONFECTIONS	
Paddle Pops	\$2.00
Tnt Mony	\$1.00
Twisted Frozen Yogurt	\$2.50
Frozen Fruit smoothies	\$1.00
Berri Juice sticks	.50c
Frozen fruit poles	\$1.00
Low fat Ice Cream Cup	\$1.50
Frozen Juice Cup	\$1.50
Frozen Fruit	\$1.00
Frozen Fruit Cups	\$1.50
Juicies	\$1.00
Moosies	\$1.50
Sour snaps	\$1.50

Gluten Free  
Bread, Wraps & Pies and  
Pizzas now available

Please Order

DRINKS	
All Orchy Juices	\$2.50
Flavoured Milk (large)	\$3.50
Flavoured Milk (small)	\$2.50
Just Natural Flavoured Milk	\$4.00
Plain Milk	\$3.00
Up & Go (small)	\$3.00
Hot Chocolate	\$3.00
600ml Water	\$2.00
Juice Bombs	\$2.50
Active waters	\$3.50
Snacks	
Fruit Muffin	\$1.50
Fresh Fruit, whole or pieces	\$1.00
Fresh Fruit Salad	\$3.00
Yoghurt, Fruit Custard Cup	\$2.50
Yogurt	\$2.50
Fruit & Yogurt cups	\$2.00
Chips 28gm	\$1.00
Popcorn	\$1.50
Chicken Noodle snacks	\$1.00

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

Gluten Free Options  
Now available by order



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