

CONGRATULATIONS TO THE 2018 P&C EXECUTIVE

President: Don Napper

Vice President: Kerry Mc Connell

Treasurer: Kate Partridge

Assistant Treasurer: Donna Swift

Correspondence Secretary: Linda Brannian

Minutes Secretary: Helen Smith

Canteen Committee Convener: Sonia Greasley

Thank you to the P&C members who also nominated as committee members and other roles. Special thanks to P&C executive who have continued in executive roles from 2017 (and prior years for some), your ongoing commitment to the students and staff at Wollumbin High School is very much appreciated.

Students benefit from the involvement of parents, extended family members and community members through the P&C. Meetings are held on the 4th Tuesday of each month. All welcome.

We acknowledge and sincerely thank Donna Swift, for her support and leadership during the many years she has been a member of the P&C executive. Donna's leadership in our Fun Runs was greatly valued. Donna will stay in the Assistant Treasurer role for 2018.

ANZAC DAY 25th APRIL

A reminder that ANZAC Day falls during the holidays. Students should be in correct uniform and meet at the Post Office at 10am for the march. WHS always has a strong contingent for this very important event. Please keep our tradition of respect going by participating in the march.

GENERAL CONTRIBUTIONS & ELECTIVE FEES

Thank you to everyone who has been really prompt in paying them. We really appreciate your support. Invoices have been posted. Payment on Line is proving popular and invoices can be paid this way along with excursions.

OPEN HOUSE

Thank you to all the students, parents and staff who participated in Open House afternoon. The visitors to our school appreciated the tours and opportunity to speak with staff and P&C representatives.

VISITS TO OUR PRIMARY SCHOOLS

Thank you to Mrs Thornton who has agreed to be Year 7 Adviser 2019. Our Transition to High School program commenced with visits to our partner primary schools. The captains, vice-captains and year 7 students, accompanied by Mrs Thornton and Ms Connell, spoke about high school answering student's questions.

Many Year 6 students and parents attended Open House tours and the parent information session on the 6th March.



CHANGES TO THE HSC MINIMUM STANDARDS FROM 2019

The Minister for Education recently announced that Year 9 NAPLAN tests will no longer be available as an early way for students to demonstrate the minimum standard of literacy and numeracy needed to receive the HSC from 2020.

This change has been made to ensure NAPLAN remains focussed on its diagnostic purpose and to reduce unnecessary stress on young people.

Students will show they meet the HSC minimum standard by passing online tests of basic reading, writing and numeracy skills needed for everyday tasks, which are available for students to sit when they are ready in Year 10, 11 and 12 and after the HSC.

Students who achieved Band 8s or above in one or more of the 2017 Year 9 NAPLAN reading, writing or numeracy tests are recognised as having met the HSC minimum standard in that area/s and will not need to sit the corresponding online test/s.

HSIE REPORT

Currently, Year 7 students are studying Geography. During the semester, they will study two topics, "Landscapes and Landforms" and "Place and Liveability". In Semester 2, they will change to History and undertake depth studies on Ancient Egypt and China.

Year 8 students are currently studying History and the course focuses on the study of the transformation from the ancient to the modern world, as well as focus studies on Polynesia and Medieval Europe. They are currently working on an assessment task where they are replicating a medieval artefact. During the second semester we commence the new Australian Curriculum. The two topics we look at are "Water in the World" and "Interconnections".

9I are studying History and are looking at the Movement of People and the Impact of the Industrial Revolution. 9F are undertaking the Geography component of the course and are studying Sustainable Biomes with the implementation of the Australian curriculum. 9L are undertaking both History and Geography concurrently this year.

Year 10 also operates on the semester rotation. 10L and 10E are completing the History component and are looking at the Changing Rights and Freedoms. 10I and 10F are studying the new Australian Curriculum. The two topics are "Environmental Management and Change" and "Wellbeing". Compulsory fieldwork study be undertaken in Week 1 of Term 2 for both History and Geography.

Senior students have settled in to the demands of both the Preliminary and HSC courses. Year 12 will be completing their Half Yearly Examinations in Ancient History, Business Studies and Legal Studies at the beginning of Term 2.

KOREAN REPORT

All year 7 students are now engaged in their Korean studies and are coming to grips with the strange new characters in Hangul (Korean writing). They should be practicing their new vocabulary at home.

The students have learnt how to introduce themselves, read the Korean script, sing the alphabet and greeting song and are about to begin learning the number systems.

Mrs Fitzmaurice is teaching Korean during 2018. We would like to wish her a warm welcome and thank Mrs Lofts for her dedication to the instruction of Korean over the past 15 years.

WELCOME

Kara Saddler has joined our school as an Indigenous Mentor. Kara is a past Wollumbin High School student and it is exciting to have Kara at our school as a mentor.



GIRLS TRY A TRADE DAY

On Friday 2 March at Wollumbin High School, 20 female students from Years 9-12 participated in a program that encourages girls and women to consider a career in a trade.

The day was coordinated by the The Department of Education, through Secondary Education - Senior Pathways and run by SALT (Supporting and Linking Tradeswomen) who are all experienced tradeswomen.

Our students were exposed to a vast array of careers and experiences from Painter and Decorators to Carpenters.

The students worked in a portable workshop creating a tool caddy to take home by using different tools from drills to drop saws.

During the day the tradeswomen mentored the students about making positive career choices, whether it is from choosing a pathway in the trades or other careers, by speaking about their experiences and exposing them to the different aspects of the trade world.

By the end of the day the students were impressed by their creation and their feedback was positive after listening to inspiring women in the trades.



NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. This year Wollumbin High School will be completing the NAPLAN Online between the 15th - 25th May. NAPLAN Online uses an adaptive test design, which presents questions that better match student achievement levels and provide more precise results for teachers and schools. For further information please visit: nap.edu.au/online-assessment

While participation by all students is expected, students may be withdrawn from the testing program by their parent/carer. This is a matter for consideration by individual parents/carers. Withdrawals are intended to address issues such as religious beliefs and philosophical objections to testing. A formal application in the manner specified for each state or territory must be received by the principal prior to the testing. If you wish to pursue this option please contact the school.



- Meet other parents & kids – make new friends and support networks
- Talk about parenting cultural and family values – celebrate our strengths
- Participate in traditional dance, cultural, language, singing, talking circles and art activities with your Jarjums
- Receive access to Aboriginal Family Support Worker, advocacy, information and referral in a culturally safe and supportive setting



Wednesdays 3:30pm - 5:30pm at Murwillumbah Community Centre Tweed
South Primary School every second week commencing 14/2/18

For more info phone Lara on 0431 951 162 or 6672 3003 or email: lara@mccentre.org.au

There is no cost - Healthy Afternoon Tea & Bus Transport Provided



RICHMOND TWEED REGIONAL LIBRARY

Wollumbin High students are given e-access to Richmond Tweed regional libraries to access eBooks (fiction and nonfiction), eMagazines, streamed films, encyclopedias, dictionaries, and research and study databases. If students wish to borrow physical resources, they need to visit their local library with a parent to sign up for full membership. You can explore Richmond Tweed library's impressive range of online resources at www.rtrl.nsw.gov.au Wollumbin High provides the student's full name and date of birth to the library for signup and security purposes. If you do not wish for your child to be given e-access, please contact the teacher librarian at Wollumbin High.

GETTING TO CALM - SKILLS FOR PARENTS AND TEENS

Does your teen struggle with intense emotions?

This group will give you and your teen healthy strategies to diffuse or moderate negative emotions, communicate effectively to get through the tough times and help your teen thrive.

Tuesdays 5.30 - 7.30

Ocean Shores Community Centre

Cost: FREE!

Contact Ayla Garlick 0448 559 968

WHAT'S ON

Term 1

20th March	School Photos
22nd March	Photos back up day
27th March	Year 12 Half Yearly Exams commence
27th March	P&C Meeting Library 7pm
30th March - 2nd April	Easter Break
13th April	Last day of term 1

Term 2

25th April	ANZAC Day March - assemble at Post
30th April	Staff Only
1st May	Students Return

SPORT

It has been a very busy start to the year for our many talented sportsmen and sportswomen. It all kicked off with our Annual Swimming Carnival with a great number of attendees and competitors. With the closest result ever in the history of Wollumbin High School, the champion house for the day was Melaleuca edging out Tamarind by only 2 points. Pictured are House captains Jaidyn Larrescy and Pirie Outridge with the championship trophy.



Age Champions for the Swimming Carnival are:

	Girls	Boys
12	Belinda Young	Massimo Mazzilli
13	Sienna Biermann	Brodee Hayes
14	Shiloh Jacobsen	Mckenzie Sneddon
15	Lana Lee-Johnson	Lachlan Partridge
16	Karly Gear	Max Parker
17+	Tess Sneddon	Corey Hayes



FNC SWIMMING

Far North Coast Swimming Carnival took place on 21st February. Five students qualified for the Regional Carnival on March 6th. Corey Hayes, Jordan Howlett, Bree-Anne Wihlborg, Lucy Parker and Tess Sneddon. Tess was the 17 Years Age Champion at the Far North Coast Carnival.



FNC SOCCER

Recent selection trials for both Boys and Girls Soccer took place in week 4. Wollumbin High School had 5 students selected to represent the zone including Grace Sheffield, Xara Zink, Lauren Kirkby, Cherry-Ella Fields and Oliver Liebke Pereyra.



HOUSE CAPTAINS 2018

Cedar: Jack Dawson and Laetani Brehaut
Grevillea: Corey Hayes and Chloe Gear
Melaleuca: Jaidyn Larrescy and Pirie Outridge
Tamarind: Jardi Wallace-Neely and Karinne Wihlborg.



WOLLUMBIN WELLBEING

The school year is in full swing! For your child, assessment tasks, homework, part-time jobs and sport may be building up. Finding balance is key for children's wellbeing. This term we have several programs and events running to raise awareness and enhance student wellbeing.

- Year 7 - Rock and Water program with Mr Cutcher, Mrs Thomas, Mrs Stanley and Mrs Quantrill. Focusing on emotional resilience and physical control.
- Year 7 - Resilience Training, as part of our Transition program, with Mr Butterfield and Mrs Ayres.
- Year 12 Senior Success, 1st March.
- National Anti-Bullying Day, 16th March.
- Harmony Day assembly, 20th March.
- Year 11 Senior Success, 27th March.
- Year 12 students have also been connecting with their 'teacher buddy' for informal chats and catch-ups when needed.

Headspace <https://headspace.org.au/> has some great advice for parents and carers.

Tips for a healthy headspace - for family and friends

Good mental health allows young people to deal with the changes and challenges life throws at them and live their lives in a positive and meaningful way. It includes things like being able to work and study, deal with day-to-day life stress, feel connected to others, be involved in activities in the community and 'bounce back' when things go wrong.

Just like physical fitness, mental fitness takes regular effort. There are lots of things that family and friends can do to support a young person to look after their mental health. Here are some things you can encourage your young person to do to build their mental fitness every day.

One of the most effective ways to support young people to look after their mental health is to model healthy habits yourself, so it's a good idea for you to practise some of these tips as well.

Get enough sleep

Sleep is really important for young people and their mental health. You can help them by encouraging regular sleep routines and gently helping them get up in the morning. Encourage them to switch off or reduce the time they spend on their phone or devices a few hours before bedtime. You can also help them to make their bedroom cool, quiet and dark during the night.

Keep learning

Setting goals and learning new things are really important for your young person's mental health. You can help by talking to your young person about their interests and hobbies and encouraging them to take part in them. You may want to help them find a hobby group or learn more about a topic they are interested in. Helping them to set realistic and achievable goals, while celebrating their achievements, can be really empowering for them. Listening to their challenges and disappointments is also important.

Connect

Spending time with friends and family (including pets) and people in the community is an essential part of being human, and can really strengthen your young person's mental health and wellbeing. Regularly spend time connecting with your young person by setting up an activity that you both enjoy – like a regular walk, a hot drink together after dinner or a drive. Ask questions and listen without judgement to your young person. You can also encourage and support meaningful and healthy friendships. Listen to their concerns about relationships and encourage opportunities for them to make new friends in the community.

Eat well

Eating well can improve your young person's mood, energy levels and general health and wellbeing. Cooking nutritious meals and encouraging your young person to fill up on good food (like veggies, fruit and whole grains) and drink plenty of water is good for their physical and mental development. This also teaches them set up healthy habits for their future.

Stay active

Regular exercise can help your young person to sleep better, improve their ability to cope and boost their mood. Regular physical activity is also related to better wellbeing, which can lower depression and anxiety levels. Going for a walk with your young person can help increase their activity level and provides a great opportunity to talk. Supporting them to find a sport that they enjoy and encouraging active interests in your young person are also great ways to facilitate exercise.



<https://headspace.org.au/>

SWIMMING CARNIVAL

