

# talkabout

Issue 3

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## THANKYOU

Well done to our students who have been making learning a priority, acting safely and being respectful. You do your parents/carers, yourself and the school proud.

Any students who attended the Ed Sheeran concert would have seen two signs that reinforce the message of respect towards others.

"It isn't BIG to make others feel SMALL" and "Words are powerful, use them for good".

## ANZAC DAY 25<sup>th</sup> 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.

## YEAR 7 SRC NOMINATIONS

Year 7 students who are interested in applying for SRC will be able to access nomination forms during week 1 of term 2 from their Year Adviser. Nominations are returned to Mrs Ayres no later than the 11<sup>th</sup> May. Year 7 will vote for their representatives on the 16<sup>th</sup> May.

## EXCURSIONS

Students are provided with official excursion notifications and deadlines to return notes and pay excursion costs. A handwritten note from a parent does not provide the necessary information required for students to participate in the excursion. A handwritten note may mean your student will not be eligible to attend the excursion if it doesn't provide us with the necessary information relevant to the excursion. Administration will seek additional information from parents as necessary. If they cannot speak to you then your child will not be attending the excursion. If excursion finalisation dates are not met it will mean your child is not eligible to attend or the excursion does not run. We cannot take notes and money on the day as it is insufficient time to ensure costs will be met. Please encourage your student to meet deadlines and to present you with the correct note.

## π-DAY

March 14<sup>th</sup>, (3/14) is the day to celebrate of the never-ending number 3.14159...

Wollumbin High School's annual  $\pi$  day celebration saw the donut eating competition make an excited return. Jaiden Grey out ate his competition through the heats and final, demolishing every doughy ring placed in front of him. Honourable mentions to Brody Grey and Tyson Marriott for strong finishes in the competition.

Concurrently, the  $\pi$  reciting team had a number of competitors with Dominc Baartz putting on a strong showing, reciting approximately 80 digits of  $\pi$ . Honourable mentions to Kahleah Cram and Bailey Reid for strong finishes in the competition.



## CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

Year 7 James Kolk, Violet Martinez, Kaitelyn Walton, Jet Tunsted, Kaia Sarson, Karsha Watkins  
Year 8 Siena Whiteman, Julia Wilder-Donivito  
Year 9 Jordan Maloney



## CONGRATULATIONS PRINCIPAL'S AWARDS

Year 7 Kaitelyn Walton  
Year 8 Siena Whiteman



## HEALTH & SAFETY REMINDER: AEROSOL CANS ARE NOT TO BE AT SCHOOL

Aerosol cans are banned in schools due to health and safety issues. Students have been reminded not to bring them to school. If they do so, the cans will be disposed of. Persistent non-compliance will result in the discipline process being implemented. Students are reminded that one of our WHS Expectations is that they will act safely – aerosol cans fall into this category.

## YEAR 7 VISUAL ARTS

Year 7 students have started the term with gusto. They have been hard at work creating many wild and wonderful strange creatures and begin preparation for their clay-building task where they will create their totally 'Wild and Fierce Beasts'.

Pictures on page 5.

## PARENT TEACHER

During week 1, term 2, students in Years 7, 11 and 12 will be issued with parent teacher booking sheets for parent teacher evening to be held on 22<sup>nd</sup> May. Please keep an eye out for the booking sheets. The role of students is to make appointments with their teachers on your behalf. Students are welcome to accompany their parents to the interviews. Please feel free to contact the Administration office if you need a copy of the invitation or assistance in making appointments. Interviews are by appointment and there is no guarantee of meeting with a teacher without an appointment.

Year 8, 9 & 10 interviews will be conducted early Term 3

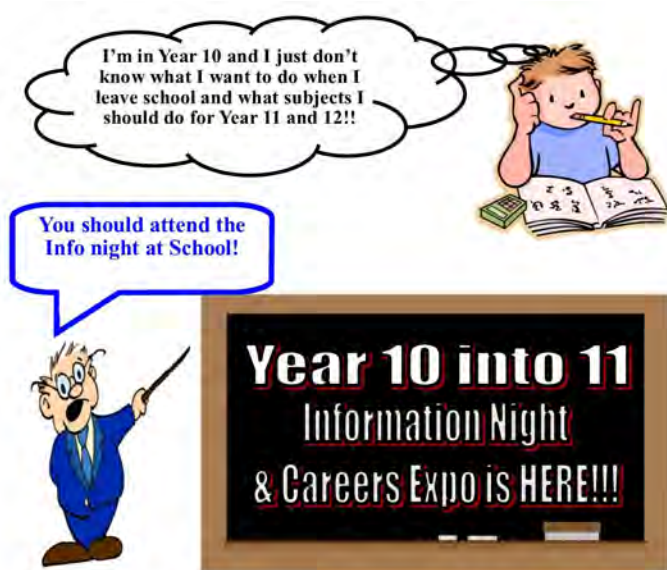


## NAPLAN ONLINE

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](http://nap.edu.au/online-assessment)

Students are required to bring Headphones with them for each NAPLAN Online test. This enables them to listen to individual instructions during the test, accessing the instructions as many times as they require.

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 must be received by the Principal prior to the testing. If you wish to pursue this option please contact the school.



**!!!A Night For Year 10 Students & their Parents !!!**

**Monday 4th June 2018**

### THE EXPO:

Where: Wollumbin High School—Gymnasium  
Time: 4.00pm—5.45pm

### THE INFORMATION SESSION:

Where: Wollumbin High School—School Library  
Time: 6.00pm—7.00pm

## WOLLUMBIN WELLBEING

**What is mental health?**

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community, and live your life in a free and satisfying way.

A person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

**What is good mental health?**

It can be helpful to talk to someone about what's going on in your life if you have noticed a change in how you are feeling and thinking. This might include:

- Finding your performance at school, TAFE, university or work is not as good as it used to be
- Being involved in risky behaviour that you would usually avoid, like taking drugs or drinking too much alcohol, or depending on these substances to feel "normal"
- Feeling sad or 'down' or crying for no apparent reason
- Having trouble concentrating or remembering things
- Having negative, distressing, bizarre or unusual thoughts
- Feeling unusually stressed or worried.

**Mental health problems**

Feeling down, tense, angry or anxious are all normal emotions, but when these feelings persist for long periods of time they may be part of a mental health problem. Mental health problems can influence how you think and your ability to function in your everyday activities, whether at school, at work or in relationships.

It can be helpful to talk to someone about what's going on in your life if you have noticed a change in how you are feeling and thinking. This might include:

- Feeling things have changed or aren't quite right
- Changes in the way that you carry out your day-to-day life
- Not enjoying, or not wanting to be involved in things that you would normally enjoy
- Changes in appetite or sleeping patterns
- Being easily irritated or having problems with friends and family for no reason

If you feel your mental health is getting in the way of your daily life it is important to **get support and to ask for help.**

You could visit your local general practitioner (GP) or headspace centre.

## WHAT'S ON

### Term 1

30th March	Easter Break
3rd April	Staff and students return
13th April	Last day of term 1

### Holiday Period

25th April	ANZAC Day March - meet at Post Office at 10am in correct school uniform
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### Term 2

30th April	SSD - Staff Only
1st May	Students Return
15th - 25th May	NAPLAN online test for years 7 & 9
18th May	WHS Cross Country (No NAPLAN)
22nd May	P&C 7pm Library
22nd May	Yr 7, 11 & 12 Parent Teacher afternoon

FOR MORE INFORMATION PLEASE CONTACT THE CAREERS ADVISER

## SPORT

### GIRLS AFL

Wollumbin High's AFL team claimed the runners up prize at the Far North Coast Gala day. Held at Byron Bay on March 7th the girls won all of their pool games convincingly against Banora Point, Kingscliff and Trinity College. Up against Mt St Patricks in the final, the girls got off to a slow start and couldn't bridge the gap in the second half going down 31-13. Well done girls for your effort and sportsmanship.



### BILL TURNER CUP

The boys travelled to Banora Point to play St Joseph's College on Friday March 23. Both teams could not be separated after 60 minutes so the game went to golden goal. St Joseph's College scored from a questionable free kick to advance to the 3rd Round. Well done boys.



### OPEN GIRLS SOCCER

Congratulations to the girls who have advanced to the 3rd Round with a 7-0 win over Ballina Coast HS. They will face either Byron Bay or Kingscliff to contest the Far North Coast Final. Congratulations to goal scorers Abby, Laetani, Grace and Brianna.

### OLD SCHOOL AND SPORT UNIFORMS TO BE DONATED TO KOKODA PRIMARY SCHOOL

Pictured are Shiloh Jacobsen, Ciarn Larrescy, Jaidyn Larrescy and Dane Peterson in some of the old uniforms being sent to Papua New Guinea for the Kokoda Primary School Sport Program.



## Homework Help

**When:** Every THURSDAY after school until 4pm.

**Where:** COMPUTER ROOM 2.

**Who:** Mrs Hirst and other staff on a rotational basis.

**Why:** Homework Help is a volunteer program run by teachers, designed to assist students in completing their homework, extra class work and assessment tasks. It can help students establish a regular study routine, provide extra assistance with content or activities they are finding difficult and build and support independent learners.



## YEAR 7 VISUAL ARTS

