

SORRY DAY

National Sorry Day is an Australia-wide observance held on May 26 each year. This year marks the 21st anniversary since the handing down of the Bringing Them Home Report. This report acknowledged that Indigenous children were forcibly separated from their families and communities since the early days of European occupation in Australia. Governments and missionaries were responsible for this forced separation.

The annual commemorations are intended to raise awareness among politicians, policy makers, and the wider public about the forcible removal policies and their impact on the children that were taken, their families and their communities. We will continue to honour the resilience of the Stolen Generations and mourn the devastating impacts of past Government policy on Stolen Generations families at this and every Sorry Day.

On Friday 25th May, the Wollumbin High School community celebrated Sorry Day. An assembly was held, featuring our own Indigenous Dance group and our Sorry Day mural was revitalised with a Sea of Hands initiative. We would like to thank Brett Quantrill (HSIE Teacher) for preparing the wall, Kelly Tierney (Parent) for donating her time and expertise in making our mural possible and thank you to Deirdre and Yaimee Currie for their guidance with our dance group.



CONGRATULATION

Mrs Manning and Mrs Hinze received their 20 years of Service Certificates in recognition of their valuable contribution to education and training in New South Wales.



CONGRATULATIONS

Kaitelyn Walton, Karsha Watkins and James Kolk have been selected to represent Year 7 on the Student Representative Council.



CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

Year 7 Karsha Watkins, Eve Coleman, Elky Birkett, Ebony
-Rose Foster-Lawson, Belinda Young, Asha
Kennedy, Bonnie Payten-Hayes, Nathaniel Boyd,
Kaitelyn Walton

Year 8 Michaiela Pansaru, Georgia Mann-Saunders

Year 11 Marlie Farmer-Foster



CONGRATULATIONS PRINCIPAL'S AWARDS

Year 7 Marley Fountain, Emily Wright, Shaysee Kelly, Lilly
Dickinson, Oscar Huttleston, Eve Coleman,
James Kolk



CONGRATULATIONS AWARD OF EXCELLENCE

Year 7 Lily Dickinson



BIGGEST MORNING TEA

Wollumbin High School staff held their 3rd annual Biggest Morning Tea during May, raising \$275.

Thank you to all who contributed the delicious food and participated in a fun event for a good cause.



ANIMATION FESTIVAL

When : Thursday 21st June
Time : 6.30 - 7pm
Where : The Regent Cinema
Cost : Students \$8.00
Adults \$10.00

Animations will be followed by an animated feature movie.

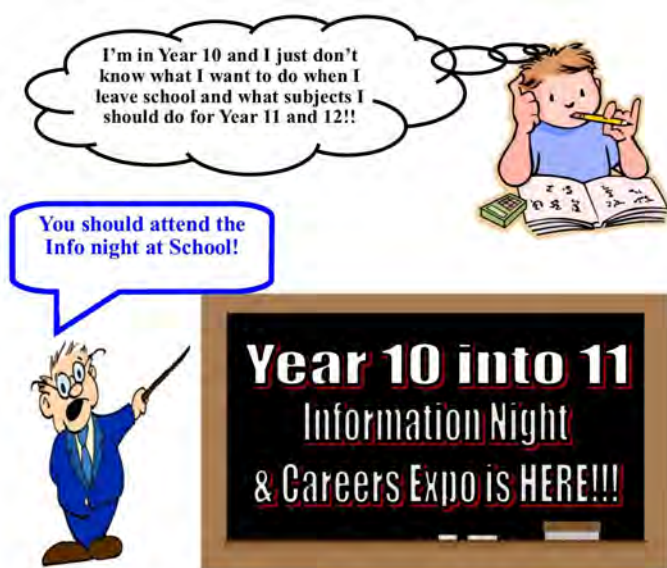
NORTH COAST PRIMARY HEALTH NETWORK ONLINE SURVEY

NCPHN is asking members of Northern NSW and Mid North Coast communities to fill out an online survey on the topic of health services.

<https://ncphn.org.au/speakup>

CONGRATULATIONS

Karsha Watkins was selected to play in the NSW Junior State Band and Manaia Hyett was selected for the NSW Music Camp.



!!!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

FOR MORE INFORMATION PLEASE CONTACT THE CAREERS ADVISER

WHAT'S ON

Term 2	
4th June	Year 10 into 11 Subject Selection Expo (4 - 5.45 in the Gym) and Information evening (6pm in the Library)
5th June	Athletics Carnival
7th June	Year 6 Transition Day
8th June	Year 8 Take a Stand Day
19th June	Safe on Social Media Parent Evening
21st June	Animations Evening
26th June	P & C 7pm Library

SPORT

CROSS COUNTRY

Congratulations to all students who competed in the School Cross Country. Another highly successful day with some fantastic results. The winning house for the day was Melaleuca. The Far North Coast Carnival will be held at North Byron Parklands on June 1. Listed below are the Age Champions for the day.



Age	Boys	Girls
12	Jak McAuley	Rihanna MacDonald
13	Jet Tunsted	Charli Stone
14	Jai Barnard	Shiloh Jacobsen
15	Lachlan Durrington	Jasmine MacDonald
16	Carter McHugh	Lexi Sneddon
17	Oliver Liebke Pereyra	Lauren Kirkby
18	Kahani Flanagan	Pirie Outridge



OPEN GIRLS SOCCER

The girls were up 3-1 with 12 minutes to go against Byron Bay High. Unfortunately Byron Bay scored 3 quick goals to win 4-3. Well done girls on making the 3rd round.



BILL TURNER TROPHY

Wollumbin High School defeated Kingscliff High 8-0 in the first round. Next opponent is Mt St Patricks College. Well done to the team.



TABLE TENNIS

Wollumbin High School's Table Tennis team has once again made the North Coast Final. Corey Hayes, Kahani Flanagan, Jason Riolo and Alice Lampett will travel to Coffs Harbour on Thursday to play Port Macquarie for a spot in the State Finals held at Homebush. Best of luck team.



ATHLETICS CARNIVAL

Will be held at Murwillumbah High School on June 5. Please organise where possible to drop off and pick up students from the venue. There will be a bus running to and from Wollumbin High School for those students who are unable to get their own way there. It will cost \$3 each way. Students are encouraged to wear their house colours on the day. A BBQ will be available as well as drinks and treats sold by the SRC. Students are advised to bring their own sunscreen, hat and water.

HOW EXERCISE IMPROVES YOUR MOOD

Exercising when I feel down?... no way... I just can't do it... my bed is my cave... leave me alone...

When feeling low the last thing anyone wants to do is go outside and get active. Anyone who has done it will tell you... IT WORKS... YOU WILL FEEL BETTER! WHY?



- The release of endorphins (described as the body's feel-good chemical)
- Gets you up and moving
- Being busy takes your mind off your troubles
- Improves energy levels
- Helps reduce the production of stress hormones
- Improves your sleep patterns
- Improves your ability to concentrate
- Improves your social interaction with others
- Improves self-esteem and self-image

Here are some tips to help you get active:

- **Start small.** If you start by setting small goals you will be more likely to do them and this will help you feel more motivated.
- **Keep track.** Monitor your progress and track the benefits after you exercise. This will help you see connections between how moving more helps you feel better.
- **Do what you enjoy.** Whether you enjoy working hard, for short periods of time, or prefer swimming at the beach it will be a lot easier to stick to it if you're having fun!
- **Make the time (even when you're busy).** When you're busy and stressed, exercise can be the first thing you stop. But being active during busy times will actually help you through tough periods.
- **Set a routine.** Plan ahead and make physical activity a part of your routine. Things like having your workout gear ready the night before and setting an alarm can help you stick to your goals.

For more information, see the headspace website at:
[https:// headspace.org.au/young-people/moving-your-way-to-a- healthy-headspace/](https://headspace.org.au/young-people/moving-your-way-to-a-healthy-headspace/)

PARENTS DO YOU KNOW IF YOUR CHILD IS SAFE ON SOCIAL MEDIA? ARE YOU SAFE ON SOCIAL MEDIA? A WORKSHOP FOR PARENTS NOT TO BE MISSED

Save the date: 19th June 6 - 7pm Library.

Safe on Social is giving a range of age-appropriate presentations at Wollumbin High on June 19th, funded by our P&C. Safe on Social director Kirra Pendergast works with schools, in Australia and internationally, and businesses with a focus on social media safety and welfare. Her presentations are powerful, punchy and incredibly thought-provoking. She will have you racing home to lock down your privacy settings, turn off your location settings, delete a few apps and reconsider what and how you post online.

During the day, Years 8-11 will discover how to maintain a positive digital footprint whilst navigating the online environment safely.

Parents are invited to attend the free evening session from 6-7 p.m. Year 12 are invited to the evening session too. **This session will cover content that is not appropriate for younger people and hence they cannot be admitted** – the session is strictly for parents and year 12 if they wish to attend.

Safe on Social presentations are inspiring, empowering and completely current. As a parent, you are encouraged to be proactive in understanding how to use social media in a positive way and protect yourself online. You will also have a clearer understanding of what your children are doing online and will be better equipped to have open and honest discussions about keeping them safe. Do not miss this memorable event – it will change your online habits forever. It is at no cost to parents, thanks to our wonderful P&C.

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.

CROSS COUNTRY



WALL MURAL

