

CAPTAINS' SELECTION PROCESS

The captaincy period for charismatic Laetani and Chester is coming to an end this term. They have done an outstanding job as ambassadors for our school. The incoming captains take up the position at the beginning of Term 4, as the outgoing captains need to focus on their HSC.

The nomination process for Year 11 students will commence shortly. Students need to complete an application form which is available from the Year Adviser, Mrs Quantrill and submit the completed form to Ms Connell no later than the 24th August, 2018. Late applications will not be accepted. All applications will be discussed by a panel, with the eligible students moving through to an interview process. Successful applicants after interview will be invited to address the school at an assembly prior to voting.

Two captains will be elected through a preferential voting system. The candidates with the two highest number of votes will be elected captains, regardless of gender.

MADDD

Congratulations to everyone involved in MADDD 2018. Many, many students and staff worked together to ensure a great evening of entertainment for an audience that packed the Civic Centre. Special thanks to Ms Giddins, Mr Ellis, Mr Collett and Mr Glasby for leading MADDD. The P&C and community support were invaluable and greatly appreciated on the night. We thank everyone involved. The evening showcased the wonderful talent of our students, not only on stage, but also of those who worked behind the scenes. 191 Wollumbin High School students were involved in this year's MADDD production. MADDD keeps getting better and better each year.

CAPTAINS' VISIT SYDNEY

Laetani and Chester joined the other Tweed 5 captains and headed to Sydney, accompanied by Ms Connell, to attend the School Leaders Day held on June 27th. The morning session was held at Parliament House and the afternoon session at Government House. Both sessions were very informative and insightful. Thank you to the P&C for paying for the Captains' flights.



2019 COURSE SELECTIONS FOR YEARS 8, 9 AND 11

Mr Cutcher and the Year Advisers are coordinating the process. Year 10 into 11 is underway. For other years, students will be provided with information booklets and selection sheets to discuss with parents/carers. A reminder that deadlines must be met as the allocation process will start. Some popular courses fill up quickly and any later returns will be given last priority.



CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

- Year 7 Ella Watts, Jai Heatherill, Kirra Lee-Johnson, Bronte Elliott, Holly Stillman, Skye Taws
- Year 8 Ari Messina, Davide Irace, Samson Atkins
- Year 9 Madison Bambach, Amity Taws
- Year 11 Rebecca Merton, Ayla Bowden, Sarah Walsh, Kirra Geadt



CONGRATULATIONS AWARD OF EXCELLENCE

- Year 7 Nathaniel Boyd, James Kolk, Jet Tunsted
- Year 8 Mihaela Pansaru
- Year 9 Jordan Maloney



CONGRATULATIONS PRINCIPAL'S AWARDS

- Year 7 Ella Brosnan, Karsha Watkins, Ella Watts
- Year 8 Indi Flanagan
- Year 9 Yumaya Litherland, Amber Dhillon
- Year 11 Kirra Gaedt, Sarah Walsh, Ayla Bowden, Rebecca Merton



PISA

Approximately 30 Wollumbin High School students participated in the PISA assessment on Friday 3rd August. PISA is the Programme for International Student Assessment. Around 500,000 students from 80 countries are randomly selected for the assessment which is run every 3 years. The assessment is anonymous for individual students. The results are used to compare educational systems and help shape educational policy to better prepare young people for the challenges of adult life. The results are due for publication in December 2019.

MANGA RATINGS AND SENIOR FICTION

The Wollumbin High Library follows the Yen Press Rating System for Manga (<http://yenpress.com/manga-rating-guide/>). Whilst most of our manga collection is suitable for all ages, some of our books have content that some parents may consider inappropriate for younger readers. We have limited these books for loan to students in year 9 or above. Similarly, some of our fiction collection has been classified as senior fiction as these books contain adult themes. If you are happy for your child to read manga for older teens and/or senior fiction, simply write a note to the Teacher Librarian and have your child deliver it to Miss Hall.

WELCOME CHEUNG-JU FOREIGN LANGUAGE HIGH SCHOOL

We have had the pleasure of hosting 15 students and two teachers from our Korean sister school. Students have been hosted by our families and we thank you for providing such a valuable homestay experience. Students attended lessons with their host student in addition to special lessons provided by WHS staff on Australian Geography, Music, Visual Art, Design and Technology, Food Technology and English. Students also visited Chillingham Public School where they received a warm welcome, participated in a Natural Arch tour and enjoyed Movie World. Wollumbin High School held a special assembly to welcome our visitors where WHS host students introduced each visiting student telling us a little about them.

Whilst at school, the Korean students embraced the Australian culture through activities such as a music lesson on Waltzing Matilda, damper making, bush tucker garden visit, boomerang lesson, Australian leaf art lesson and many more.

The Korean students had a great time with their host families where some of them made trips to the beach, visited Currumbin Wildlife sanctuary, ate lots of Australian food and spent many hours learning about each other's culture.

A special thanks to Mrs Fitzmaurice for her wonderful organisation and her willingness to coordinate this important program.



WELCOME LILLIANA

Lilliana has joined us as an exchange student from Berlin, Germany. She will study in our Year 11 group until the end of the school year. Despite having no knowledge of Australia or personal contacts, she chose Australia as an exchange destination because she wishes to understand a new culture and to improve her already excellent English language skills. In her spare time, Lilliana likes to cycle, play cards, listen to music with her friends and read. We wish Lilliana a wonderful stay.



PARENT TEACHER NIGHT

Thank you to all the parents who attended the recent Parent Teacher Night for Years 8, 9 and 10. These evenings are very important in building a strong positive partnership between class teachers and parents. Such partnerships support students to achieve the best in all facets of school life. If any parent was unable to speak directly with a teacher for some reason, please contact the school to make an arrangement to speak to the teacher of your choice.

WHAT'S ON

Term 3

9th August	Year 11 Ancient History & Year 7 excursion to Brisbane
12th August	Stage 5 Snow Trip begins
13th August	Year 12 Trial exams commence
28th August	Year 5 Sports Day
28th August	P&C 7pm Library. All welcome
29th August	HSC Music night
30th August	Year 8 Commerce students to Seniors Festival
31st August	Year 10 Switched On! Respectful Relationships
11th September	Captain's Speeches
12th September	Election of Captains
18th September	Year 8 Uni Bound

SPORT

BILL TURNER TROPHY

Wollumbin High defeated Bellingen High in the Bill Turner Trophy 15 years and under knock out competition on Friday 27th July 2018.

The 2-0 victory has booked Wollumbin an away trip for the National Quarter Finals against a Hunter Region team (Maitland Grossmann High or Hunter Sports High) on 28th August at Coffs Harbour.

Congratulations to the team and their coach, Mr Thompson.



YEAR 12

Year 12 will commence their Trial Examinations on the 13th August. A reminder that students need to be in attendance at school for scheduled lessons on 10th August as absence will require a doctors certificate.

If a student is unable to attend an examination the school must be notified that morning. For illness a doctors certificate will need to be submitted. Should a misadventure occur, supporting evidence must be supplied as per the WHS Assessment Policy. Where possible an alternate time to sit the examination will be organised unless a student will be absent for an extended period of time. However, rescheduling cannot be guaranteed.

Year 12 will be provided with information outlining expectations for Term 3, clearance procedures and deadlines that need to be met.

All Year 12 should be involved in very solid study programs at home and during study periods for the remainder of term.

IMPORTANT INFORMATION FOR YEAR 11

Year 11 students need to be very focused as they move toward the end of this term. Year 11 exams commence on the 17th September. Students are expected to be at school until the end of term.

Students must ensure any tasks not submitted as per any N Warning Letters have been submitted and attendance is maintained. Students who have not completed all their tasks and examinations will not meet Preliminary requirements and therefore place entry into HSC courses at risk.

Students and parents are advised to re-read the Preliminary HSC Assessment Policy. Please take note that any absence from an examination will require a doctors certificate and notification to the school prior to, or at the latest, the morning of the examination.

On the 27th and 28th September, students are only required at school for their Portfolio Interviews.

On Tuesday 25th October in the Library, commencing at 6pm, there is an information session for parents and students on HSC Assessment Requirements. This is an important evening as students will need to sign for their Assessment Information Booklet and requirements will be explained. There will not be any repeat sessions and therefore it is recommended that parents/carers accompany their student on that evening. Please mark this on your calendars.

YEAR 11 QUALITY PORTFOLIO INTERVIEWS

Year 11 interviews will be conducted on the 27th and 28th September, just after the end of Preliminary HSC examinations. Students should continue to build their portfolios ready to discuss their achievements and targets as senior students. Our very valued parents and community members are invited to be panel members as they are vital to the success of our program. No experience is necessary, nor does your child have to be in Year 11. Panel members just need to be willing to donate a day to the school to join staff and Year 10 students on the panels. The application is included in this edition of the Talkabout.

Homework Help

When: Every THURSDAY after school until 4pm.

Where: COMPUTER ROOM 2.

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

UNIBOUND EXCURSION

On Tuesday June 19th, Year 9 students went to Southern Cross University for UniBound day. There were 4 groups that explored 2 subjects each. There were 8 courses in total which included Law, Psychology, Information Technology, Visual Arts, Nursing, Midwifery, Occupational Therapy and Exercise Science. When we got there we went to a room and they told us what was happening with the day. We then went and had morning tea which was some fruit. After that, we went to our first subject and then went and had pizza for lunch. After lunch we went to our last subject and then came back to school.

My group and I did Information Technology and Exercise Science. In Information Technology we had to change a 2D game to a different style of game and we got to use VR (virtual reality) headsets. In Exercise Science we had to look at what muscles we use to do certain things. We did some fitness activities and lastly we looked at what drinks had the most sugar. It turned out Boost Juice had more sugar than Coke.

I had a great day and learnt what could be possible in the future.

By William Hosier, 9F



CONGRATULATIONS

Congratulations Mrs Fitzmaurice on receiving your Proficient Teacher Accreditation.



STUDENT LEADERSHIP CONFERENCE

Congratulations to the seven students who attended the Leadership Conference at Tweed River High. It was a very informative day for all.



NSW BICYCLE LAWS

If your child rides a bicycle to and from school, can you please ensure they are aware of the rules:

- Bicycle riders must follow road rules. They must stop at stop signs, give way at give way signs and give hand signals when changing direction.
- All bike riders are required by law to wear a helmet to prevent head and brain injuries from falls and crashes.
- Children under the age of 16 can ride on the footpath but must keep left and give way to pedestrians.
- Bicycle riders can turn right from the left hand lane of a roundabout but must give way to all cars leaving the roundabout at any exit.
- Bicycle riders must not ride across a road on a children's crossing or pedestrian crossing – they must dismount and walk their bike across.

For more information, go to roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/laws.html

UNDERSTANDING ANGER - FOR YOUNG PEOPLE

Anger is a normal, healthy emotion that can help us to express, and deal with, difficult feelings and situations. It can also motivate us to change things we don't like about our life.

Anger becomes a problem when it affects a person's daily life and relationships. This might be because they find their feelings of anger overwhelming or hard to control, or because they express their anger in ways that might hurt themselves or others around them. Anger can also be a common sign of distress that may be masking sadness or depression.

Learning to be aware of our anger and to express it appropriately is an important part of good mental health. If you feel angry a lot or have trouble controlling your anger, there are lots of things you can do to help manage your anger in a healthy way.

Signs that anger may be a problem include:

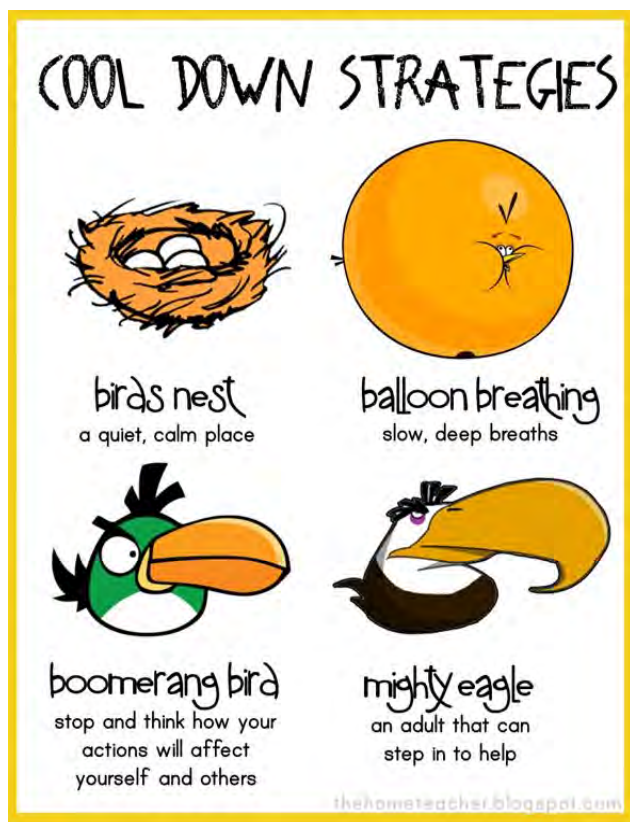
- feeling angry a lot of the time
- having trouble controlling anger
- feeling the need to use anger to get people to do something
- withdrawing from people or situations and bottling things up, rather than dealing with them
- expressing anger by saying or doing something aggressive or violent

Ways you can manage feelings of anger.

Here are five steps you can take to manage your anger in a healthy way.

- **Acknowledge** your 'anger' triggers and signs: think about the things that regularly trigger your anger. This might help you to avoid these things in future or react differently when they happen.
- **Neutralise** the situation: If you are tense, take some long deep breaths and focus on your breathing, or tense and release some of your muscles. Alternatively, walk away from a situation until you've calmed down.
- **Get to the bottom** of why you feel angry. Remind yourself that it's okay for you to be angry and think about why you're feeling this way. When you realise the real reason for your anger, it is much easier to work out solutions to it.
- **Explore** your solutions: Brainstorm some helpful ways to express and resolve your anger. Remember, we can't always change the things that make us angry but we can change the way we respond.
- **Reach out:** Your family and friends, a teacher or coach might have ideas about how you can manage your anger. Talking with them can be a great place to start.

If you or someone you know is struggling with anger, visit headspace.org.au to find your local centre or call or contact **ehespace** on 1800 650 890 or ehespace.org.au



talkabout

SCHOOL SOCIAL



AFTER SCHOOL YOUTH ACTIVITY GROUP

FREE

WHEN:
MONDAYS 3.30PM – 5.30PM
DURING SCHOOL TERM FOR 11-18 YEAR OLDS

WHERE:
MURWILLUMBAH **YOUTH CENTRE** KNOX PARK

Further information contact Karen 0409730249

nortec youth services

Murwillumbah Community

Helping learner drivers become safe drivers **NSW**

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

School Students

FREE BREAKFAST

MURWILLUMBAH YOUTH CENTRE BREAKFAST CLUB

THURSDAYS DURING SCHOOL TERM 7.30AM – 8.30AM

Murwillumbah Community

TWEED HEADS:
Monday 6th August @ 6pm
Tweed Heads Civic Centre (South Sea Islander Room), Brett St

MURWILLUMBAH:
Tuesday 7th August @ 6pm
Murwillumbah Community Youth Centre, Nullum St

MULLUMBIMBY:
Wednesday 8th August @ 6pm
Mullumbimby Neighbourhood Centre, Dalley St

BYRON BAY:
Thursday 9th August @ 6pm
Byron Community Centre (Verandah Room), Jonson St

For enquiries, or to register your attendance
Email: roadsafety@joblinkplus.com.au or call 02 6764 6623

MADDD

