

YEAR 12 PHOTOGRAPHY EXHIBITION

"Stressed" is an exhibition of the final collection of works by Year 12 Photography class. It takes advantage of the school corridors as an alternative exhibition space for the last 2 weeks of term.



BEST WISHES YEAR 12 FOR THE HSC

Year 12 commence their Higher School Certificate examinations on October 18. We wish them all the best for the next few weeks as they settle into serious study and preparation. Visual Arts, Drama, Design and Technology and Music practical marking is underway with external markers visiting the school. Students and staff will farewell Year 12 at a school assembly during the last week of term. The formal will be held on the 27th September. Year 12 are reminded to be at the first HSC examination a minimum of 30 mins before the start time. We wish Year 12 good luck with their examinations and for the exciting future ahead. We are proud of your achievements.



END OF TERM

The end of term 3 has arrived very quickly. We congratulate our students who make learning a priority, are respectful and act safely. Term 4 commences on 15th October for students and staff.

SCHOOL CAPTAINS 2019

Congratulations to Skye Brambleby and George Townsend who have been appointed our new school captains.



Congratulations to Jayanti McColl, Mitchell Walker, Jack Dawson and Kaitlyn Grant who also stood for the captain positions. Any of the candidates would have made an excellent captain as they all displayed outstanding leadership qualities.



Thank you to Ms Thornton, Mr Quantrell and the team of students who ran the voting on the day.

CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

- Year 7 Zack Darragh, Joel Gaedt
- Year 8 Julia Wilder-Donvito, Sarah Young
- Year 9 Nicole Chittick, Emily King
- Year 10 Karly Gear, Xara Zink, Ryan Stanley
- Year 11 Zahli McKay, Casey Dawson, Lauren Kirkby, Ela Hallac



CONGRATULATIONS PRINCIPAL'S AWARDS

- Year 7 Bodhi Brambleby, Tristan Fisher
- Year 8 Samson Atkins, Mihaiela Pansaru
- Year 9 Madison Bambach
- Year 10 Chloe Lopatecki, Karly Gear, Hannah McConnell
- Year 11 Marlie Farmer-Foster, Skye Brambleby, Lauren Kirkby, Casey Dawson



CONGRATULATIONS AWARD OF EXCELLENCE

- Year 7 Karsha Watkins, Vanessa Taylor, Marley Fountain, Kirra Lee-Johnson, Kaitelyn Walton
- Year 9 Amber Dhillon
- Year 10 Ava Manuel
- Year 11 Rebecca Merton, Ayla Bowden, Kirra Gaedt, Sarah Walsh



CONGRATULATIONS AWARD OF EXCELLENCE

- Year 7 Karsha Watkins, Kaitelyn Walton



LEGACY

We are proud to support Legacy and the work they do.

Attending the commemorative service and luncheon were Talisha Atkinson and Jodie Swift-Devine. Ryan Stanley, Hannah McConnell, Cheyenne Hackworth and Chloe Lopateki assisted with Legacy Appeals Day.



RIDE THE KOREAN WAVE!

Wow! What an amazing day we had on Friday 14th September where Wollumbin High School was fortunate to be immersed in the Korean culture with a range of activities. It all began with an opening performance for all of our junior school students. This comprised of a K-Pop dance performance, Jang-gu and Pansori performance and a taekwondo exhibition. The remainder of the day included all of Year 7 and some of our year 8 students embracing cultural activities which included taekwondo, craft activity making gomusin (traditional Korean shoes), K-pop and a cooking class making 'bulgogi salad bibimbap'. We thank the Korean Culture Centre for this amazing and memorable experience! Pictures on back page.

STAFF CONGRATULATIONS

Mr Leidvogel received his 20 Years of Service Certificate from the Department of Education.



ADVANCE NOTICE: INFORMATION EVENING FOR STUDENTS AND PARENTS OF CURRENT YEAR 11

On the 25th October at 6pm in the Library, we will present HSC information to parents and students of Year 11. This is a very important evening as information will be presented about the HSC and the WHS HSC Assessment Booklet will also be issued and requirements explained. It is important that parents are as aware as their student regarding HSC requirements. The HSC Assessment Booklet must be signed for on the night. We anticipate the evening running for 1 and a half hours (maximum).

EXTERNAL VALIDATION

The school recently underwent the external validation process which is a system wide approach to school excellence. Schools self-assess and use evidence to support their reflections which an external panel considers against the standards articulated in the School Excellence Framework. We provided evidence against the three domains of the School Excellence Framework which are termed Learning, Teaching and Leading. The three domains comprise a further fourteen elements between them that we needed to address. The levels of achievement are described as Working Toward, Delivering, Sustaining and Growing or Excelling. We were proud to have four elements validated at Excelling with the remaining ten being validated as Sustaining and Growing. This validation is due to the way staff, students and parents work together to promote a positive culture of learning and collaboration. For Wollumbin it was virtually a whole school Quality Portfolio process!!

WHAT'S ON

Term 3

27th September	Year 12 Formal
28th September	Last Day for Students

Term 4

15th October	Students and Staff commence Term 4
18th October	HSC commences
23rd October	P&C Meeting 7pm Library
25th October	HSC Assessment Information Evening, Year 11 parents & students 6pm Library

SPORT

STATE ATHLETICS

Congratulations to our three State Athletics representatives for 2018. Ciarn Larrescy, Ella Curtis and Ryan Mudge. Ella and Ryan were both first timers at Homebush and did Wollumbin HS very proud. Ciarn Larrescy had an amazing meet; finishing 2nd in the 14 Girls Javelin, 4th in the Shot Put and 4th in the Discus. Congratulations to all three on their fantastic results.



GIRLS & BOYS FUTSAL GALA KNOCKOUT DAY

The girls attended the Futsal knockout day last Thursday. U14 girls came out as FNC champions for the second year running, defeating schools from Tweed Heads, Byron Bay and Mullumbimby. The girls will be playing the winner of the Richmond zone competition early next term. U16 girls were narrowly defeated in the semi final but played exceptionally well.



Both boys' teams played last Friday. U14's were unlucky not to progress to the finals as they were defeated by a golden goal in the semi final against Mullumbimby. Our U14 boys are a very promising team for the future. U16 boys played extremely well only losing 2-1 in their semi final.

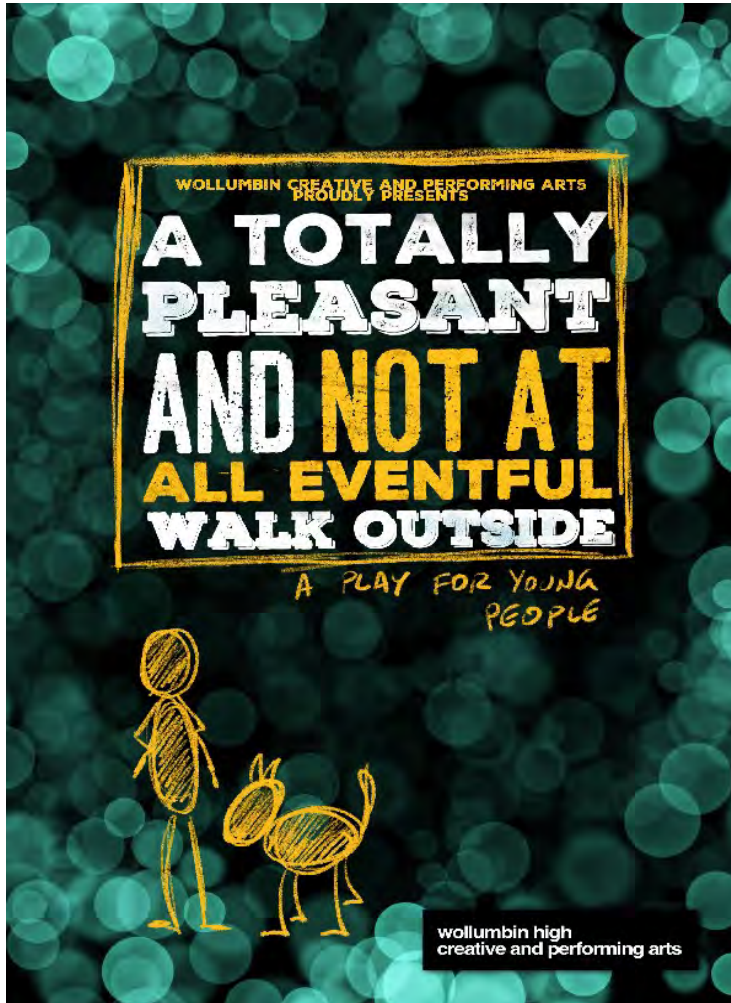
BOYS CRICKET

Our Open Boys team had a strong victory, defeating Kingscliff High School in round 1 of the Davidson Shield State Knockout. The team includes players from Year 8-11. The game was played on turf at Cudgen, Kingy batted first, scoring 6-172 (40 overs). Our bowling attack was strongly led by Anton, Keats and leg spinner Will. The batsmen excelled with a big partnership between Anton and Keats contributing to the total 2-175 (28 overs). Keats scored 107 not out, setting the highest individual score in the school's history. The team moves on to play Banora HS next. Well done.



DRAMA & MUSIC

It's been a big term for Drama & Music, with MADDD, HSC Performance Nights and HSC Marking. The stage 6 students involved performed wonderfully and a big congratulations to all involved. Stage 5 Music and Drama are also busily collaborating together to create *A Totally Pleasant and Not at all Eventful Walk Outside: A Play for Young People*. On Thursday 27th September more than 200 Kindergarten, Year 1 & 2 students from our community of schools will make their way to our performance workshop to view the finished product. Good luck Stage 5 Drama & Music!



FAMILY MOVIE NIGHT

Chillingham Public School P&C and Chillingham Pre School are holding a fundraising afternoon.

- When: Saturday 29th September
Where: Chillingham Community Centre
Time: 4.30pm—movie starting at 6.00pm
Movie: Peter Rabbit
Cost: \$6 per person or \$20 per family

Sausage sizzle, cakes and slices, etc available to purchase on the night. This is a no alcohol event.

TEENAGERS & SLEEP

“Adolescents (teenagers) need between nine and 10 hours of sleep every night. Regularly not getting enough sleep (chronic sleep deprivation) can affect a teenager’s academic and sporting performance and may increase their risk of emotional problems such as depression. Even 30 minutes of extra sleep each night makes a difference.” (Better Health Victoria)

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:

- puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later.
- Leisure activities – the lure of stimulating activities such as video games, the Internet and social media can keep a teenager out of bed.
- light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.



Vicious circle – insufficient sleep causes a teenager’s brain to become more active. An active brain is less likely to fall asleep.

Benefits of a good night’s sleep

- gives you more energy
- improves your memory, attention and concentration
- makes you less likely to crave unhealthy snacks
- helps you better deal with stressful situations

If lack of sleep is still a problem despite your best efforts, suggestions include:

- Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
- Consider learning a relaxation technique to help you wind down in readiness for sleep.
- Avoid having any food or drink that contains caffeine after 4 PM. This includes coffee, tea, cola drinks and chocolate.
- Turn off all screens (including your phone) for at least half an hour to an hour before bedtime.
- See your doctor if self-help techniques don’t increase your nightly sleep quota.

For more information see: <https://headspace.org.au/young-people/sleep-fact-sheet/>

RIDE THE KOREAN WAVE PHOTOS

