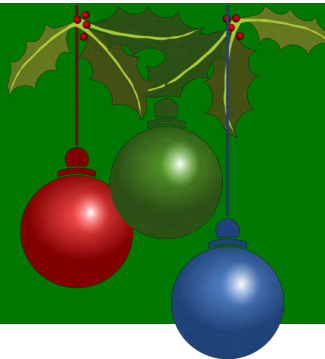


talkabout

Issue 12 13th December 2018



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This is the final edition for 2018. We wish our students, families and staff a happy and safe holiday.

P&C

The P&C held their last meeting of the year on the 27th November. At this meeting the P&C donated over \$11,000 to support the introduction of a junior STEM elective and the new senior courses of VET Entertainment Industry and Extension Science. The Principal, staff and students acknowledge and appreciate all the support provided by the P&C to our Wollumbin High School community. They work tirelessly for us and we thank them very much. The first P&C meeting for 2019 is 26th February. It will be a General Meeting. The AGM is scheduled for March.

QUALITY PORTFOLIO INTERVIEWS

Thank you to Mrs Biggs, Ms Moore and Ms Perry and their support team, our parent and community volunteers, past students and staff, our staff and students who gave up their time to be members of our panels. Some outstanding student presentations impressed panel members, with students clearly focused on personal best and quality work. However there are still some students who are not taking that approach to their studies and we hope they listen to the feedback provided and look toward improvements in 2019. Student focus on personal best and quality work is expected at our school. Students gain valuable interview skills through this process.

YEAR 7 - 10 REPORTS

Reports will be emailed home and available through the parent portal.

If you would like a hard copy of your child's report please contact the school.

UNIFORM SHOP REMINDER

Don't forget that the canteen will not be open on 20th or 21st December.

The canteen will re-open for uniform sales on the 29th January 2019 (School Development Day) between 8am-2.30pm

BRISBANE UNIVERSITY TOUR

A group of eighteen year 11 students joined a group of their peers from Murwillumbah High School and Tweed River High School to attend an overnight excursion to visit four universities across the Gold Coast and Brisbane on Thursday 29th and Friday 30th of November 2018. Wollumbin students were joined by Mr Shaw and their Careers Advisor, Mrs Standage. The students first visited Southern Cross, Griffith, and QUT campuses on Thursday, before spending the night at St Leo's College near the University of Queensland. The UQ campus tour took place the next day, before the group travelled to their final destination, Bond University. The excursion gave students an amazing opportunity to compare local universities and the knowledge needed to continue investigating the next level of their education.





CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

Year 7 Evan Barnes, Ebony Fenn, Kayla Boyd

Year 10 Lily Mayr

Year 11 Mitchell Hosier, Sola Antonini



CONGRATULATIONS PRINCIPAL'S AWARDS

Year 7 Kaia Sarson

Year 9 Virginia Cotmore, Rebecca Lang



CONGRATULATIONS AWARD OF EXCELLENCE

Year 10 Karly Gear



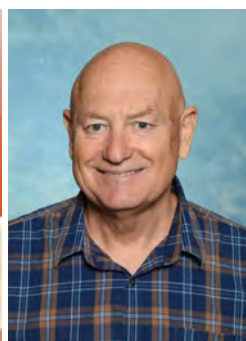
TWEED SCHOOLS ENVIRONMENTAL LEADERSHIP PROGRAM GRADUATION

Congratulations to Ella Curtis and Tahlia Janetzki for their involvement in this program. They completed a 3 day Outward Bound Wilderness experience, 2 days of environmental workshops and prepared an environmental action plan. Ella and Tahlia will introduce recycling bins for plastic bottles and cans at our school next year. They spoke about their project and shared a video they had made.



FAREWELLS

We farewell Ms Watters and Mr Wakely from Mathematics and thank them for their contribution to our school. We also farewell and thank Ms Dousling who has filled the position of Science Assistant this year supporting the Administration and Science staff.





SPORT

Sport will start in week 2, 2019.

SPORT CARNIVALS 2019

Swimming	February 12th
Athletics	June 13th
Cross Country	May 17th

Term 1 is a very busy time for sport with State knockouts and selection trials for Far North Coast and North Coast in many sports including Volleyball, Touch Football, Basketball, AFL, Hockey, Soccer, Netball, Rugby League and Rugby Union. Students are reminded to listen closely at assembly and in mentoring for messages relating to selection trials and nominations for sporting teams.

CONGRATULATIONS

Lauren Kirkby has returned from 10 days in San Diego after participating in the San Diego Surf College Cup. Lauren travelled over as a member of an Australian team where they played 3 tournament games and 2 friendlies. Approximately 600 Scouts for American colleges were present at the tournament and before Lauren even came home she had an email from a university in Portland, Oregon interested in speaking further with her about 2020.

Lauren has been playing at Australian Under 18 National Premier League level for 5 years and has been playing with Souths United Football Club, Brisbane for 3 years. Lauren's talent and her commitment are taking her places. Congratulations.



VOLUNTEERS

We also acknowledge all our volunteers who assist the students and staff in many, many ways. We appreciate all you do for us too.

AWARDS NIGHT

Awards Night will be held on 17th December in the gym, commencing at 6.30pm. We look forward to celebrating the achievements of WHS students and invite parents/carers to this important event for our school. The Admin staff, especially Ms Judi Lee, have worked very hard to ensure this event functions well. We thank our 2018 sponsors:

- Bunnings Warehouse
- Condong Bowling Club
- Justine Elliott MP
- JH Wein
- JH Williams & Sons
- Lions Club of Murwillumbah
- Manildra Harwood Sugars
- Murwillumbah Golf Club
- Murwillumbah Rotary Club
- Murwillumbah Services Club
- Halls Tyre Service
- Rotary Murwillumbah Central Club
- Rotary Club of Mt Warning AM
- Stacks Law Firm
- The Athlete's Foot
- The Balcony Restaurant
- Tweed Valley IGA
- Wollumbin High School P&C Association

WHAT'S ON

Term 4

17th December	Awards Night 6.30pm
18th December	School Picnic
19th December	Last day Students

January 2019

School resumes for Students:

Wednesday 30th January	Year 7, 11 and 12 (no sport)
Thursday 31st January	Year 8, 9 and 10
12th February	Swimming Carnival
18th February	Year 11 Assessment and Senior Success Evening for Students and Parents Carers 6-7pm Library



TAS INDUSTRIAL ARTS

It's been a challenging, yet exciting, year for the Industrial Technology faculty in 2018. Firstly, a new Stage 4 syllabus is about to hit the classrooms next year. This is going to incorporate some agriculture/permaculture in Year 7, where students get the opportunity to grow some herbs and veggies, while learning about the basic knowledge and techniques required to grow food without the use of commercial chemical fertilizers and pesticides. The course culminates with a major project involving the design of a recyclable, portable and self-watering plant vessel. This year's test run has proven that most students really enjoy the grounding experience of growing their own food.



STAGE 5 TIMBER TECHNOLOGY

The development of newly programmed projects in Stage 5 Timber Technology is inspiring students to use the usual STEM and PBL (project based learning) models within the design process to create acoustic (no power required!) mobile phone amplifiers in Year 9 and a self-directed Major Project in Year 10. This year is the inaugural running of the acoustic amplifiers and the results have been promising to say the least. Students were required to research basic sound acoustics and evaluate existing designs. They then incorporate their own thoughts and ideas to produce working technical sketches of their ideas, use mathematical calculations to generate material lists and then source recyclable timber to construct their project. Some basic exploration of acoustic properties of different timbers and designs were evaluated throughout the process with some surprising results. YES they are working! The sound from their phones is amplified and unexpectedly the sound produced has a richer timbre (tone). Once finished the final product is evaluated for functionality and aesthetics by peers. Tyler Barnes even incorporated charging facilities that were secretly hidden into the unit.



WINNERS AT THE MURWILLUMBAH SHOW

At the recent Murwillumbah show, Tyler Barnes, Hannan Partridge, Izac Norton and Indi McKinnon took on other teams from local high schools in the IATE woodwork challenge. This event gives each student two and a half hours to create a material list from a given plan of a project and make it. Students are marked by external judges on the accuracy of their calculations and the quality of their finished projects. The boys performed very well with the team proudly taking second place in the teams event with Indi McKinnon taking out equal first in the individual category with a perfect score. Well done all round.

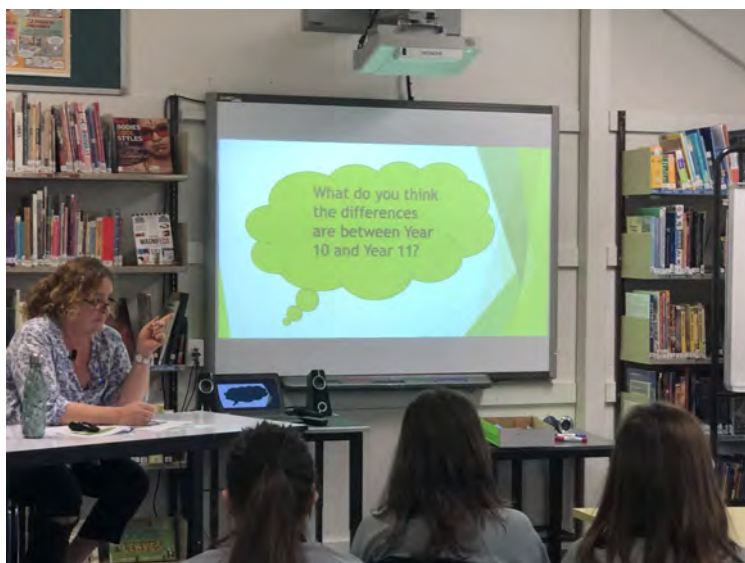


YEAR 10 SCHOOL TO WORK PROGRAM

On Monday 10th of December 2018, Year 10 participated in a special School to Work Program. The School to Work Program provides all students from 7-12 over the year via various opportunities to explore and learn about Planning Transition Pathways, Exploring Career Futures, Strengthening Student Outcomes through Vocational Learning and Building Networks and Connections. The Year 10 day specifically worked through;

- A mandatory requirement from the NSW Education Standards Authority (NESA) which focused on plagiarism,
- The differences between Year 10 and the Senior Years and what would be required of them in Year 11 and 12.
- Study skills through the Studyskills Handbook website
- Building a resume through Jobjump
- Exploring options for the future using the Myfuture website

The students gained some vital information to assist them through their studies from 2019 and beyond.



UNDERSTANDING ANXIETY - FOR YOUNG PEOPLE

Anxiety is something that we can all experience from time to time. Much like fear – it is an uncomfortable feeling that we have when we are faced with difficult situations. Sometimes those situations are real, like a sports match or an exam. Sometimes we create those situations in our mind, like worrying about things that 'could' happen in future.

The experience of anxiety is our body's way of preparing us to manage those difficult situations. Anxiety can actually help us perform better by helping us feel alert and motivated. But sometimes anxiety can get so full on that it gets in the way of daily life – this is when anxiety becomes a problem.



Signs that anxiety has become a problem include:

- worrying about things a lot of the time
- being unable to relax
- avoiding places or people, like school or parties
- spending less time with friends and family
- having trouble concentrating and paying attention
- feeling annoyed, irritated or restless difficulty getting to sleep at night and waking lots during the night.

How to help overcome anxiety:

- **Eating well** and getting **good sleep** are important starting points
- **Up your activity and exercise:** Being active can have a huge impact on your anxiety levels. In fact, research suggests that regular exercise can be one of the best things we can do to reduce our daily anxiety levels.
- **Speak up:** It's a good idea to talk to someone that you trust about how you are feeling.
- **Increase your relaxation:** Find ways that help you to feel more relaxed and less tense. Breathing exercises are simple but really effective relaxation strategies. Mindfulness activities, listening to music and reconnecting with people or nature can also be relaxing.

The Brave Program: is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents. <https://brave4you.psy.uq.edu.au/>

For more information on anxiety go to the headspace website: <https://brave4you.psy.uq.edu.au/>

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