

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 14th October for students and staff.

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

On the 24th 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).

BEST WISHES YEAR 12 FOR THE HSC

We wish Year 12 good luck with their examinations and for the exciting future ahead. We are proud of your achievements.

CAPTAINS

Congratulations to Ava Manuel and Keaty Chippis who have been appointed our new school captains. They were welcomed by the outgoing captains Skye Brambleby and George Townsend who have shown exceptional leadership.



Congratulations to Ryan Stanley and Tahlia-Belle Janetzki who also ran for the position of captain. All candidates would have made an excellent captain as they all displayed outstanding leadership qualities. Thank you to Ms Thornton and the team of students who ran the voting on the day.



CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

- Year 7 Avril Fedele, Hayley Taylor
- Year 8 Mya Stevenson, Emily Wright
- Year 9 Beau Tagget, Mihaiela Pansaru
- Year 10 Rebecca Lang, Amber Dhillon, Madison Bambach
- Year 11 Saraswati Harrison, Lochie Pansaru, Luke Johnson



CONGRATULATIONS PRINCIPAL'S AWARDS

- Year 7 Zali Grennan, Georgie Kliendienst
- Year 8 Bronte Elliott
- Year 9 Emily Chittick
- Year 10 Jordan Maloney, Amber Dhillon, Natalie Wilkinson, Summer Stone, Bethany Ligteringen, Yumaya Litherland, Rebecca Lang
- Year 11 Lily Mayr, Tahlia-Belle Janetzki, Luke Johnson, Hannah McConnell, Lochie Pansaru
- Year 12 Jessica Maloney, Kirra Gaedt, Lauren Kirkby



CONGRATULATIONS AWARD OF EXCELLENCE

- Year 7 Stephanie Conroy, Georgie Kliendienst
- Year 8 Bronte Elliott, Belinda Young, Holly Stillman, Vanessa Taylor
- Year 10 Bethany Ligteringen
- Year 12 Ella Hallac, Kirra Gaedt



CONGRATULATIONS AWARD OF HONOUR

- Year 9 Julia Wilder-Donvito



100 WORD STORY COMPETITION

Congratulations to Melody Lorimier-Moreau, the winner of Wollumbin High's inaugural 100 word story competition. Students were challenged to write a complete narrative in precisely 100 words. A panel of three judges was formed, comprising a student, a teacher and a community member. Melody's prize was a tote bag full of books, book marks, a poster and a canteen voucher. Congratulations to all students who submitted stories, there were many excellent narratives which made judging challenging.

Melody's Story

Paper planes

We sit. Folding, folding, folding. Giving purpose to the pointless. Potential to the blank. Not marking, not breaking, just bending. The paper gives way as my fingers fold it. Into any shape I want, it lets me. The silence is part of it all. Just the sound of crinkling blank pages and soft breaths.

Beside me my sister folds too, just like me but not. The angles aren't planned, nothing is. It's all involuntary improvisation. A different kind of art, it has all the meaning, maybe more.

It might not fly like a paper plane, but it will still fly.



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.

HSIE

On Friday 6th September Year 10 participated in fieldwork. 10E and 10I visited the Mudgeeraba War Museum and looked at artefacts associated with the many conflicts and peace-keeping missions Australian soldiers have been involved with. Bob Meehan, a retired Vietnam soldier, gave the students an interactive tour of his museum.

10L spent a windy day on Kingscliff beach with Mr Quantrill and Mrs Thornton. They completed vegetation studies, a litter profile and looked at the numerous coastal management strategies that have been implemented in the area.

On Thursday 12th September, Year 8 undertook an excursion based on the unit "Water in the World". We visited Clarrie Hall Dam where we learnt about our local catchment area. Additionally, we went to the Kingscliff Waste Treatment Plant where we were exposed to how the sewage is treated in the local area.

Our Year 12 students are busy preparing for the upcoming Higher School Certificate Examinations and we wish them success.



WHAT'S ON

Term 3

26th September	Year 12 Formal
27th September	Last Day Term 3

Term 4

14th October	Students and Staff commence term 4
17th October	HSC commences
22nd October	P&C Meeting 7pm Library
24th October	Year 11 into 12 HSC Assessment Information Evening 6pm Library

SPORT

STATE ATHLETICS

Congratulations to Ciarn Larrescy and Jaidyn Larrescy for winning medals at the recent State Championships.

Jaidyn won gold in the 17+ boys Javelin event and Ciarn a silver medal in the 15 years girls Javelin event. Many thanks must go to Head Teacher TAS, Mr Sean Larrescy, for his time and effort training all the WHS students.



SYDNEY SIXERS VISIT WOLLUMBIN HIGH SCHOOL

On the 4th September we had a visit from Sydney Sixers players Mickey Edwards and Jodie Hicks. They put some of our keen cricketers through their paces and signed a few autographs. Many thanks to Jess Willemsee from NSW Cricket for her organisation.



ABSENCE

Partial absence also creates an SMS alert requesting an explanation. It is important that students who arrive late to school have their absence explained. Partial absence also contributes to the overall attendance percentage. Persistent lateness, especially that which is not explained, will impact on students maintaining the required attendance to meet requirements.

YEAR 6 TRANSITION DAY

In week three this term we welcomed our Year 6 students to the second of three transition days aimed at providing engaging and informative activities to prepare students for life in high school. Throughout the day students experienced a range of activities with a number of our teachers and Year 10 leaders. Activities included lessons in Agriculture, HSIE, Music, Drama and English. Feedback from staff and students was positive with a great day had by all.



MON 18TH NOV 6:30PM



DRUG & ALCOHOL PRESENTATION

STAFF, PARENTS AND COMMUNITY...

Teenagers, alcohol and other drugs 2019: What's happening, what's out there and how much influence do we really have?

Using the most recent data available, Paul Dillon's session will examine the use of alcohol and other drugs by school-based young people. It will have a particular focus on the changes in patterns of alcohol use that have occurred in recent years, as well as any particular concerning trends around illicit drug use. There will be a close examination of the positive influence that parents can have on their child's drinking behaviour, as well as the barriers that they may face during adolescence. It aims to empower staff, parents and community members in supporting young people in this complex area.

Community stalls will be on display inside the building

Complimentary Tea & Coffee

Paul Dillon has been working in the area of drug education for more than 25 years. Through his own business, Drug and Alcohol Research and Training Australia (DARTA) he has been contracted by many agencies and organisations across the country to give regular updates on current drug trends within the community. He continues to work with many school communities across the country to ensure that they have access to good quality information and best practice drug education. In 2009 his best-selling book for parents was published titled 'Teenagers, Alcohol and Drugs' and has since been released internationally, being translated into a number of languages. With a broad knowledge of a range of content areas, Paul regularly provides media comment and is regarded as a key social commentator in Australia, appearing on a wide range of television programs including Sunrise, TODAY and The Project discussing topical issues. Paul also had a regular spot on a national radio program on Triple J for seven years where he dealt with current youth drug issues. Paul also has a blog where he discusses topical issues of the day, as well as addressing some of the questions and queries he is regularly asked by those attending his presentations.

TWEED RIVER HIGH SCHOOL

**4 HEFFRON ST
TWEED HEADS SOUTH,
NSW 2486**

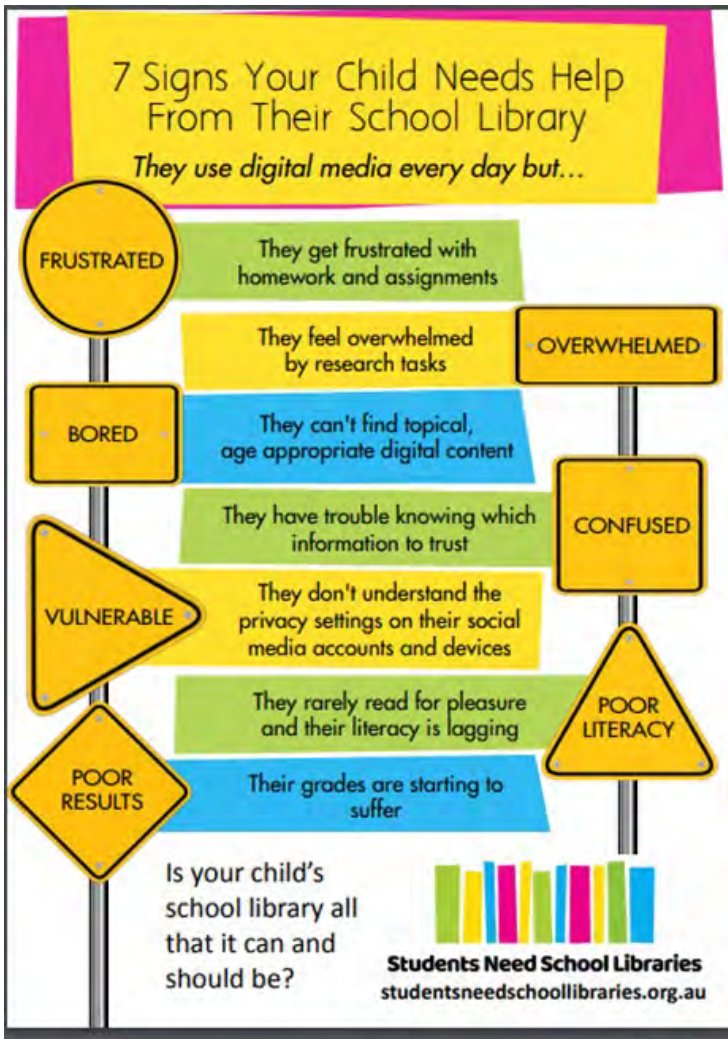
RSVP

toni.cowan@det.nsw.edu.au

POSTING PHOTOS

Sharing photos or video content filmed onsite at school or a school event on social media may cause serious privacy issues for other students. Parents and third-party contractors are not authorised to use such images unless specific permissions are signed by the parents of each child appearing on that party's social media accounts.

Students also need to be continuously reminded that taking photos of their friends at school and posting them to Snapchat, Instagram etc. is publishing without the consent and can cause issues from a duty of care perspective if the photo is taken wearing school uniform, onsite at the school, tagged into the school or on an excursion. Students often do not understand the importance of privacy as in many cases they have never had it with everything since their first ultrasound photo published on social media by their parents.



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/>

YEAR 10 HSIE EXCURSION MUDGEERABA WAR MUSEUM



YEAR 8 HSIE EXCURSIONS CLARRIE HALL DAM & KINGSLIFF WASTE TREATMENT PLANT

