

CAPTAINS 2021

Congratulations to Madison Bambach and Ethan Newbon who have been elected as our new school captains. The selection process was quite extensive, whereby applicants firstly applied for the position of school captain with a written application. This was followed by an extensive 30 minute interview process.

Four quality candidates were shortlisted and invited to speak to the entire school (Finn Gaedt, Madison Bambach, Yumaya Litherland and Ethan Newbon). All students and staff then voted for the captain positions.

It was quite evident that all four finalists would have made great school captains. Thank you to all the students who applied for this prestigious position.



BASE LEADERSHIP AWARD

Ryan Stanley has been awarded the Southern Cross University Achiever Award for his ongoing leadership in the school and community. The Base leadership award competition is open to all senior school students in the Tweed and Byron/Ballina Shires and had hundreds of applicants this year. Ryan completed a written application and then progressed to an interview with a panel to discuss his commitment to teamwork and leadership and his plans for contribution in the future. The scholarship is a major award sponsored by Southern Cross University and is valued up to \$32000. Ryan has since participated in filming a promotional video around leadership and this will be distributed to all schools in the shire areas for viewing by approximately 10 000 students. Congratulations to Ryan for winning this major category award.

The Base Youth award categories are in leadership/academic, sporting, creative/performing arts, community/citizenship and Aboriginal/Torres Straight Islander spirit award. Students interested in entering in the 2021 awards program are asked to check online for entries in February next year.



CONGRATULATIONS DEPUTY PRINCIPAL'S AWARDS

Year 7 Cooper Foreman, Thalia Lorimier-Moreau, Eva Rose Kolk, Savannah Birkett, Owen Stillman, Wyatt Page, Wade Doueihi

Year 8 Dylan Woodgate, Lexcie Jacobs-Fuimaono, Kiarn Dodds

Year 9 Bronte Elliott

Year 12 Karly Gear, Chloe Lopatecki, Ryan Stanley



CONGRATULATIONS PRINCIPAL'S AWARDS

Year 7 Wade Doueihi, Kiahn Taprell, Leah Ditton

Year 9 Bronte Elliott, Kaitelyn Walton

Year 12 Karly Gear, Ryan Stanley, Aurin Cahanovich



CONGRATULATIONS AWARD OF EXCELLENCE

Year 7 Rupa Morton, Leah Ditton, Elicia Hosier, Danni McDonald, Fionn Bartesko, Noah Secomb

Year 8 Zane Haley

Year 9 Bronte Elliott, Holly Stillman

Year 12 Ryan Stanley



CONGRATULATIONS AWARD OF HONOUR

Year 7 Noah Secomb



talkabout

YEAR 12 UPDATE

At present, planning is still going ahead to have a small Covid safe Year 12 Assembly only for Year 11 and 12 students on Thursday 24th September. Unfortunately parents will not be able to attend.

The latest information is pointing toward a real possibility of being able to have the Year 12 Formal after the HSC examinations.

HSC EXAMINATIONS

Wollumbin High School is continuing to work closely with our T5 partner schools. The following information highlights our partnership in relation to a possible Covid situation arising during the HSC examination period.

As we move towards the HSC, in collaboration with our T5 partner high schools, we have made preliminary plans to support our HSC students in the unlikely event that one of our schools reports a positive COVID-19 case. An alternative venue and supports will be communicated via our schools' website and HSC students and parents will be texted directly. Rest assured the wellbeing of our students is in the forefront of our minds.

PEER MEDIATION

Year 11 Peer Mediators undergoing conflict resolution training with the help of Year 8 Drama class.



WHAT'S ON

Term 3

16th September	Year 11 Exams Commence
17th September	Year 7 Vaccinations
22nd September	P & C Meeting (TBC)
24th September	Year 12 Assembly (No Parents)(TBC)
25th September	Final Day Term 3

Term 4

12th October	Students Return - Term 4
20th October	HSC Commences
22nd October	Y11 to 12 Assessment Evening (TBC)
27th October	P & C Meeting (TBC)

AFTER SCHOOL HOMEWORK HELP

When: Every THURSDAY after school until 4pm

Where: Computer Room 2

Who: Mrs Hirst and other staff on a rotational basis

Professor John Fischetti University of Newcastle

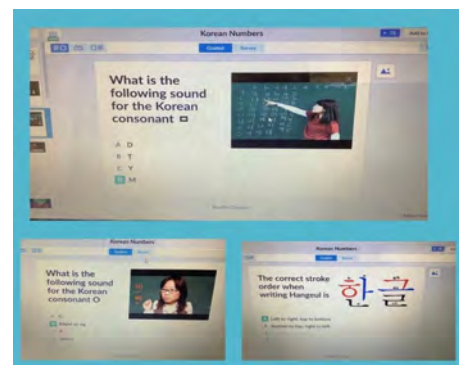
Learners retain

90% when they teach someone immediately	(SAY and DO)
75% when they practice what they learn	(DO)
50% when they engage in group discussions	(SAY)
30% when they see a demonstration	(SEE and HEAR)
20% when they learn from an audio-visual	(SEE and HEAR)
10% when they have learned from reading	(READ)
5% when they have had a lecture	(LISTEN)

talkabout

KOREAN PLICKERS

During Korean one of the teaching and learning strategies that we use is 'Plickers'. Plickers is a revolutionary way to collect instant multiple-choice responses from students, without requiring them to have a device. Plickers engages students by empowering them to share what they know, whilst at the same time, teachers can get immediate feedback to inform their instruction. It is a lot of fun had by everyone!



KOREAN VIDEO CONFERENCE

During a selection of lessons in Korean language studies, our Year 7E students have the opportunity to connect classrooms with a school in South Korea 'Ungcheon Middle School'. Due to Covid, we have only just begun this connection. These video conferences provide our students with an authentic learning experience and enable interaction on a cultural level with the sharing of unique features of both cultures. Some of the topics which we will engage in are; food, history, celebrations, landmarks and many more. This week our 7E class were able to meet the Korean students during our first introductory video conference. It is an invaluable experience for both our students and the Korean students!



PASSION PROJECT TIME IN YEAR 10 ENGLISH

Year 10 Passion projects are underway in English. All year, the students have been engaging in interest based learning. Delving into a range of concepts such as 'Our Brave New Digital World' and 'The Transmundane', they have produced various textual forms that incorporate the concepts and their passion.

Now students are using the design process to produce a multimodal product influenced by their passion and a related text.

"It is exciting to see such a range of products being created from instructional videos to songs and architecture. There is a real buzz as students are excited to share their interests by communicating in authentic ways, and hopefully through research and investigation of texts, they will find a community of like-minded individuals," says Mr Walker-Head of English, "I can't wait to see the end result!"



SPORT

CROSS COUNTRY

Congratulations to all students who competed in the School Cross Country Carnival. The winning house was Melaleuca. Listed below are the Age Champions for the day.

Thank you Mr Lambert for your organisation. More pictures on the back page.

Age	Girls	Boys
12	Danni McDonald	Nino Giacalone
13	Elise Devery	Kurt Chesher
14	Hayley Taylor	Xane Bowen
15	Lucy Philip	Jet Tunsted
16	Anatasiia Kolokolova	Matt Pilon
17	Nil	Matt Plater
18	Nil	Nil



CONGRATULATIONS XANE BOWEN

Xane Bowen of year 8 has been selected into the NSW Training Academy for Triathlon. Well done Xane.



YEAR 7 MATHEMATICS

Year 7 have been working on the topic indices and surds. This is Lincoln in 7L making the connection.



OUR NEW LED SIGN IS UP AND RUNNING

Stay tuned for more upcoming messages.

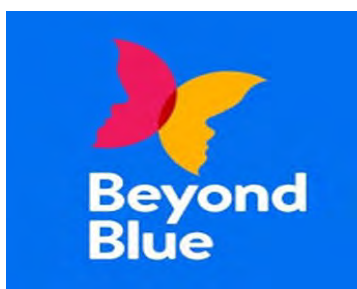


BEYOND BLUE

Wollumbin High has teamed up with Beyond Blue and their wellbeing program Be You. We are aiming to help our students achieve their best possible mental health so they can enjoy their time at school and achieve academically.

This term our Wellbeing Team will email surveys to parents and carers. The Be You survey will help us know what your experiences are and how we can improve as a school and community.

We'd greatly appreciate your feedback! Keep an eye out for the email For more information <https://beyou.edu.au/> or contact Chris Brooker at school.



COVID-19

Following is the link which will provide you with the latest information regarding COVID-19.

<https://education.nsw.gov.au/covid-19.html>

talkabout

CROSS COUNTRY



Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity

- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

What you're going through isn't easy. It's good we can talk about it.

Have you been feeling this way for a while?

THERE'S MORE TO SAY AFTER RUOK?

That's tough. Keep talking, I'm listening.

RUOK? DAY
10 September 2020

Learn what to say at ruok.org.au
A conversation could change a life

be you | Beyond Blue

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