We are very happy to inform you that our Learning Centre started on Monday 25\textsuperscript{th} March and will continue every following Monday. We will meet in the library at 3:15 and as before, there will be a bus to transport the students home at 4:45pm when the sessions are over.

For those of you that are new to Woolgoolga High School or have not participated in the Learning Centre before, we are extremely lucky to have tutors from Southern Cross University attend our school every Monday afternoon. The kids are supplied with afternoon tea, have a quick game of touch football or basketball before we get started. The main aim of the learning centre is to offer the students assistance with homework, assessment tasks or just extra tuition in problem areas. This is a great opportunity for students to stay on top of classwork or study for an upcoming test. The tutors are all Uni students who are very keen to help our students to achieve their very best results.

We would also like to extend an invitation to all family and community members to come along and spend an afternoon with us to see the great work being done.

Looking forward to another successful year with the great team of AIME mentors.
I had the privilege of being invited to attend the Youth Mental Health and Wellbeing Youth Forum yesterday with 50 of our students. The conference was held at Southern Cross University and Tia Weiss and Maddison Sadler from Year 11 addressed the assembly of over 500 local high school students. They spoke about our S.M.I.L.E. program. They then sat on a panel which included Dr John Hurley, Associate Professor from Southern Cross University and fielded questions on bullying and the S.M.I.L.E. program from the floor. The conference appeared on NBN News and included a most positive interview with Alison Fenton, our Student Support Officer.


An exciting new partnership has been forged with Youth Directions and is providing new pathways for some of our students who will benefit from learning in new ways. The program is called ‘Stepping Stones’ and at present we have been able to secure two student places in this program. The program is full time for the rest of this year. They spend one day doing community volunteer work, three days at TAFE (Digital Media, Boat Building (2 days)) and a work readiness program including health and fitness on the 5th day. The students are very keen and there may be other opportunities into the future for other students to benefit from this path finding program. The course is a NSW Board of Studies Alternative Education Program for students currently in Year 10.

Our school is supported by many outside organisations and in this newsletter I would like to recognise the contribution of Southern Cross University and in particular the work of Clarke Webb and his AIME team. The work done by this small team in running the Gaduyi Indigenous Learning Centre at Woolgoolga High is to be commended. The homework centre is providing help with homework and assessments for our indigenous students and they are benefiting significantly. The Indigenous homework centre is on Monday afternoons from 3.15 to 4.45pm.

The school musical is fast approaching and to all accounts the performances are not to be missed. The theme is Back to the 80’s and performances are scheduled for the 22nd May till the 25th May.

Parent teacher night last Tuesday was very well attended by hundreds of parents. Many staff commented that they had not seen such large numbers of parents and caregivers for many years. I had the opportunity to talk to many parents on the night and the mood was extremely positive. I noted that parents and caregivers clearly understood that the education of our students is a true partnership between the home and the school and this partnership is alive and active and looks great for the future of the school. Research clearly shows that positive feedback to students about their performance and adding ways of improving their work is essential for raising their educational outcomes. Similarly, feedback to parents and caregivers gives a clear understanding of how parents and caregivers can help their children’s education at home. I often tell parents that it is essential for students to come to school each day with a positive outlook on school, looking forward to each and every day and a willingness or even a thirst for new knowledge and an enjoyment of learning.

The school disco last week was an enormous success with a big roll out of both students and staff. Without the significant input from staff, we would not be able to continue to have discos. Thanks also for Senior Constable Snow and the local Rural Fire Service for providing the security for the event.

Rachel Hall recently spoke on school assembly about Rotary Exchange. This is a wonderful opportunity for students to attend school and experience life in another country. At present we have had no applications for these exchanges. The Rotary Club of Woolgoolga are also seeking host parents/family for an incoming International student who will arrive in July 2013. The student will be aged from 16 -18 years and will attend Woolgoolga High School for 1 year. (More information on Rotary exchanges is contained later in this newsletter.)

Congratulations to Jessie Gentle for making the regional soccer team, she will be participating in the state carnival in Albury from 6-9th May. Good luck!

Have a safe and enjoyable holiday and school starts back for term 2 for all students on Wednesday 1st May.

Until next time

Guy Wright
Well done to all students for your excellent behaviour at the recent *Masquerade* themed disco. More photos are available on the school website. A big thank you to all staff who assisted with supervision on the night.
**Issue No. 5**

**Woolgoolga High School P&C Fundraiser**

$20 “L & P” Plates, Order & Pay Through Canteen

**www.cliplate.com.au**

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**Individual Results**

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<thead>
<tr>
<th>Age</th>
<th>Events</th>
<th>Winners</th>
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<tbody>
<tr>
<td>12 years</td>
<td>50m freestyle, 200m freestyle, 100m breaststroke, 100m freestyle</td>
<td>Kelsey Sturch 6th, 3rd, 3rd, 2nd</td>
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<tr>
<td>13 years</td>
<td>200m freestyle</td>
<td>Delilah Thorncraft 8th</td>
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<tr>
<td>12yrs</td>
<td>100m backstroke</td>
<td>Blake Stapleton 7th</td>
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<tr>
<td>13 years</td>
<td>50m freestyle, 100m freestyle, 200m freestyle, 100m butterfly</td>
<td>Samuel Burke 12th, 5th, 3rd, 4th</td>
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<tr>
<td>13 years</td>
<td>100m backstroke</td>
<td>Andrew Collins 4th</td>
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<tr>
<td>14 years</td>
<td>100m backstroke, 100m breaststroke</td>
<td>Isaiah Koopmans 8th, 5th</td>
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**Team Results**

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<td>2nd place</td>
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<tr>
<td>Girls All Age relay</td>
<td>5th place</td>
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<tr>
<td>Boys 14 years relay</td>
<td>5th place</td>
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<tr>
<td>Senior boys relay</td>
<td>5th place</td>
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<tr>
<td>Boys all age relay</td>
<td>6th place</td>
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<tr>
<td>Mixed All Age relay</td>
<td>4th place</td>
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</table>
Fix our roads

I WISH to raise the awareness of all to Woolgoolga’s local roads.

Not only are they a safety hazard, but they are old, damaged and uncared for.

As a young member of our small community, I believe the Coffs Harbour City Council should focus more of their time and money on the Northern Beaches area, particularly Woolgoolga. Something must be done now. Our town has been around since before 1870 and still stands tall.

However, the town isn’t as safe and kid-friendly as it used to be.

Our roads are, fair to say, a massive hazard, especially to L-plate drivers and those who drive at night.

My older sister is currently learning to drive and almost every time she drives down the main street, she hits at least two or three potholes. This situation has gotten out of control and soon, someone is going to have a terrible accident because of the road’s poor conditions.

On February 22, a major storm hit northern NSW hard and the Northern Beaches and Coffs Harbour were one of the worst hit areas. Considerable damage was inflicted around town, yet almost three weeks later, the council has barely fixed anything.

There are more than 5,000 residents currently living in this beautiful, quaint seaside town - the majority of them paying rates. We, as residents, expect a lot more than what the council has done. We only have one main street which runs through the heart of the town all the way up to the headland and this road is now put to shame. What happened to our help? Come on council, get down here and repair our roads for once and stop slacking off. Next time, why don’t you come fix Northern Beaches first?

I expect improvements and so does everyone else.

Give us a fair go.

Chloé Burton

Brelsford ideal

I AM WRITING to you as a young teenage resident of the local area about the skate park idea for Coffs Harbour.

A new and improved skate park will be a great addition to the community and I think it will be beneficial to the youth of Coffs Harbour as well as bringing tourism to the area.

I am also with the majority of people in saying that Brelsford Park is the ideal location.

First of all, a new and improved skate park will be beneficial to the youth of Coffs Harbour. It will give them somewhere to go and skaters and scooter riders alike will appreciate a better skatepark.

It’s about time Coffs Harbour got a brand new, improved skate park as it would attract tourism. I know other skaters travel to skate at different, better parks outside the local area.

Brelsford Park would be the ideal location for the new skate park. It’s in the CBD, close to shops and accommodation.

It’s also a great location because of the accessibility and visibility, it’s easy to find and easy to get to.

According to an online poll, 82% of people supported Brelsford Park as the site and I strongly agree with them.

An awesome skate park in Coffs Harbour at Brelsford Park will be fantastic and our community will really benefit from it.

Kelera Marsden
Maybe Baby Program, a successful virtual baby/parenting program once again made available by Division of General Practice to students of Year 9 will run at the beginning of term 2 (May 1st). Mrs O'Halloran will have more information for students in the near future.

Enjoy your body, use it every way you can. Don't be afraid of it, or what other people think of it, it's the greatest instrument you'll ever own.

Faith makes all things possible.
Hope makes all things work.
Love makes all things beautiful.

What is Body Image?
Body image is your attitude towards your body—how you see yourself, how you think and feel about the way you look and how you think others see you. Your body image can be influenced by your own beliefs and attitudes as well as by society, the media, and peer groups. As a teen, you go through many changes through your body, and as your body changes so does your image of yourself. It's not always easy to love every part of your body, but when you think about the negatives it can really bring down your self-esteem.

Why are TV ads promoting?
Television ads like this one often show a model achieving perfect eyelashes in one swoop, but she is clearly wearing false eyelashes. They do this to promote younger people such as teens and sometimes adults into buying these products. Teenagers often fall into these traps really easily and start to feel bad about themselves. "We all have something that we wish we could change about our body, whether it's our nose, mouth, eyes or ears, but we do have at least one thing we love ourselves. For some people this becomes a bigger issue which leads to depression, anxiety, eating disorders and other serious health problems. Here are some ways to help you:
1. Boosted yourself.
2. Spend less time in front of the mirror and on the scale.
3. Stop comparing yourself to others.
4. Spend less time reading and watching the media.
5. Think positive.
6. Surround yourself with supportive people."
WOOLGOOLGA HIGH SCHOOL
HOMEWORK POLICY

RATIONALE
Study and homework must be purposeful learning experiences for all students. Study and homework are
not the same things, but are interrelated and depend on each other. Regular study ensures that daily
learning is revised and strengthened, and supports homework set down by class teachers.

AIMS
- Study and homework should aim to consolidate, extend and enrich
each teaching program
- Study and homework should be a habit for all students, with time
gradually increasing over high school years.
- Students must be encouraged to plan their use of homework and study time.

PROCEDURES
1. Homework takes a variety of forms:
   ⇒ completion of classwork
   ⇒ revision of work to learn and reinforce concepts / knowledge
   ⇒ research and assignment work
   ⇒ catching up on any missed work
   ⇒ preparing for particular lessons e.g. learning a script for Drama
   ⇒ assigned written work, designed to practise skills

2. Students should be encouraged to record all homework given in their workbooks or a homework
diary. Students should discuss with their teachers about any conflicting demands on their available
time.

3. Class teachers should give homework regularly. At the conclusion of each lesson teachers should
outline what is expected of each student in terms of either set homework or revision/study.

4. All homework should be checked by the teacher.

5. Parents are encouraged to ask their children about daily homework and study

6. At the discretion of the Head Teacher, parents will be contacted by either the class teacher or the
Head Teacher where continued lateness or non completion of homework is a problem.

7. Study should be done daily. This could include reworking of each lesson of the day by re-reading
notes, note making etc. The more often information is reworked, the more memorable it becomes,
thus aiding learning.
### IMPORTANT SPORT DATES 2013

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<thead>
<tr>
<th>SPORT</th>
<th>DATE</th>
<th>CARNIVAL</th>
<th>VENUE</th>
<th>TERM</th>
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<tbody>
<tr>
<td><strong>SWIMMING</strong></td>
<td>Thurs 4 April to</td>
<td>NSW CHS State Swimming</td>
<td>Home Bush Aquatic Centre</td>
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<td>Sun 7 April</td>
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<td><strong>CROSS COUNTRY</strong></td>
<td>Fri 12 April</td>
<td>School Cross Country</td>
<td>Woolgoolga</td>
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<td>Fri 24 May</td>
<td>MNC Zone Cross Country</td>
<td>Woolgoolga</td>
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<td></td>
<td>Fri 7 June</td>
<td>NC Regional Cross Country</td>
<td>Lismore Race Course</td>
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<td></td>
<td>Fri 19 July</td>
<td>CHS State Cross Country</td>
<td>Eastern Creek</td>
<td>3</td>
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<td><strong>ATHLETICS</strong></td>
<td>Mon 20 May -</td>
<td>School Athletics Carnival</td>
<td>Woolgoolga Sports Ground</td>
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<td>Tues 21 May</td>
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<td></td>
<td>Thurs 20 June</td>
<td>MNC Zone Athletics Carnival</td>
<td>Coffs Harbour International</td>
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<td>Fri 2 August</td>
<td>NC Regional Athletics Carnival</td>
<td>Kingscliff</td>
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<td>Fri 5 Sep to Sat</td>
<td>CHS State Athletics Carnival</td>
<td>Homebush</td>
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*PLEASE NOTE: ALL DATES AND VENUES ARE CORRECT AT TIME OF PRINTING BUT ARE SUBJECT TO CHANGE SO PLEASE CHECK CLOSER TO EVENT*
From 8th April 2013 parents and caregivers are encouraged to collect Woolworths Earn and Learn coupons and drop them into the box outside the Library.

Last time the school earned valuable points which went toward the purchase of musical instruments.

Woolgoolga High School Silver & Bronze Awards are generously supported by:

- EAGLE BOYS PIZZA
  Fawcett Street, Woolgoolga
  Phone 13 14 33 or 6654 9433

- MCDONALDS
  Pacific Highway, Coffs Harbour

- WOOLGOOLGA PIZZA PLACE
  Beach Street, Woolgoolga

Visit WHS School website for photos of Harmony Day held on Thursday, 28 March 2013.
The WHS P & C meets on the second Tuesday of every month at 7.00pm

Canteen

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<th>MONDAY</th>
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<td>Lynn Marr</td>
<td>Jane Maioue</td>
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EFTPOS Facilities for credit/debit card transactions are now available for making payments at the school office. There is no cash out facility. The office is open for students to make payments before school and during Break 1.

Woolgoolga High School
Centenary Drive
Woolgoolga NSW 2456
E-mail: woolgoolga-h.school@det.nsw.edu.au

We’re on the Web:
www.woolgoolga-h.schools.nsw.edu.au

The WHS P & C meets on the second Tuesday of every month at 7.00pm

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Contact Kerri Green 6649 2303 or 6654 1500
If possible, please arrange a swap if you are unavailable on your rostered day

Canteen Hours
MON/TUE/THUR/FRI 10am to 2pm
WEDNESDAY 10.30am to 1.30pm
RITCHIES COMMUNITY BENEFIT CARD PROGRAM

This program donates a percentage of the money spent by customers to their nominated club, school or charity. Many schools and charities are receiving over $1000 every month. By shopping at Ritchies’ Coffs Harbour IGA, you can help our school and benefit students. Ritchies’ Community Benefit Card saves you money and helps your favourite organisation at the same time.

BAGS ARE STRICTLY PROHIBITED
IN THE SCHOOL LIBRARY
DUE TO SECURITY REASONS
Please avoid awkward situations by abiding by this rule
Library Staff

Tuition
All ages, all abilities
All subjects, Qualified Teachers
NAPLAN preparation
Woolgoolga and Coffs Harbour
Drama, Art, Languages—Coffs

Phone 6654 8397

Paid Advertisement

NRMA SAFER DRIVING SCHOOL
Learn with the experts

Instructor: Phil Hannaford 0409135735

To book call 1300 696 762

Paid Advertisement
The Rotary Club of Woolgoolga are seeking host parents / family for an incoming International student who will arrive in July 2013. The student will be aged from 16-18 years and will attend Woolgoolga High School for 1 year.

Students generally speak English quite well, they are chosen as responsible ambassadors from their country of origin. Host families are asked to welcome a student as part of their family for a period of 3-4 months; then the student will be relocated to another family. Each student is allocated a local Counsellor to provide backup and support to hosting families. This is a wonderful opportunity for your family to learn about another culture and to share the Australian way of life and to foster peace and cultural understanding.

In addition Rotary is seeking 'outbound' Northern beaches students to go on exchange overseas for 1 year. This is an opportunity of a lifetime, you don’t have to be a member of Rotary to send your child overseas. Students are hosted and supported by other international Rotary clubs during their year abroad. Students need to be aged 15.5 years - 18 years at January 2014. If you are interested in 'hosting' an 'inbound' student or would like more information about your child going overseas on exchange please call the Woolgoolga Rotary Counsellor - Patty Delaney: 66 542185 (after 6pm) or email: delaney_patty@hotmail.com.
In conjunction with Youth Week 2013 Coffs Harbour City Library will host **ANIME WORKSHOP**
on Monday 22 April 2013 for HIGH SCHOOL students at the Coffs Harbour Regional Gallery

**Create your own characters & one page comic**
The Manga Drawing Workshop is being conducted by Matt Lin, a Sydney based artist. High School students will have the chance to learn about Manga, create art & then work together to produce a one page comic.

**Bookings are essential**, and can be made by contacting the library on 66484900 or by email @ coffs.library@chcc.nsw.gov.au
Cost is $5.00 per person, payable on the day.

Art materials required for the workshop will be supplied.

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**JMT Holiday Workshops 2013**

The JMT Youth Drama Program is BACK with the very talented Mark Conaghan at the helm.
Four days only! Mondays and Tuesdays of the school holidays!

This is a unique opportunity that will energise and inspire. Have fun creating wacky characters, loosen your limbs and explore physical comedy, hone your audition skills in a monologue master class or step back into the 16th century and explore the tragedy, comedy and excitement of Shakespeare.

So why delay! Sign up for this fun packed adventure now by calling the box office on 6652 8088
Tues- Fri 12-4pm or emailing the Jetty Theatre.
Reminder to senior students

⇒ When driving to and from school you will need to complete the 'Conditions for Application for Student Drivers' form. This can be obtained from your year Deputy Principal.

⇒ All senior students are to remain on school premises for the entire day. Those wishing to leave at recess or lunch time will need prior permission.

⇒ Flexible leave passes are for students who have no timetabled classes for the beginning or end of the school day. Applications are available from your Deputy Principal.

⇒ All senior students with unscheduled classes are expected to study in the 'Senior Area' in the Library.

A reminder to students that the placing of game files on the Department systems can result in the loss of all computer data.

A Woolgoolga High School Tie is now available for purchase at the onsite uniform shop at a cost of $16. This has previously been approved through the community consultation process and is offered as an additional (and optional) part of the uniform.

Enclosed shoes in school colours—black, white, navy, grey, blue—preferably leather—NOT canvas as they do not adequately ensure safety.

A reminder to students that you are not permitted to play games on Library Computers.