Gifted and Talented

Creative Writing Camp

Valla Beach Caravan Park

Six students from Woolgoolga High school took part in a three day creative writing camp at Valla Beach from the 10th to 12th of September. This camp provided students with invaluable experiences to develop their creative writing. Students participated in workshops, with teachers from the local High Schools, published author Greg Barron and the wonderful performance poet Scott Wings. This poetry workshop was the highlight of the camp and produced some fantastic creative pieces from students, which they proudly shared with the whole group. Students also had private mentor groups to discuss and develop their writing with teachers and peers which has resulted in some fantastic final pieces. This camp was also a great opportunity for students to make friends with other young writers in the local area. Well done to Zoe Schmidt, Jacob Agnew, Liljana Brain, Amy Garret, Kaela Twiss and Justin Cleveland for proudly representing the school and the excellent work they have produced from this camp.

One activity Scott Wings facilitated with students was to choose an everyday item and turn it into a poem. Jacob chose a shopping list: see page 5 of this newsletter to see what he came up with.
From the Principal's Desk

The Higher School Certificate examinations began this week with students now having completed English, Hospitality, Industrial Technology, Ancient History, PDHPE, Construction, Dance, Engineering Studies and Community & Family Studies. I have spoken to many of our Year 12 students and all are very happy with these examinations and with their preparations.

Last week Keelan Birch, our School Captain, brought me in another plaque for the Coffs Harbour Secondary Schools Squash Challenge open division. Keelan must have outstanding time organisation skills as he has continued to represent the school in the sporting arena right up to his HSC examinations. I would like to point out that Keelan is one of our top academic students. The squash team included Jacob Dillon, Ramon Phoonie and Harkeerat Insan. Well done boys. Woolgoolga High has won this plaque for squash in 7 out of the last 8 years. I am not sure how Bishop Druitt College beat us in 2012?

Our S.M.I.L.E. leaders were invited to present at a local school staff development day held last Thursday at Sandy Beach Primary School. Thanks Ray Rincheval and Sam Murgatroyd for organising the conference. The theme of the day was Youth Mental Health and once again our S.M.I.L.E. leaders delivered a spellbinding presentation to the large audience of teachers. Another speaker at the conference was Kylie Starr, an Occupational Therapist who is passionate in working with students with learning difficulties and in particular autism. I was so taken with her presentation I invited her to present at our next staff development day at the end of the year. I have also invited all our local primary schools to attend. Kylie’s simple explanations on how the brain learns were exceptional.

Regularly our school hosts practice teachers from local university courses. This week we have two outstanding students, Ryan Twigg (an ex student) in HSIE and Kerri Stokes in Mathematics. It is always refreshing to see the energy, passion, motivation and the love of learning and teaching that comes from these young and enthusiastic beginning teachers. They give our school a lift!

Over the school holidays our school had two teams of arborists remove quite a few trees from around our buildings and areas where students congregate. The first team removed trees which had been identified as a safety risk to students. The second group of arborists cleared most of the trees from around 40 metres from our school buildings. This was a requirement as our school was identified as a risk in the upcoming fire season. I would also like to mention again that if our area is identified as having a catastrophic fire warning (usually put out in the media by 4.00pm the day before), then our school will be closed on that day. Information during these times will be published on the front page of our school website http://www.woolgoolga-h.schools.nsw.edu.au/ and also broadcast on local radio stations.

Woolgoolga High School is a uniform school and it is a requirement that all students wear full school uniform (uniform guidelines are found on our school website). Students have been informed (and this practice has already begun) they will be removed from the playground during our recurrent uniform blitzes. Please support your child, the school and the P&C in helping to make our school an exceptional full uniform school.

Year 10 is currently at Fraser Island, to all accounts this has been an exceptional educational opportunity. Thank you to Mrs Rook and her team of volunteers. Our new school captain, Jackson Della, was also invited to attend the excursion as part of our new leadership development program. Most excursions into the future will include opportunities for our leadership students to practice their skills in helping staff on excursions and other activities. Student leaders can be invited from the captains, prefects, S.M.I.L.E. or SRC groups.

Have a great week.

Until next time

Guy Wright

Principal
The SRC is the Student Representative Council. There are 4 members for each year, 2 male and 2 female, who are voted in by the members of their year and the staff. There are also 2 SLIKK representatives, voted in by the Aboriginal students of the school, and 2 SIKH representatives, who are voted in by the students with Indian backgrounds.

Students from Years 7 to 10 are invited to collect a nomination information sheet and slip, if they would like to put themselves forward to be on the voting slip. The positions suit students who are happy to be a role model in the school and work towards making Woolgoolga High a better and more exciting school.

Students who are part of the SRC must be prepared to attend SRC meetings, assist with all SRC activities, be a good role model, discuss SRC matters with their own year, and to keep the school community informed on SRC matters. This can eat into time with your friends in the playground, so don’t nominate if this does not appeal.

Any interested students should collect a nomination form from Mrs Dean in the Science Staffroom. Nomination forms need to be returned, with all required signatures, by Monday 3rd November.

Insurance

Insurance for accidents during school/sport time is the responsibility of the parent/caregiver. There are a number of private providers who are able to provide insurance cover at reasonable rates.
SMILE presents at ‘Mental Health for Children and Young People’ Seminar

SMILE mentors and staff recently delivered a powerful presentation explaining our successful SMILE Peer Mentoring Program. The Mental Health seminar was organised by Sandy Beach Public School and it was a great experience for our SMILE presenters to participate in such a professional day. We were honoured to be presenting alongside some really respected mental health organisations such as Headspace and Kids Matter. Mishayla Berringer, Jess Sutton, Caitlin Valentine, Cheyenne Hart, Liam Morrison, Cameron Bennett and Jeremy Rush all delivered in an informative and genuine manner. Our SMILE Program is backed by research conducted by Assoc. Prof. John Hurley from Southern Cross University and is one of the reasons our SMILE program is held in such high regard by so many mental health professionals in our local and wider communities.

Caitlin, Cameron and Jess explained how SMILE works and what it aims to achieve. Cheyenne, Mishayla, Liam and Jeremy spoke about their own experiences with SMILE including how it has impacted our school, the junior students and themselves as mentors. It was inspirational to listen to these passionate and motivated young people. It’s fantastic that Woolgoolga High’s SMILE Peer Mentoring Program continues to share its valuable model for improving student wellbeing.

Thank you to the staff at Sandy Beach for organising the informative day and well done to the SMILE mentors for being so awesome!

Alison Fenton,
Student Support Officer
My Shopping List Poem

To my Love,

In the business suit and skirt so silky and sullen

I need these gifts from God,

So we may eat a banquet in the morrow;

I need some bacon,

Such porky ambrosia may delight our tongues and mix with other fruits

And some milk,

The creamy silk collected by the golden faeries of harvest

Lactated by our bovine queens.

And some chocolate chip cookies,

You know,

The ones that we love,

With the rich archaic flavours that the whole world lusts for.

And the crumbly delight that falls into the coffee we drink.

We also need some tea bags,

So we may drink the heavens within our tiny porcelain chalices.

To my love,

I require these gifts to delight our tastebuds as the sun wakes,

Oh and I forgot,

We need some eggs,

To complete our porky ambrosia with gold so sweet,

Like a fruit in the Garden of Eden.

By Jacob Agnew
Open Boys Cricket

On Friday 10/10/14 the open boy’s cricket team travelled to Coffs Harbour to play Coffs Harbour High. Raman Phoonie won the toss and decided to send the opposition in to bat. The boys got a couple of cheap wickets early and all was looking good when we broke at drinks at the 20th over; the score was 6-66; pretty reasonable really and the Woopi boys had a spring in their step thinking that they could finish the job in the next 10 overs. Coffs’ number 7 batsman got to the crease and piled on 55 runs before being bowled by Raman. In the end Woopi bowled out the Coffs team for 140 in the 34th over.


Special mention has to go to Gurvir Virk who took a one handed “at full stretch” screamer at slips! Humraj Singh also took a one hander on the boundary at full stretch too! I would have shot him if he dropped it! He didn’t and a valuable wicket was taken.

In the second innings, Humraj and Kartar opened. Their form looked good but the Coffs opening bowlers were more than equal to the task and wickets fell cheaply for us. Raman got to the crease and steadied the boat. At drinks, we were 5-69. Luke Gustafson formed a brief but valuable partnership with Raman before being run out for 12. Jai Johnstone went for a duck and Lachlan Collins scored 8 runs before being caught in front of the stumps for LBW. Corey Williams was our last batsman to keep Raman company in the middle and he did his job. He scored 19 not out and Raman scored 51 not out, steering Woopi to victory in the 36th over. 8-143 at stumps.

Big congratulations to the team. They were fine representatives for our school. Fingers crossed we have a win in our next match.

Mr Robins

Rhianna Birch, placing fourth in the final of the All-Schools 3km Walk event held last week!
In the under-15 individual section, Luke Gustafson (*pictured above*) remained undefeated.

Woolgoolga was led by Keelan Birch (*pictured right*) in the opens, to score a 3 game win claiming the trophy 2/8-184 to the Senior College tally of 2/6-177.

The secondary schools challenge at Coffs Harbour Squash Centre produced a series of fine matches.

Thank you to Peter and Jenny Saxby from Coffs Harbour Squash Centre for organising and running the event.
Year 7
Troy Bowditch
Keira Bryant
Rajeena Chahal
Sevak Clair
Jaimon Cowling
Erin Dalton
Joseph Dare
Laurie Doolan
Jade Farleigh
Lynzi Fittler
Kristy Golsby
Alexis Gonzalez
Dana Gregson
Rebecca Hopkins
Izaac Hovermann
Zane Hutchinson
William Hyde
Hannah Janco
Komalpreet Kaur
Sharn Lalli
William Lonsdale
Isha Maan
Tiarne Marsden
Katey McDonald
Patrick Nimbs
Kaylee Parker
Beau Pearce
Ciarnah Robertson
Lucy Schulz
Alice Schweikert
Jai Shone
Jaspriat Singh
Pavan Singh
Macy Stewart
Julia Sutton
Geoffrey Tapping
Ashlee Vandermeel
Mia Windred

Year 8
Lochlan Beedie
Rhianna Birch
Aleisha Bradbury
Berach Desalegn Bekele
Lucinda Gray
Samuel Gustafson
Kiahni Huth ance
Jayden James
Prabhdeep Kaur
Simranjit Kaur
Pavanveer Mullee
Isabella Nolte
Abby Nudd
Isabella Oates Herrera
Sherydan Simson
Akash Singh
Delilah Thorncraft
Michael Tucker

Year 9
Marlay Commandeur
Ellissia Enersen
Lani Goodman
Oscar Hill
Elliottie Hyder
Isabel Jones
Elizabeth Kelman
Japjeet Maan
Awal Maker
Lockie Park-Harris
Raman Phoonie
Jaspriat Singh
Parveen Singh
Jacob Sutton
Hana Truban
Kobi Wood

Year 10
Myra Burridge
Emma Cahill
Amy Carroll
Genevieve Dalton
Moon Deen
Renae Fisher
Bowen Frahm
Clarence Harre
Jammie Hill
Justin Keys
Katie Langhorn
Kelera Marsden
Tarun Mills-Izard
Jorja Murphy
Emily Nudd
Alisha Phoonie
Jake Rovere
Amrit Tiwana
Jennah Turner
Lily Wilson

Year 11
Jasmin Adams
Levi Henderson
Simran Insan
Simran Maan
Jeremy Rush

Year 12
Jasmine Chahal
Jane Chivers
Zac Donald
Jackson Mower
Joshua Partridge
Hayley Reinecker
Callon Roach
Chloe Sankey
Brendan Thompson
Kirsten Thorpe
Tia Weiss
Parent Tips!

Reduce, reuse, recycle
Australians throw away 3.3 million tonnes of food every year – up to a quarter of the country's food supplies - mainly because we purchase too much. Consider planning your meals and only buy what you need. Reduce packaging in your child’s lunch-box and use re-usable containers rather than plastic wrap where possible. It also leaves our school grounds much cleaner!

How you can help your child study
Support your teen through the high school years with School A to Z. This online resource for parents contains study tips and homework help, information on dealing with exam stress, practical advice on health, wellbeing and cybersafety, plus lots more. Watch videos, read articles and listen to podcasts: www.schoolatoz.com.au.

Does your teenager work?
Many teenagers start a weekend or after school job in high school. A helpful guide to how much they should be getting paid and the minimum conditions can be found at: www.fairwork.gov.au. If you have any queries there is a helpline at 13 13 94. You can also lodge an online workplace complaint if you feel your child has been unfairly treated.

Tricks for encouraging kids to read
Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they’ve enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at http://bit.ly/HLPmB9

How much water does your child really need?
Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don’t feel thirsty until they are already dehydrated, so packing a drink bottle with your child’s school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child’s age at http://bit.ly/ZjwUjo
Volunteers needed to serve in only 1 hour increments:

- 8.30am - 9.30am
- 11.00am - 12.00 noon
- 1.00pm - 2.00pm

If you can help please ring the school on 66541500 or follow the link on the school’s website to complete the expression of interest.
BCU are awarding $10,000 in Scholarships to students who demonstrate motivation, drive and prior achievement. Students can apply for up to $1,000 to help cover the costs of study or career development, whether that be fees, a laptop, or a specific item for their chosen field of study.

Applying for a Scholarship is easy, students just need to visit www.bcu.com.au/scholarships and fill in the online nomination form before Friday 7 November 2014. Teachers and educators who are included as a referee on Scholarship recipients (students) nomination form will receive a delish hamper, in recognition of their support and dedication to career development of young people in our region.

Eligibility for Scholarships:

- Studying in years 10, 11 or 12, or in the first year of university, an apprenticeship or traineeship.
- Demonstrated commitment to reaching their career goals.
- Recipients need to have an active BCU student access or BCU basic access (everyday account)

The 2015 BCU Bill Ussher Awards are offered in memory of BCU’s founding Chairman Bill Ussher who dedicated much of his life to ensuring local businesses and communities prosper and remain sustainable. This is the third year we have offered Scholarships to students, it has been a great success and we have had some outstanding recipients in previous years.
Tuition – Woolgoolga

All ages, all abilities
All subjects, Qualified Teachers
Individually tailored programs
(Art & Drama - Coffs Harbour)

Phone 6654 8397
2/7-9 Market St, Woolgoolga

Woolgoolga High School Silver 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
Phone: 6654 2744

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.