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Web address: www.woolgoolga-h.schools.nsw.edu.au
E-mail: woolgoolga-h.school@det.nsw.edu.au
In support of Donate Life Week, a week where the benefits of organ donation are highlighted, last week our four captains attended an unveiling of artwork that local schools had completed late last year to highlight this cause. We received a large blank canvas and our art department and many students participated in the painting of the artwork. The artwork now hangs in the hallways of the Coffs Harbour hospital. Thank you for all involved.

The Woolgoolga High swimming team (of 37) competed at the Zone Carnival at Coffs Harbour last Tuesday. Finishing second overall and attaining two age champions – Cooper Moore 12 year boys and Sam Burke 14 year boys. The team should be congratulated on their fine performance. Including relay events, 29 students will progress to the Regional Carnival. Well Done! And thanks to Mrs Hyder.

Last Friday the Year 7 Merit excursion to the Grafton pool was a great success. Thanks again to all of the hardworking staff that supported this event, in particular the Year 7 Adviser, Chris Hansen.

Please keep 11th March open from 6.00-7.30pm for our Parent Information Session. The sessions include current information on Young People and the Law, Cyber Safety, Mental Health and Wellbeing; and Bring Your Own Device. Please note that all students are now able to download their free Microsoft Office and Adobe software from the link contained on our website http://www.woolgoolga-h.schools.nsw.edu.au/parent-information/bring-your-own-device

Under the new Department of Education and Communities guidelines it is now a requirement that parents/carers of students who have been diagnosed with a high-risk medical condition must provide the school with a medical action plan signed and dated by the student’s medical practitioner.

High-risk medical conditions include: diabetes, epilepsy, anaphylaxis, severe asthma and any other health condition where the student is diagnosed at being risk of an emergency.

As part of these new guidelines a new medical form will be sent out to parents/carers to enable the school to update all students’ records.

I am very happy with our use of SENTRAL software that allows all staff to mark their rolls each period ensuring all students are in class on time.

Hope everyone has a great week.

Until next time
Guy Wright
Principal
SCHOOL, PARENTS AND THE COMMUNITY WORKING TOGETHER TO KEEP OUR CHILDREN SAFE

Woolgoolga High School Library
Tuesday 11th March
6:00 - 7:30pm

Topics discussed:
Young people and the law
Cyber safety
WHS’s BYOD initiative
Mental health wellbeing

With:

Senior Constable Snow  Gary Maher, Headspace  Welfare staff  P & C

The WHS P & C meets on the second Tuesday of every month at 6.30pm
Getting In There

Day
SMILE mentors recently participated in a second day of training. Current SMILE mentors and staff led the day consisting of team building activities, discussions and planning for SMILE initiatives within our school.

The current mentors did a fantastic job of passing on their knowledge and experience to the new SMILE recruits by running activities and leading discussions. The new SMILE recruits have demonstrated an eagerness to continue making a difference within their school with plenty of fresh ideas. New mentors now have a plethora of important skills which will not only benefit the younger students that they mentor, but will also benefit the mentors themselves as well as the whole school culture.

SMILE mentors are enthusiastically involved in the planning of some important days coming up at school (see below). Stay tuned to see what they have planned!

Alison Fenton

The Worlds Greatest Shave
(13-17 March)
http://www.worldsgreatestshave.com/

Harmony Day (21st March)

National Day of Action against Bullying and Violence (also on 21st March)
Roughly a dozen Indigenous students were involved in this initiative. All had a wonderful afternoon and were very grateful to Shaun Appo, Ben Bowen and Yale Macgillvray from NCIE for their expertise and time.

NCIE also donated a box of supplies for our breakfast club which operated of a morning throughout Term 4 2013.

On Wednesday 20th November 2013 a group of people from NCIE in Sydney visited our school to give the kids some instruction on road and cycling safety and maintenance.

They arrived equipped with very high tech bicycles to take the kids on a ride around the local area.

Helmets were donated by RMS. Drink bottles and reflectors were supplied by Coffs Council.
A great start for the Gumbaynggirr Language classes this year with lots of enthusiastic students, speaking and singing with the clap sticks (sorry Room 4 English classes). The new bush-tucker garden outside the classroom survived the January heat and is thriving. The Year 7 students have also helped with new plantings and the tables have been repaired ready for painting and hand prints.

The new “Language Nest”, which is located at Southern Cross University and will be co-ordinating the teaching of Gumbaynggirr in schools across the mid North Coast, has recently been opened by the Minister for Aboriginal Affairs. The launch was attended by Principal Guy Wright, Language teacher Larry Hancock and our AEW Jo Hine.

Aboriginal Learning Centre All years

Any students needing help with homework or assignments are welcome to join us on Monday afternoons in the year 7 quad. Starting at 3:15 until 4:30. Bus is available to transport you home.
Lions Youth of the Year

On Thursday 20th February members of Woolgoolga Lions Club and WHS staff members were delighted to see the public speaking prowess of four of their best students, competing in the local Lions Youth Of The Year competition.

On Tuesday all four students participated in the interview component of the competition, being asked questions on their leadership qualities, sporting and cultural contributions, involvement in the community, academic achievement, general knowledge and personality-based questions. These interviews were worth 80 possible marks.

The Public Speaking Competition was comprised of two 4-5 minute impromptu speeches and the student’s individual prepared speeches. These speeches contributed 30 points to their overall result. Impromptu speech topics were: “Schapelle Corby was convicted for smuggling drugs into Indonesia. Do you think she should be able to sell her story?” and the second topic of “Do you think sharks should be culled after the recent number of fatal shark attacks?” Both of these topical fields were covered well by the students proudly representing our school. Lions members and Mr Wright, Mrs Young and Mrs Hart were enthralled by the answers and the student’s prepared speeches. For this, Brendan Thompson spoke first about discrimination against homosexual people, followed by Elizabeth Noonan-Prentice speaking about women in the military. The third prepared speech was by Callon Roach who discussed in depth the role of the bee in the new world, followed by Jessica Gentle who spoke about NSW winning the State of Origin in 2014.

A tough decision had to be made by the judges Gordon Letts, Betsy White and Louise Clarke (pictured). Based on the interview and speech the overall winner being declared as Jessica Gentle. She will compete in the district titles on Saturday 8th March at Grafton.

VACCINATION

Thursday 13th March
Year 7 students
Gardasil (HPV)
Dose 1 to all students
Boostrix (diphtheria, tetanus, and pertussis)

Friday 14th March
Year 9 boys only
Dose 1 Gardasil

Presented at Assembly
Donation of garden bed to MC Class
What I enjoyed...

I enjoyed being able to spend time with my friends at Grafton Pool. I liked Peer groups and beating the boys at tug-o-wars.

Ciarnah Robertson
Zone Swimming Carnival Results – Tuesday, 4th March 2014

<table>
<thead>
<tr>
<th>Rank</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>2nd</td>
<td>Team overall point score</td>
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<tr>
<td>1st</td>
<td>KO 12x50m relay</td>
</tr>
<tr>
<td>1st</td>
<td>Boys 6x50m All Age Relay</td>
</tr>
<tr>
<td>2nd</td>
<td>200m Medley Relay Boys</td>
</tr>
<tr>
<td>2nd</td>
<td>13 year Girls Relay</td>
</tr>
<tr>
<td>2nd</td>
<td>17+ Girls Relay</td>
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<tr>
<td>1st</td>
<td>16 year Boys Relay</td>
</tr>
<tr>
<td>1st</td>
<td>17+ Boys Relay</td>
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</tbody>
</table>

Qualifiers: Cooper Moore, Liam Bartlett, Kelsey Sturch, Taylar Briley, Sam Burke, Isaiah Koopmans, Amy Goodenough, Mitchell Huthnance, Zac Donnelly, + relay teams (20 competitors total)

Age Champions

**Cooper Moore**
12 year boys

**Sam Burke**
14 year boys
**IMPORTANT SPORT DATES 2014**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATE</th>
<th>CARNIVAL</th>
<th>VENUE</th>
<th>TERM</th>
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<tr>
<td>SWIMMING</td>
<td>Tue 11 March</td>
<td>NC Regional Swimming Carnival</td>
<td>Lismore Pool</td>
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<tr>
<td></td>
<td>Sun 6 April to Tue 8 April</td>
<td>NSW CHS State Swimming</td>
<td>Home Bush Aquatic Centre</td>
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<tr>
<td>CROSS</td>
<td>Fri 2 May</td>
<td>School Cross Country</td>
<td>Woolgoolga</td>
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<td>COUNTRY</td>
<td>Mon 19 May</td>
<td>MNC Zone Cross Country</td>
<td>South Grafton</td>
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<td></td>
<td>Fri 6 June</td>
<td>NC Regional Cross Country</td>
<td>Port Macquarie</td>
<td>2</td>
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<td></td>
<td>Fri 18 July</td>
<td>CHS State Cross Country</td>
<td>Eastern Creek</td>
<td>3</td>
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<tr>
<td>ATHLETICS</td>
<td>TBA</td>
<td>School Athletics Carnival</td>
<td>Woolgoolga Sports Ground</td>
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</tr>
<tr>
<td></td>
<td>TBA</td>
<td>MNC Zone Athletics Carnival</td>
<td>Coffs Harbour International Stadium</td>
<td>2</td>
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<tr>
<td></td>
<td>Fri 1 August</td>
<td>NC Regional Athletics Carnival</td>
<td>Coffs Harbour International Stadium</td>
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<td></td>
<td>Thurs 4 Sep to Sat 6 Sep</td>
<td>CHS State Athletics Carnival</td>
<td>Homebush</td>
<td>3</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

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**Congratulations!**

**Alisha Phoonie** of Year 10 on her selection to represent NSW state in the Combined High Schools girls open cricket 1st XI squad at last weeks State carnival in Nowra. She now goes on to compete at Maitland on the 17, 18 & 19th March.

She was also successful at taking out the trophy for 'Most Wickets Taken' representing the North Coast with the team placing third overall, winning four out of their five matches played over the four days, and awarded the **Bob Brewer Medal** for most outstanding statistics with 1st time state team selection.

An absolute honour to have her represent our school, the north coast and now NSW State.

We wish her all the best!
Year 7 Sport

Next week will see the commencement of Gymnastics during sport time at So Fun Gymnastics Centre at Corindi.

You may have noticed that a component of our school fees includes a sport fee. Prompt payment of this component (or part payment) would be appreciated so your child can enjoy all aspects of this valuable program.

Sport

GIRLS OPEN SOCCER TEAM

A great effort and excellent sportsmanship was demonstrated by all players on Thursday, 6th March despite the extreme heat.

WHS defeated Orara High in the first round but met the strong South Grafton side in the second round and went down in a narrow loss to 2-1.

Congratulations to Jess Midivane (Year11), Jessie Gentle (Year12), Lily Wilson (Year 10), and Kelera Marsden (Year10) who were selected in the Zone team and will compete at Murwillumbah at the end of this month.
**Parent Tips!**

### Series books to ignite summer reading

Series books can be a great way to get your kids hooked on reading. Reluctant readers and children who struggle with comprehension can also find series books easier to enjoy.


### Teen or tween moods

As a parent you may feel distressed by disrespectful or rude behaviour in your teenager. Although the phase will pass eventually, there are some strategies that can help you manage this kind of behaviour in the meantime.


### Homework and study planning

Most children find planning easier to understand when they have a visual representation of their day or week in front of them. Help your child learn to manage their daily tasks and responsibilities with this weekly schedule template.


### What is Kik and why is it popular?

Kik is a free texting app popular with younger teens who generally have a limited texting plan or use an iPod Touch.

Find out more about Kik messenger: [http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger](http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger)


### The benefit of team sports

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer. Find out more: [http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports](http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports)

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**Note:** This document includes excerpts from the website(s) mentioned in the text. The links provided are external and may lead to external websites that are not controlled by the publisher of this document.
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<td>10 March</td>
<td>11 March</td>
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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

WOOLGoolga HIGH SCHOOL P&C FUNDRAISER

“L & P” PLATES ORDER & PAY THROUGH Canteen

Only $20
Community News

MEDIA RELEASE

Wooloomooloo High School - Good News

Support Red Cross Centenary 2014

Wooloomooloo High School can play a role in celebrating the Centenary of Red Cross.

At Government House, Melbourne on 15 August 1914, exactly nine days after the outbreak of World War I, Red Cross Australia was formed.

Although most of us know Red Cross for its work in emergency relief and recovery and for the highly respected Blood Service, local members, volunteers and supporters also continue to assist in the everyday work of Red Cross.

Wooloomooloo Red Cross needs volunteers to assist with their annual Door-knock campaign anytime throughout the month of March. Do you have a spare few hours after school or on any weekend during this month? Let’s put Wooloomooloo High School 1st for Fundraising in 2014! Special 100th commemorative certificates will be awarded to all participants.

Please call Coordinator, Judy Jackson on 6648 6831 or 0417 523 333

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As part of the world’s largest humanitarian movement, Red Cross has been part of the fabric of Australian life since 1914. It is our hard work and dedication which allows us to make a difference to the lives of those in need throughout the world.

To help our news please consider making a voluntary donation to support our work and maintain our services.

Support Red Cross Centenary 2014

Visit redcross.org.au/donate or call 1800 636 774.
Shop for our Coffs Coast School to
WIN a Classroom of iPads!

Start collecting your receipts today.
Support our school every time you shop at Park Beach Plaza.

Keep your receipts and present them to Customer Information to allocate points to our school. Plus, register at Park Beach Plaza Customer Information for your chance to WIN a $500 Woolworths Gift Card® for yourself every week!

Earn triple points for shopping at the following stores:

www.parkbeachplaza.com.au
125 Specialty Stores + Free Undercover Parking
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.

**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

**WOOLGOLGA 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.