Food Technology

Year 9 Celebrations

Year 9 Food Tech 1 have been studying celebrations over the past two terms. They were given an assessment task to design, produce and present six cupcakes. The task was thoroughly enjoyed by the students and they produced some wonderful cakes. The level of creativity and thought put into the design and execution was amazing and a credit to Year 9’s cooking talent.

Ms Woodward and Miss Nixon

(See page 4 of this Newsletter for Year 10’s efforts.)
From the Principal’s Desk

Last Monday, Kristen Oates (Head Teacher TAS), Phillip Dalton (Head Teacher Science and Computer Coordinator) and myself travelled to Sydney to visit Google. Google were very clear with their educational vision. They discussed the shortage of students entering the workforce with computing degrees. Google employs over 500 computing graduates and over the next few years will require approximately another 500. Google believe that one of the best avenues for young students is to have a passion and they called it X. It may be a passion for health, sport, science, biology etc and they believe that double degrees with the subject passion, combined with a computing degree, sets these students apart. Google call this CSX – Computing Science and the X factor (X factor meaning students’ passion.) This seems true when you think all industries have IT embedded in many parts of their jobs. Recently I heard another company say “In the future all companies to some extent will become software companies”.

The new fencing around the bus bay area is working well. It was important to improve this area of the school as the existing process of having two rows of buses with students walking between buses was unsafe. I would like to acknowledge the Coffs Harbour City Council and the RMS for their persistence and professionalism to achieve an excellent outcome for our school and students. Anne Shearer, in particular, deserves a mention as she designed and delivered an excellent plan. Darren George, from Assets Management in the Department, also deserves a mention.

One program that is exceptional at our school is our Peer Tutoring Program. Thirty five Year 10 volunteers this year have put their hand up to help younger students to improve their reading and comprehension skills. Every year I hear parents who say “I can’t believe how much this program has helped my child to read and understand their reading.” This program is a tribute to these dedicated students.

The Peer Tutoring Program also helps the 35 Year 10 students. The program builds leadership, team work and communication skills that help them prepare for their future. Thank you Year 10.

Congratulations to our Zone Cross Country champions Reagan Scheuermann (12 years), Sam Burke (14 years, Isaiah Koopmans (15 years), Berach Desalegn Bekele (14 years), Awal Bol Maker (15 years) Gemma Hutchinson (16 years) and Maddison Sadler (18 years). A great effort!

Similarly, congratulations to Reagan Harris (Year 7) who played in the mid north coast rugby union representative team in the country championships at Shoalhaven.

Congratulations to the MC Class in their recent success at the Coffs Harbour show. Their cakes were amazing! Jarrod Nicholson, and Ciarnah Robertson claimed 1st place in their category, with Ben Patch, Patrick Nimbs and Jayden James placing 2nd.

I am expecting some outstanding results from our Year 11 exams that are in progress at this time.

The disco last Tuesday night was a great success and a big thank you is needed for Kate Dean and all of the teachers who continue to go beyond their daily duties to ensure we have excellent experiences for our students. Thanks!

Until next time
Guy Wright
Principal

At the Google offices—more pictures available on our website
**IMPORTANT COMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 2-6</td>
<td>Year 11 exams continue</td>
</tr>
<tr>
<td>June 9</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>June 10</td>
<td>P&amp;C Meeting 6.30pm</td>
</tr>
</tbody>
</table>

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

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**Reminder Year 7 Sport Fee**

A component of our school fees includes a sport fee of $50.

Students have used the So Fun Gymnastics facility already this year. To continue offering external sports to students, prompt payment of this component would be appreciated so your child can enjoy all aspects of this valuable program.

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**Students’ Photographs**

There are many occasions where we would like to publish photographs of students involved in various school activities, including reports for the local papers, school newsletters, and the annual report and on our school website.

If you do not wish your child’s photograph to be used for these purposes, please notify the school in writing.
This term Year 10 has been learning about **food styling and photography**. They followed the whole process from placing food orders, cooking entrees, mains, desserts, to styling and photographing their wide variety of creations using their own device.

“I had lots of fun choosing our recipes and ingredients and to top it off, photographing our work”, Jai Johnston.

“Choosing our own ingredients is way more fun because we can decide our own meals and I think this task should continue with future classes”, Claudia Fuller.

Ms Woodward
A big thank you to Mrs Cochrane for all her help!

“I really loved the fact we got to choose our own recipes. It was good because everyone made something new and different. It was just really fun”, Amy Partridge.

“I had so much fun choosing our own ingredients, the cooking was just as fun. I think it would be ideal if this was done more often as this would make it the best subject ever”, Jason Reinecker.
Artexpress Excursion ~ Term 2 : 2014

Once again, Years 12, 11 and 10 Art students were lucky enough to attend this year’s, ‘Artexpress’ Exhibition, showcasing the top HSC artworks from around NSW. This year’s exhibition was held at the Tweed Regional Gallery and also showcased numerous local and regional artists’ works. Students were able to examine these works and see the high standard produced by the HSC students’ from 2013.

Another highlight of the excursion was the Margaret Olley exhibition which was also featuring at the Gallery. Students were able to see the amazing ‘Still Life’ works of Olley, a subject matter studied in senior years, as well as the house in which she lived and worked as part of her exhibition.

Overall students had a fantastic day and returned inspired and keen to produce amazing artworks!
The MC class enjoyed a fantastic day away from the classroom last week with a busy day visiting some iconic landmarks in Coffs Harbour.

The first stop was the Botanic Gardens where we learned about the unique mangrove ecosystem and our coastal estuaries, the sensory garden with its variety of edible and medicinal plants and the lawn maze which was a lot of fun for everyone.

Next was the amazing Dolphin Marine Magic where the students were treated to dolphin and seal performances, getting up close and very personal with both of these special marine creatures! Some great photo opportunities!

We all enjoyed an exceptional day with many opportunities for social interaction and extended learning about our environment.

Our last stop was the highlight of our day when we visited the Coffs Harbour Show pavilion. The students were bursting with anticipation having entered their cakes into the schools’ section of the baking competition. With much delight they discovered that Jarrod Nicholson and Ciarnah Robertson had both won first prize in their category with Ben Patch, Patrick Nimbs and Jayden James placed second in theirs! Congratulations to you all!
Learning about our Environment
About 35 of our fantastic Peer Tutors recently took part in a training day to learn valuable tutoring skills. These dedicated Year 10 students do a fantastic job of assisting junior students with their literacy during Home Group time. The training day was a chance to learn new tutoring techniques, communication skills and learning styles to better cater for the juniors they are assisting. It was also an opportunity for the Peer Tutors to work together as a team and be celebrated for the great work they do.

The knowledge gained from the training day, as well as the leadership and teamwork skills that the peer tutors receive from the Peer Tutoring Program, is no doubt helping to develop some great school leaders in the near future. These photos show the Year 10 Peer Tutors enjoying one of the teamwork activities on the day.
Sixty students from Years 10 & 11 attended this year's Coffs Coast Careers Expo at the Coffs Racecourse on Thursday 15th May. As well as 50 exhibitor stalls, the expo highlighted Professional, Medical and Trade workshop activities which greatly assisted our Year 10 students with their next round of work experience from 23rd-27th June 2014.
On Monday 19th May a talented cohort of Woolgoolga High students travelled to Grafton to participate in the Zone Cross Country carnival. A vast majority of the school Age Champions continue their excellent form in the carnival and, with their colleagues, produced an exceptional athletic performance.

Yet again, so dominating a performance it was, that Woopi High won six teams events out of possible 14 age divisions – quite remarkable considering the amount of other High Schools in attendance – Coffs Harbour, Toormina, Orara, Grafton, Dorrigo, Bellingen, South Grafton and Coffs Senior College.

Age Champions:

BOYS—Reagan Scheuermann (12yrs), Sam Burke (14yrs), Isaiah Koopmans (15yrs)

GIRLS – Berach Desalegn Bekele (14yrs), Awal Bol Maker (15yrs), Gemma Hutchinson (16yrs), Maddison Sadler (18yrs)

*Congratulations to all competitors who represented their school with pride and excellent levels of sportsmanship.*

Complete results for WHS are as follows:
## Results

<table>
<thead>
<tr>
<th>BOYS Age division</th>
<th>Place</th>
<th>Name</th>
<th>Competing at Regionals</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Reagan Scheuermann</td>
<td>Individual</td>
</tr>
<tr>
<td>12</td>
<td>8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Coey Taylor-Patterson</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Zane Hutchinson</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>13</td>
<td>8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Reeyce Sadler</td>
<td>Teams event</td>
</tr>
<tr>
<td>13</td>
<td>10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Jai Shone</td>
<td>Teams event</td>
</tr>
<tr>
<td>13</td>
<td>26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Luke Burke</td>
<td>Teams event</td>
</tr>
<tr>
<td>14</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Sam Burke</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>14</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>Noah Pilon</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>14</td>
<td>19&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Caleb Cohen</td>
<td>Teams event</td>
</tr>
<tr>
<td>15</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Isaiah Koopmans</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>15</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Izack Smidt</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>15</td>
<td>5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Alec Oates-Herrera</td>
<td>Teams event</td>
</tr>
<tr>
<td>15</td>
<td>11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Samuel Turner</td>
<td>Teams event</td>
</tr>
<tr>
<td>16</td>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Lachlan McPherson</td>
<td>Individual</td>
</tr>
<tr>
<td>16</td>
<td>5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Jonathon Gusman</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Keelan Birch</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GIRLS Age division</th>
<th>Place</th>
<th>Name</th>
<th>Competing at Regionals</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Rebecca Hopkins</td>
<td>Individual</td>
</tr>
<tr>
<td>13</td>
<td>5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Rhianna Birch</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Berach Desalegn Bekele</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>14</td>
<td>6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Isabella Oates-Herrera</td>
<td>Teams event</td>
</tr>
<tr>
<td>14</td>
<td>8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Abby Nudd</td>
<td>Teams event</td>
</tr>
<tr>
<td>14</td>
<td>19&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Komalpreet Kaur</td>
<td>Teams event</td>
</tr>
<tr>
<td>15</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Awal Bol Maker</td>
<td>Individual</td>
</tr>
<tr>
<td>15</td>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sophie Hunt</td>
<td>Individual</td>
</tr>
<tr>
<td>16</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Gemma Hutchinson</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>16</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Emily Nudd</td>
<td>Individual &amp; Teams event</td>
</tr>
<tr>
<td>16</td>
<td>10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Jammie Hill</td>
<td>Teams event</td>
</tr>
<tr>
<td>16</td>
<td>11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Kelera Marsden</td>
<td>Teams event</td>
</tr>
<tr>
<td>17</td>
<td>7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Jasmin Adams</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Maddison Sadler</td>
<td>Individual &amp; Teams event</td>
</tr>
</tbody>
</table>
## IMPORTANT SPORT DATES 2014

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATE</th>
<th>CARNIVAL</th>
<th>VENUE</th>
<th>TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td>CROSS COUNTRY</td>
<td>Fri 6 June</td>
<td>NC Regional Cross Country</td>
<td>Port Macquarie</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fri 18 July</td>
<td>CHS State Cross Country</td>
<td>Eastern Creek</td>
<td>3</td>
</tr>
<tr>
<td>ATHLETICS</td>
<td>Tue 20 and Wed 21 May</td>
<td>School Athletics Carnival</td>
<td>Woolgoolga Sports Ground</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Wed 18 June</td>
<td>MNC Zone Athletics Carnival</td>
<td>Coffs Harbour International Stadium</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fri 1 August</td>
<td>NC Regional Athletics Carnival</td>
<td>Coffs Harbour</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Thurs 4 Sep to</td>
<td>CHS State Athletics Carnival</td>
<td>Homebush</td>
<td>3</td>
</tr>
</tbody>
</table>

**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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WELL DONE!
Reagan Harris (Year7) playing in the recent mid north coast rugby union representative team in the country championships in Shoalhaven.
A reminder to parents to notify the school about your child's health

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

### Attention—Health Alert for your information

In recent days a few students at Woolgoolga High School have come into contact with Chicken Pox. For people with low immunity or those undergoing radiation and chemotherapy style treatment it is essential they avoid all contact with the Chicken Pox virus.

<table>
<thead>
<tr>
<th>Infectious diseases in children</th>
<th>Usual time between infection and illness</th>
<th>Symptoms and signs</th>
<th>How long to keep your child away from school or pre-school because of the risk your child may infect other children</th>
<th>Whether to keep contact home from school or pre-school (“contacts” are people who have been close to the patient for some time and could catch the disease)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken pox</td>
<td>11-20 days</td>
<td>Few symptoms. Usually only a slight upset. Outbreaks of small raised rose-pink spots may appear one after the other on scalp, face, trunk, arms and legs and inside the mouth. These may be so few as to escape notice. Spots are followed by small blisters which then form crusts.</td>
<td>For 5 days after the first spots appear.</td>
<td>It is not necessary to keep contacts at home</td>
</tr>
</tbody>
</table>

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Parent Tips!

Too sick for school?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice. School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Teenager’s seeking more independence
Knowing how much freedom and responsibility to give your teenager is difficult, especially if they’re your eldest or only child. To become capable adults, teenagers need to learn to make good decisions on their own and have opportunities to show you they can. The Raising Children Network website has a wealth of expert information and guidance for parents of teens and younger children. If your child is testing the boundaries and pushing for more independence, you may find the article ‘Shifting responsibility to your child’ worth reading. Go to www. bit.ly/1jCxKhe

Study help for high school
It’s often quite difficult parents to assist their children with their high school homework and study. Even if we have professional experience in the subject area, children tend to find it difficult to take parental advice when it comes to school. (Don’t feel bad, teachers’ own children do exactly the same thing.) www.khanacademy.org is an excellent, not-for-profit website which may help your child study and revise tricky concepts in science, maths and the humanities.
Canteen—Eat Fresh

See menu with price list on the school’s website:
http://www.woolgoolga-h.schools.nsw.edu.au/parent-information

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 complete the expression of interest below or on the website.

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Woolgoolga High School
Canteen Roster Expression of Interest
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Dear Parent / Carer / Community Member

Please complete the Canteen Roster Expression of Interest form below even if you are currently on a roster, and return this form to the Canteen as soon as possible.

Name: __________________________________________      Phone Number: ________________________

Please tick which of the following shift/s and frequency you will be able to help on:

**SHIFTS:**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>o 8.30am-9.30am</td>
<td>o 8.30am-9.30am</td>
<td>o 8.30am-9.30am</td>
<td>o 8.30am-9.30am</td>
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<tr>
<td>o 10.45am-11.45am</td>
<td>o 10.45am-11.45am</td>
<td>o 10.45am-11.45am</td>
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<td>o 12.45pm-1.45pm</td>
<td>o 12.45pm-1.45pm</td>
<td>o 12.30pm-1.30pm</td>
<td>o 12.45pm-1.45pm</td>
<td>o 12.45pm-1.45pm</td>
</tr>
</tbody>
</table>

**FREQUENCY:**

- □ WEEKLY
- □ FORTNIGHTLY
- □ MONTHLY

Cheryl Summers and Lynn Graham
Canteen Coordinators
Exercise every day

Not because you feel like it, but because it is something you do every day, like cleaning your teeth. Exercising can raise the feel-good chemicals in your brain almost as much as an antidepressant tablet can. If exercise is hard for you, start small – for example a few squats in your room, or walking out onto the street and going one house up and back. The trick is to do it every day, rain hail or shine, and then try and stretch out what you are doing and aim for 30 mins of exercise every day.

Eat Breakfast in the sun

Breakfast is the most important meal of the day for staying healthy. Having some cereal or toast (even a quarter of a piece) in the sun is likely to help your mood. Sunlight makes vitamin D for our bodies which is essential for normal energy levels and mood. Eating your food more slowly and really noticing the taste and texture of what you are eating helps to take your mind off other worries. Breakfast can help you concentrate at work or school and can help maintain a healthy body weight.

Have 9-10 hours of good sleep every night

If you are having problems sleeping try the following tips to see if you can reset your body sleep clock.

- Always get up at the same time in the morning (7 days a week).
- Try to avoid caffeine e.g., coffee, tea, coke, chocolate, energy drinks especially after lunch time.
- Always eat something for breakfast.
- Try to do some exercise in the morning (like walk around the block) and avoid exercise after 5pm.
- Warm yourself and your bed up before sleep – have a warm shower and use a hot water bottle.
- Don’t have any screen time (e.g., TV, computer, gaming, texting) for one hour before you want to sleep. Turn off all electronic devices e.g., computer and phone at bedtime. Don’t read or watch TV in bed – make sure you are sitting in a chair so your body learns that bed is for sleeping.
- If you can’t go to sleep within half an hour get up and do something e.g., sit in a chair and listen to music, (no screen time) until you feel tired again and then go back to bed.
- If you have tried all these suggestions and still can’t sleep talk to your doctor. Not being able to sleep can be a sign of many things and having depression is just one of them.

Schedule in fun times

When you are working hard at school or your job it can feel as if this is one long homework task. It is important to schedule in some time every day and every week when you are doing something that you really enjoy. Often this will be time with your friends. It could also be time spent alone, being creative e.g., with art or music or dance, playing sport, time with your pet, doing outdoor activities or cooking food you enjoy etc. Only you will know what activities you really like.

Thanks to Dr Nicola Holmes, Headspace Mid North Coast
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.

**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.