"Most students commented on how they really enjoyed making friends with others in their year that they hadn’t even met before. These connections early in high school allow for students to develop significant supportive relationships vital to developing positive future relationships. These opportunities also allow for students to start developing further independence as they begin their journey through adolescence."

Chris Hansen  
Year Adviser

<table>
<thead>
<tr>
<th>INSIDE THIS ISSUE</th>
<th>P.2</th>
<th>P.3</th>
<th>P.4-6</th>
<th>P.7</th>
<th>P.8-10</th>
<th>P.11</th>
<th>P.12-14</th>
</tr>
</thead>
<tbody>
<tr>
<td>From the Principal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Important dates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 7 camp</td>
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Web address: www.woolgoolga-h.schools.nsw.edu.au  
E-mail: woolgoolga-h.school@det.nsw.edu.au
From the Principal's Desk

All public schools in NSW are required to develop a new school plan for 2015-17. Initial planning has begun at our school. The first stop in this process is to develop three key directions.

So far consultation has begun at recent meetings with the P&C, the executive and whole school staff. The meetings looked firstly at what our school does well and as expected this led at all meetings to a plethora of positive attributes about our school. This process was so refreshing to hear how our school and school community viewed the accomplishments and achievements of our school. Then the meeting turned to look at where we wanted our school to be in 3 to 5 to 10 years. The Melbourne Declaration on the Educational Goals for Young Australians led our conversation in these areas:

- Australian schooling promotes equity and excellence.
- All young Australians become confident and creative individuals, and active and informed citizens.

Over the coming term our community will continue to look and talk about the three strategic directions that Woolgoolga High School will follow over the next few years, noting that we will use these three strategic directions to build upon our already fabulous school.

If you have some ideas and would like some input into the planning process, please contact the school or email suggestions to the school or attend the next P&C meeting.

Over the next two weeks our Year 11 will be sitting their final exams. Good luck!

For Year 12, the next two weeks will be hectic at school, however, it is extremely important that all Year 12 students stay focussed on their learning. Year in, year out I see students who get caught up in their leaving school process and their learning suffers. Learning is so important for the students in the final part of their course. All students need to revise their work fully.

Following DEC policy there will be no “muck up” day activities leading up to the end of term. Year 12 students undertaking such activities will be suspended from school and this may impact on their HSC.

In the last week of term, on Tuesday 16th, there will be a Year 12 run disco and as per previous years, Year 11 will host a special BBQ breakfast at the Woolgoolga Surf Club on Thursday 18th September. The Year 12 Formal Assembly will occur from 9.00 on Friday 19th September.

Until next time

Guy Wright
Principal
**Excluded from Woolgoolga High School discos**

Any student who has received a SUSPENSION WARNING is excluded from the disco for the school term of that warning.

Any student who has been SUSPENDED from school is excluded from the disco for 6 calendar months from the date of that suspension.

Any student who continually refuses to wear UNIFORM, has been notified at least three times, and receives a uniform letter, is excluded from the disco for the school term of that letter.

Any student who TRUANTS twice is excluded from the disco for the school term of the second truancy and the next school term.

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**IMPORTANT COMING EVENTS**

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<th>Date</th>
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<tbody>
<tr>
<td>Tue Sept 9</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>Sept 10-18</td>
<td>Year 11 Exams</td>
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<tr>
<td>Tue Sept 16</td>
<td>Disco—6.30-9.30pm</td>
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<tr>
<td>Fri Sept 19</td>
<td>Year 12 Graduation Assembly</td>
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<tr>
<td>Fri Sept 19</td>
<td>Last day Term 3</td>
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</tbody>
</table>

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**FOTYY FEVER**

Tuesday 16th September 6.30-9.30pm

Tickets only sold on Monday 15th and Tuesday 16th September at first and second break. No tickets will be sold at the door.

Cost: $5.00 / 2014 Gold students: $2.00

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

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**Vaccinations – change to dates**

Due to the state wide shortage of the Varicella (chicken pox) vaccinations in Term 2, it is now necessary for the school to make changes to the previous advertised dates. The new dates are:

- **Year 9 boys Wednesday 8th October**: 3rd dose HPV
- **Year 7 boys and girls Friday 10th October**: 3rd dose HPV
- **Varicella (Chicken Pox) vaccination**

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**Vaccinations**

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- **Year 7 boys and girls Friday 10th October**: 3rd dose HPV
- **Varicella (Chicken Pox) vaccination**
An awesome three days was had by all who attended the camp from August 20-22. After some shaky weather earlier in the week, we had our fingers crossed and fortunately were rewarded with 3 clear days for the camp.

A great facility with large dorms, huge dining and rec room and fantastic activities made all students extremely enthusiastic when we arrived. The camp provided amazing opportunities for students to challenge themselves, work together and support each other. The days were busy with activities like the “Powerfan Drop” where students had to climb a 12 metre pole and jump off a 1 metre platform into the air and the “Commando Course” where teams had to complete a rigorous course full of mud, water and obstacles.

As Year Adviser, I would like to thank all parents and students who attended the camp for their support. We have an amazing group of students whom were an absolute pleasure to be around. It was a fantastic experience for myself and the other staff involved.

Thanks to Mr Burg, Miss McIntosh and Mrs Black for joining me to help run the camp.

I look forward to another great experience next year!!

Chris Hansen
When we arrived at the camp the place looked great. The cabins were the best. The first activity was the Powerfan drop which was really high and one of my favourites. My absolute favourite was the Commando Course. It was mostly dirt and cold water. The games at night were good. But everything put together was the best.

Sevak Clair

The part I enjoyed most about the camp was the opportunity to challenge myself and see just how high or far I could push myself. The Commando course was amazing!

Ashlee Vandermeel

The part I enjoyed most about the camp was the Ladder Logs. It was something that I had not done before. Me and my team mate got to the top together.

Tiarne Marsden

The camp was really fun, I had a great time. I enjoyed spending time with my mates and doing all the fun activities. The Zorb Ball and The Commando Course were my favourite. It will be one of my prominent memories when I think back to Year 7 in years to come.

William Hyde

I enjoyed making friends with people who I had not had much to do with in the past.

Alex Rook
I wanted to acknowledge the fabulous contribution the 3 Year 10 WHS students made at our Great Debate today. Patrick, Lily and Zoe were outstanding representatives and mentors for the younger primary students. Their passion and commitment was unyielding and all the younger students appreciated their help and support. It was wonderful to see the positive engagement happening all day amongst them all. The staff members from the participating schools were also very complimentary on their maturity and dedication. Thanks to Helen Rook for helping make this happen.

David King
Deputy Principal
Mullaway Primary School
Firstly I would like to thank the parents and visitors for supporting the canteen when they attended the Concert of Excellence last Tuesday night and also apologize to anyone that missed out because we sold out of everything.

The night was a huge success for the canteen, so much so, that wherever possible, the canteen will be open when there is a function on offering food and drinks even on Parent Teacher Night.

We have a new spring daily specials menu which you can find on our Facebook page. Breakfast is now being served from 8.15am with bacon & egg rolls, ham & cheese croissants, fruit danishes, toasties and coming soon, muesli & yoghurt. I have kept the cost to a minimum so that the students can afford to buy them. They are becoming quite popular.

We have a few new volunteers but would always welcome more, so if you can spare as little as an hour once a week or even a month it would help Lynne and myself out greatly. We would love to have sushi, fruit salad and other yummy food in the fridge all through spring and summer but time is against us sometimes. If you are interested either call the school or just drop up to the canteen and ask for Cheryl.

Don’t forget if you have a BBQ or party coming up or just need some catering done, we can do this for you as well.

Donations of fruit, blueberries, bananas, strawberries would be greatly appreciated.

Once again thanks for your support.

Cheryl
Canteen Manager
Alcohol and your child

How do young people obtain alcohol?

Studies in Australia and overseas consistently show that parents are the most common source of alcohol for young people. Friends and older siblings are less common sources of alcohol.(6)

Where do young people drink alcohol?

The two most common places for students to drink alcohol are in the family home or at a friend’s home.(7) A recent survey showed that on their last drinking occasion nearly two out of three teenagers drank alcohol under adult supervision.

What can you, your family and community do to help keep your child safe around alcohol?

Harm minimisation is an approach that aims to prevent, minimise or reduce the harmful or negative effects of drinking. This applies to:

- the person who drinks alcohol
- his or her friends and family
- the community.

There are some practical ways that you can minimise harm associated with alcohol use:

1. helping your child to be strong and resilient when it comes to making choices
2. promoting positive role models (or being one)
3. thinking about ways to minimise harm and maximise safe use
4. seeking support through parent and community networks
5. taking an interest in school activities
6. encouraging your child to stay in school or training.

1. Helping your child to be strong and resilient

Young people who are strong and resilient are less likely to become involved in long term substance abuse.(9)

What is resilience?

Resilience is the ability to rebound or bounce back from stressful experiences.(10) Being resilient is about being able to cope with life experiences. Parents, caregivers, families, friends and communities can help young people to develop and strengthen their personal resilience.

Protective and risk factors

The terms ‘protective factors’ and ‘risk factors’ are often used when talking about resilience.

- Protective factors are those things that help people to be strong and resilient.
- Risk factors are the opposite of protective factors. Risk factors decrease the chances of becoming strong and resilient.

Some protective factors for young people(2)

- Feeling loved.
- Feeling respected.
- Feeling a sense of belonging (or connectedness) to a family.
- Feeling a sense of belonging (or connectedness) to a community.
- Having opportunities for contributing to a family or community.
- Having a good relationship with an adult outside the family (such as a teacher or coach).
Alcohol and your child: Helpful information for parents, families and the community

The following information is provided for parents, caregivers, family and community members.

Alcohol is the most widely used recreational drug in Australia. Many adults drink to relax, celebrate, ‘escape from reality’ and enjoy themselves.

Most young people will use alcohol sensibly and safely, and only a small proportion who experiment with alcohol will go on to experience problems with its use. However, parents, caregivers, families and the wider community may have concerns about the potential problems or harms surrounding young people and alcohol.

Some of these concerns are discussed below.

How much influence can you, your family and your community have on your child’s use of alcohol?

You can play a big role in teaching your children about alcohol. Studies show that parents and families are strong influences in how young people use alcohol.1

You can also have a significant influence on what young people think about alcohol. This is often a surprise to some parents.

Many parents believe that they don’t have much influence at all on their children when it comes to alcohol and other drugs. We now know that parents can have a significant part to play in young people’s knowledge about safe alcohol use.

Video
The Rethinking Drinking video includes a segment called ‘Family matters: a few truths’, which features several parents from different walks of life talking about children, families and alcohol.
Australia is entering a new phase in our response to human swine flu, known as PROTECT.

The change in approach is because the virus strain is currently not as virulent as anticipated.

Generally the virus produces a mild disease in most people, a severe disease in some, and a moderate effect overall.

This year it is likely many more people will come down with flu-like illnesses than in recent winter flu seasons because fewer people will have immunity to the human swine flu virus.

The aims of the PROTECT phase are to ensure that people at an increased risk of complications from influenza are treated early to try to prevent severe illness from developing and to help control outbreaks in schools and other institutions.

On the advice of NSW Health we no longer need to exclude staff or students who have been to an area where there is known community or school transmission of human swine flu.

Any staff member or student who has been excluded from school and who does not have flu symptoms can return to school immediately.

The school exclusion policy was inconvenient but it helped to limit the spread of disease in NSW schools.

As the number of cases of swine flu increases in the community, school exclusions and closures are unlikely to help in limiting the spread of disease as many more children will catch swine flu outside school rather than in school.

The NSW Department of Health thanks the parents and carers of NSW school students for their co-operation with these measures while they were in place.

We still need to take steps to minimise the transmission of the virus in the community as some people in our school community remain at increased risk of complications from influenza.

Instead of excluding people who may have been to an affected area, or who have been in contact with a person with confirmed human swine influenza, we will now be asking any person with flu symptoms to stay at home until they are well.

Any student who identifies that they are unwell, or is displaying flu-like symptoms will be sent to a sick-bay area and their parent or carer will be called to take them home.

Please watch carefully for any signs or symptoms of flu-like illness in your child. These symptoms include fever, cough, tiredness, muscle aches, sore throat, chills or shortness of breath. NSW Health has advised if you or your child develops flu-like symptoms you should seek the advice of your family doctor as you would with any other illness. Parents have an important role to play in helping their children understand and follow the government hygiene advice. Your help to do this is appreciated.

We understand there may be some ongoing concern in school communities. However, we can reassure you that we have taken, and will continue to act on advice we receive from NSW Health to ensure the health, safety and wellbeing of our staff and students.

You can get additional health information from the H1N1 Influenza 09 section of the NSW Health website at: http://www.emergency.health.nsw.gov.au/swineflu/index.asp.
Exam stress busters
The mere thought of an exam can make kids nervous. Help create the right study conditions for your child in the lead-up to exams and know the warning signs if it's all getting too much.
Find out more: http://bit.ly/LleZfV

September homework planner
Kids and families run more smoothly when there’s a plan. The September 2014 homework and study calendar includes key dates, school holidays and the number of each week in the term. You can print it out this month’s calendar here: http://bit.ly/TpkC3fK

Getting ready for school camp
School camp is one of the highlights of childhood, however, it’s also true that for some children (and their parents) the thought of staying away overnight can create a little anxiety. Read these tips for school camp confidence.
Find out more: http://bit.ly/Zsl9Wg

How much screen time?
‘Screen time’ used to mean how many hours you spent watching TV and playing on the computer. However, with the growing number of digital devices on offer today, the question of what screen time means now is far more complex.

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.
Find out more: http://bit.ly/xHLLDH
NORTHERN DISTRICTS REBELS
JUNIOR CRICKET CLUB
2014/15 REGISTRATION
Under 10---12---14---16---BOYS/GIRLS
SUNDAY 14th SEPTEMBER
9:00am - 12:00 noon
SATURDAY 20th & 27th SEPTEMBER
9:00 am – 12:00 noon
Centennial Reserve, Woolgoolga
Contact: Peter Holmes 66547081
PaCE Goori Parents as First Leaders presents

Teaching Reading Instructor Accredited Course 2014

For parents, grandparents, carers & community members

Wanna be able to better support your child’s reading at home? Wanna further engage in your child’s schooling and boost your employment prospects?

Come on then and register your interest in this practical 5 week course on how to become a successful reading tutor and enhance your chances of employment!

Southern Cross University’s Education expert Professor David Lynch will deliver the course, hence you’ll gain invaluable skills in how to teach reading.

The When & Where

The 5 week course will be delivered on the following dates and times:

Wednesday October 8th
5:30pm-8:00pm @ CHEC

Wednesday October 15th
5:30pm-8:00pm @ CHEC

Wednesday October 22nd
5:30pm-8:00pm @ CHEC

Wednesday October 29th
3:30pm-5:00pm @ Wongala Estate

Wednesday November 5th
3:30pm-5:00pm @ Wongala Estate

This is all being delivered so we can be BULARRI MUURLAY NYANGGAN – 2 PATH STRONG!

Key Contacts

Clark Webb
0409 926 747
cw.realbe@gmail.com

Libby Green
0438 524 375
twopathstrong@gmail.com

www.realbe.com.au

Funded by the Australian Govt’s Dept of Prime Minister & Cabinet and Auspicted by Youth Directions Inc.
PaCE Goori Parents as First Leaders presents

Cultural Success Camp 2014

The When & Where
Friday September 19th – Sunday September 21st
Yarrawarra Cultural Centre
*Commencing at 9am on Friday 19th September

The Fun Stuff
• Language lessons
• Cultural Heritage
• Teaching Reading
• Surfing
• Stand Up Paddling
• Fitness
• Stories
• Bush Tucker and more!

The Rooms
All rooms fit 4 people. A parent or carer must attend the camp and can accompany 1-3 children.

Requirements
• All adults must have a Working with Children Check. To get your free Volunteer Check head to: http://www.kidsguardian.nsw.gov.au/Working-with-children/Working-With-Children-Check/apply/-apply
• Good Sturdy Footwear
• Swimming clothes
• Sunscreen
• Exercise gear

HURRY! We only have room for 17 families!
Be Bularri Muurlay Nyanggan – 2 Path Strong!

Register Your Interest & Key Contacts
Clark Webb
0409 926 747
cw.realbe@gmail.com

Libby Green
twopathestrong@gmail.com

www.realbe.com.au

Funded by the Australian Govt’s Dept of Prime Minister & Cabinet
and Auspoded by Youth Directions Inc
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 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