Congratulations

Left to right:
Saihaj Arkan, Caitlin Valentine,
Jessica Sutton, Jackson Della

INSIDE THIS ISSUE

From the Principal P.2  Getting out there Day P.10
Important dates P.3  U/15 boys basketball P.11
School activities P.4-7  Agquip P.12-13
MC Class P.8-9  Parent Tips P.14
SMILE P.6-7  Community News P.16-17

Web address: www.woolgoolga-h.schools.nsw.edu.au
E-mail: woolgoolga-h.school@det.nsw.edu.au
Well, where did that term go? Year 11 exams have just finished and Year 12 have finished formal lessons at school in the lead up to their HSC examinations early next term. The professionalism of our staff continues to show with many classes and extra help being offered during the holidays and prior to the HSC exams.

I am happy to announce our new school captains and prefects for 2015.

Captains: Jessica Sutton, Jackson Della, Caitlin Valentine, Saihaj Arkan

Prefects: Jessica Midavaine, Emily O’Connor, Mishayla Beringer, Cameron Bennett

Today, our new captains are leading the celebration of success of our Year 12 class of 2014 at their final assembly. Congratulations and I look forward to working very closely with this new leadership team throughout 2015.

Congratulations also to Bianca McNeil who recently gained the exclusive accolade of becoming our District SRC Representative. This is indeed an honour for Bianca and our school.

Once again thank you to Rotary for helping us deliver an exceptional leaving program for our Year 12 school graduates, our “Getting Out There Day”. The sessions throughout the day assist our students to prepare for life after Woolgoolga High.

Mathematics may never be the same! Our school won the state wide Manga High Mathematics competition with $1000 in prizes being awarded to our school. Our mathematics teachers are very excited by the high level of engagement that some of our junior students are experiencing when using this fantastic online learning resource.

Many of our high achieving Year 12 students were recognised at Friday’s Year 12 Graduation Ceremony. Hayley Reinecker was awarded the Principal’s award, in part for her outstanding short story created as her major assignment in Extension II English. Hayley’s major work will be placed on our school website this weekend. I encourage all to read it and enjoy the quality of the work of one of our most talented students. I hope Hayley achieves an outstanding result in Extension II English.

Jessie Gentle, Keelan Birch and Callon Roach were recipients of another major award, the School Medallion. All three students excelled academically, actively participated in a number of charity and community events, demonstrated leadership qualities and were positive role models. In addition to these achievements, Jessie was Lions Youth of the Year, represented the school in athletics and football; Keelan excelled in squash, representing NSW and Australia; and Callon excelled in Mathematics, was selected for the Honeywell Engineering Summer School and outside of school has established a successful bee and pollination business since Year 7.

Congratulations to all four students who are indeed worthy recipients of our highest school awards.

I hope all our students and families have a happy and safe holiday and I note that school starts back on Tuesday October 7th for all students.

Until next time
Guy Wright
Principal
**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**

**AMBULANCE SCHOOL COVER EXCURSIONS**

We have been advised that the Ambulance Service of NSW has reciprocal health care agreements with all Australian states except Queensland and South Australia.

This means that, even though Woolgoolga High has Ambulance School Cover for students who have an accident or fall ill whilst at school or at an organised school activity, they are **not covered** while on school excursions to Queensland and South Australia.

Only students whose parent/guardians hold a Commonwealth Government Health Care Card or have private health insurance (including ambulance-only cover) are possibly covered when on a school excursion to Queensland or South Australia. **It is strongly recommended that parents/guardians who do have cover with a private health fund, check their family’s eligibility with regards to travel to all the states.**

**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.
This term, students have been using Manga High to increase their understanding of Mathematical concepts. Students completed quizzes to earn medals and points for our school while they competed in the Manga High Grassroots mathematics competition for schools in NSW and the ACT.

Due to the fantastic effort put in by students, Woolgoolga High School came first in the competition. As part of winning the competition, Woolgoolga High School received a $1000 voucher to Manga High and the 10 top medal earners received movie tickets, medals and a top 10 certificate.

Congratulations to all students who were involved in the competition. This is a fantastic academic achievement.

Rachel Piper
On Thursday 21\textsuperscript{st} August, four Year 10 students who are members of the SRC (Student Representative Council) travelled to Kyogle High School for the day to participate in the SRC District meeting.

Our own Bianca was voted in by the rest of the SRC members there to represent the District SRC in Sydney.

Part of the day was made up of motivational speakers talking about leadership and how to improve your school community as a member of the SRC. The day was also filled with a lot of fun as we were able to forge friendships with SRC members from all around the area and learn what worked in their schools. It was a very inspirational and useful day, despite having to leave Woolgoolga at 6:30 am.

Written by Bowen Frahm, Kathryn Langhorn, Patrick Mullan and Bianca McNeill of the SRC (with Mrs Dean)
Our year 12 SMILE mentors decided that before they left school they would like to organise a final SMILE activity for the school. They invited all students and staff to write a supportive message or inspirational quote which would be added to a large SMILE banner they had designed. They set up their colourful banner in the playground during breaks for students to add their own messages. What a lovely, collaborative way of sharing positive messages and encouraging kindness. Many smiles were shared during the process.

Thank you SMILE mentors!
A handing over event for SMILE mentors

For those of you that don’t know, SMILE (Support, Mentor, Inspire, Listen & Encourage) is Woolgoolga High’s award winning peer mentoring program run by our passionate senior students. SMILE provides social support for younger students through active listening and promoting positive behaviour. It is a highly valued program in our school.

We have recently said ‘farewell’ to some fantastic year 12 SMILE mentors who have volunteered their time and effort to improving the school experience for junior students. Their commitment to their buddies and their enthusiasm for running whole-school activities has served as a valuable example for the year 11 mentors who will now be leading SMILE. The year 12 SMILE mentors have been an absolute asset to our school and have positively impacted on the school climate and culture. While it is sad to see them go, we know that they have left SMILE in the capable hands of the new year 12 students. It is exciting to see the current and future SMILE mentors continue to build friendships, encourage younger students and look out for one another.

Alison Fenton
(Student Support Officer)
On September 1st the MC class went on an excursion to Coffs Harbour rail station to be a part of the centenary of rail train ride. The students got to experience what it was like to take a train ride 90 years ago on a stunning rail motor. The students compared the train ride with more modern experiences, discussing the advancements in passenger comfort levels and train design.

The trip started heading north passing over the highway bridge and through five Red Hill tunnels; the students were given the opportunity to sit on the observation seat and announce when the tunnels were approaching. After the tunnels the train began to head south to Bonville showcasing some beautiful coastal scenes along the way, before returning to Coffs Harbour Station.

After the train experience the students went to the new, south break wall at the Coffs Jetty, to eat lunch and walk the break wall. The scenes were wonderful with some boats in the harbour. Overall the MC excursion was an enjoyable day for all involved :)

McIntosh, Kayla
MC KITCHEN RULES

The MC class has been working hard this term during hospitality lessons each Wednesday afternoon, preparing for a special event held this week. The MC class hosted a luncheon for their parents and family. It was a special occasion that ended a term of learning about meal planning, following a recipe, presentation of food, social skills and expectations of the hospitality workplace.

The students presented an array of food including homemade sausage rolls, mini quiches, pizzas and vegetarian slice. This was followed by delicious desserts of mini cheesecakes, chocolate and caramel slice and beautiful butterfly cupcakes! At the conclusion each student demonstrated their public speaking skills by speaking to the gathering about their experience and thanked their families for their attendance. The students excelled themselves and have displayed great teamwork and cooperation.

The afternoon was a resounding success that gave staff, students and parents the opportunity to meet informally and discuss their child’s ongoing progress. Thank you to all the families that came together to celebrate their child’s success this term.
Getting Out There Day is a post-school transition day for Year 12 students. It focuses on health and well-being, coping with change, living away from home, managing finance and accommodation, community and cyber safety, budgetary diets and living tips. Getting Out There Day has been tradition for 20 years, supported by both Woolgoolga High School and Woolgoolga Rotary.

The day’s information sessions were held at Woolgoolga Bowling Club followed by a relaxing lunch at one of four local restaurants. It was a fantastic day allowing students to hear first-hand from very knowledgeable professionals which will equip them for their post-school experiences.

Staff and students of Woolgoolga High School would like to thank the following community services and local businesses for their support:

- Rotary Club of Woolgoolga
- State Training Services (Peter Viber)
- Senior Constable Snow
- Headspace (Gary Maher)
- Woolgoolga Real Estate (Cheryl Midavaine)
- Rustic Mezedes
- Beach Burger Bar
- Bluebottles
- Beach Side Café

Thanks also goes to the many Woolgoolga High Staff involved in making the day such a success and the students for their exemplary behaviour and inquisitive nature.
For the second half of this term, most lunchtimes have seen a small group of very keen students training hard and learning the finer points of the game under the expert guidance of Lisa Austin (ex student and a talented basketball player in her time) who is at Woolgoolga High School for her final practicum. These boys must be commended for their consistent attendance and application to these regular training sessions.

Finally on Tuesday 2nd September this group of very nervous and excited boys got to demonstrate excellent team work and sportsmanship during the gala day held at Sportz Central in Coffs Harbour. Disappointingly, the team were not victors in either of these games.

(Thank you to Hayden McDonald of Year 7 for his assistance in writing this article)

Kath Bear
Steve Griffin and I recently took a group of 20 students to visit AgQuip at Gunnedah (one of the largest farm industry field days) and surrounding farms.

First stop was the Dutton Trout hatchery. Dutton has a sustainable breeding program of Rainbow and Brown trout which are released into the rivers and dams on the tablelands.

We then headed off to visit “Blush Premium Truss Tomatoes”, which are grown in Australia’s largest and most advanced glasshouse facilities located in Guyra.

We left the blustery tablelands and headed down the Great Dividing Range to our accommodation at “Myall Springs” Rangari, 40 kms north of Gunnedah. We were to stay in their old shearers’ quarters, consisting of 2 bunkhouses, a kitchen and eating area, a toilet (which flushed!) and a shower block which required a fire to be lit several hours before using it. The location was exceptional, surrounded by rolling hills and pastures with plenty of places for students to explore.

In the afternoon we contrasted our organic livestock enterprise with a large irrigated cropping property on the Liverpool plains. We began by looking at a Malting barley crop and then a Lupin and Faber Bean paddock of 1500 ha. The students learned about the role an Agronomist plays in the local region and listened to a talk about the Cotton growing industry. Students sat on straw bales and again I was overwhelmed by the relevant questions they asked and their interest in this subject.
Next stop was Gunnedah Rodeo, where suitably wrapped up with blankets, beanies and gloves, we watched the action in the rather slushy rodeo arena.

Next day we packed up and left for Agquip and walked miles looking at all things Agricultural and some things not so agricultural!

I was so proud of the way all the students on this trip behaved and the enthusiasm they showed for every aspect of the things we saw and did. I hope they enjoyed it as much as I did.

Christine Duver and Stephen Griffin

See the full story with more pictures here:
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 lunchbox 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.
Canteen—Eat Fresh

http://www.woolgoolga-h.schools.nsw.edu.au/parent-information

See menu with price list on the school’s website

_unfortunately, due to an increase in food costs,
there will be slight increase in prices beginning Term 3

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.
Woolgoolga Swim Club 2014/2015 season
Monday 13\textsuperscript{th} October at 5.15pm – 6.45pm
Woolgoolga Swimming Pool (Beach St)
For more information contact
Ian Gould (0402 029 784)

Woolgoolga Junior Surf Life Saving Club

2014 – 2015 Season Registration Days

14\textsuperscript{th} & 21\textsuperscript{st} September 2014 10:00am – 12:00 pm
at the Woolgoolga Surf Club

Pool proficiency swims will be undertaken for U8’s to U14’s on 21\textsuperscript{st} September 2014

Pool proficiency swims will also be held for U8’s to U14’s on 6\textsuperscript{th} October 2014
10:00am – 12:00pm at the Woolgoolga Pool
(refer to website for swim distances).

(New members require copy of birth certificate. Minimum age is 5 years old)

Season commences 12\textsuperscript{th} Oct 2014
For Enquiries call Nigel (0428 230 454) or Colleen (0425 285 172)
Online Registration available for re-newing members www.woolgoolgaslsc.com
Oral Health Contact Centre on 1300 651 625.

All children aged between 0-18 are eligible to receive FREE general dental treatment through the Mid North Coast Local Health District. Parents do not need to hold a pension card or health care card for their child to be eligible.

Please call the Oral Health Contact Centre on 1300 651 625 if you would like your child to have a check-up. If they are having problems or pain they will be prioritised - just ring 1300 651 625 to be triaged.

The Mid North Coast Local Health District has dental clinics situated in:

Coffs Harbour :- Coffs Harbour Health Campus Pacific Highway, Coffs Harbour 2450

*If you have received a letter indicating you are eligible for the Child Dental Benefit Scheme you can use this at any of our clinics*
Woolgoolga High School
Student Information Update

Student Name:__________________________________________ Year:________

Parent/Caregiver student resides with: ________
New Residential Address: __________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
New Correspondence Address: __________________________________________
________________________________________________________________________
________________________________________________________________________

Other Parent/Caregiver:
New Residential Address: __________________________________________
________________________________________________________________________
________________________________________________________________________
New Correspondence Address: __________________________________________
________________________________________________________________________
________________________________________________________________________

Father/Caregiver: Home ________ Mobile _______________ Work _____________
Mother/Caregiver: Home ________ Mobile _______________ Work _____________
Other Parent/Caregiver: Home ________ Mobile _______________ Work _____________

Emergency Contacts
1. Name__________________ Relationship ________ Home ________ Mobile ______________
2. Name__________________ Relationship ________ Home ________ Mobile ______________

Email Address for School Newsletter: ________________________________

Please provide updated information and return to
Woolgoolga High School Front Office
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.