Elevate Education

On Tuesday 24th February Woolgoolga High School is pleased to offer students and parents the opportunity to benefit from a series of seminars offered by Elevate Education. Elevate Education offers students practical skills based on fourteen years of research. There is a lot of advice out there about study skills, and unfortunately a lot of myths that seem to make sense on the surface. Elevate conducts rigorous research each year to work out what the top students are actually doing, to make sure students get simple, practical and effective skills in their workshops. Students are only required to bring pens/pencils. All other materials will be provided.

Courses will be run for interested students in Years 7 and 8 in the morning; all senior students have been offered the opportunity to participate in two seminars after Break 1 – Study Sensei (Effective Study Techniques) and Time Management – two essential skills for success in the HSC. The cost is only $15.00 and includes a seminar – which will be paid for by the school - for parents that night in the school Library. It will focus on how best to support your students in their learning. The seminar will commence at 6.30 and conclude at 7.30pm. We would strongly encourage all senior students to maximise their learning opportunities by attending these workshops.

2015 Swimming Carnival Point Score:
Emerald—605    Diamond—494    Mullaway—585    Arrawarra—394
See pages 6-7 for results and photos!
Good luck to all WHS students competing at the MNC zone swimming carnival at Coffs Harbour pool on Friday, 27/2/15.
From the Principal's Desk

Last night, five Woolgoolga High School senior students, Elizabeth Noonan-Prentice, Jackson Della, Patrick Mullan, Zoe Schmidt and Bianca McNeill competed in the Lions Youth of the Year. What an exceptional group! The Lions Club members once again commented on the quality of our students and their public speaking capabilities. Zoe Schmidt won the public speaking segment and Patrick Mullan was announced as the Lions Youth of the Year. I enjoyed showcasing our senior students – they are a real credit to our school and I am very proud of them. Thank you to Lions Woolgoolga.

Also last night, as the final stage of a process spanning several months, Jessica Sutton represented our school at the Zonta International Women’s Awards. As a finalist, speakers were required to choose a topic relating to women’s issues which require further exploration. According to Claire O’Halloran, Year 12 Adviser who attended the evening, Jessica spoke with distinction on the topic of Women in Domestic Violence. Congratulations Jessica.

Over the past two weeks our Captains and Iain Henderson (Deputy Principal) have had the honour to attend the leaders’ induction ceremonies at three of our partner primary schools. Inspiring speeches were delivered on leadership by ex students Jessica Sutton and Jackson Della at Sandy Beach Public School, Jackson Della and Caitlin Valentine at Mullaway Public School and Jessica Sutton and Saihaj Arkan at Woolgoolga Public School. Our school is fortunate to have such close links with our partner primary schools. In particular, the kindergarten students enjoyed their ceremonies. Jackson remembered when he was in a similar assembly years earlier and looking up in awe of the leaders from high school. We have a great community of schools and the leaders of each of them, Ray Rincheval, Paul Clark, James Deagan and now Heather Wright (new principal at Corindi).

Last Tuesday night, the traditional welcome to Year 7 parents sausage sizzle was followed by, I must say, an extraordinarily large turn up of parents, (many from Year 7) to our BYOD information session. I must thank Harvey Norman Coffs Harbour who sent a representative to showcase the latest technology. It is important to note that computers which will satisfy our school minimum requirements may be purchased for as little as $300. Please note – before you purchase a computer for your child please consult our website http://www.woolgoolga-h.schools.nsw.edu.au/parent-information/bring-your-own-device.

Our latest learning spaces which cater for all types of 21st century learning have been a great success this term. Our learning tables and the new glass learning wall is a huge success with both students and staff.

As discussed on the front page of this newsletter, parents and caregivers are most welcome to our Elevate Education program on 24th February at 6.30pm.

Until next time
Guy Wright
Principal
**IMPORTANT COMING EVENTS**

- **Tue 24 Feb**  Elevate Education
- **Thur 26 Feb**  Year 7 Vaccinations
- **Fri 27 Feb**  Zone Swimming Coffs Harbour
- **Thur 5 March**  School Photographs
- **Thur 5 March**  Regional Swimming

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**Year 7— male and female students**

**Term 1 : 26 February 2015**

- Gardasil (HPV) - dose 1 to all students
- Boostrix (diphtheria, tetanus and pertussis)

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All attending students have received their photography envelopes for School Photo Day being held in the Library on Thursday 5th March 2015. Suspended students need to contact their relevant Deputy to make arrangements to have their photo taken (at their convenience).

A catch-up morning has been booked for students attending the Regional Swimming Carnival on Friday 6th March.

For more information or queries please contact Mrs Megan Hart at school or email her on megan.a.hart@det.nsw.edu.au

Friends or family envelopes can be collected from the Library counter - these photos will be taken during breaks 1 and 2 on the Thursday (unless absent at Regional Swimming Carnival).

Identification Cards for 2015 will be issued to students by Mrs Hart approximately 4-5 school days after students have had their photos taken by the photographer.

Families of three or more children, who purchase a pack each, will receive their family photo pack for free - see Mrs Hart if you would like more information about this.

Looking forward to seeing your happy, smiling faces - ready to have your photo taken in full school uniform!!
The 2015 Lions Youth Of The Year culminated in the Public Speaking component, held at Woolgoolga Bowling Club on Thursday 19th February, at a Lions dinner. Family of participants and school staff were also in attendance and watched in wonder as the students did themselves, their school, family and community proud. Each student had also participated in the interviews held at the same venue on the previous Tuesday night - which was also a very nervous affair for all contestants. Zoe Schmidt was declared the Public Speaking champion, with Patrick Mullan stated as the Interview and Overall Champion for the 2015 competition for Woolgoolga High School.

For the full report go to the school website.

Left—Elizabeth Noonan-Prentice
Centre—Patrick Mullan, Judges Gordon Letts, Betsy White, Louise Clarke
Bottom—Bianca McNeill, Zoe Schmidt with Michael Hope
Primary School Induction Ceremonies

Mullaway Public School—Back row (L-R) James Deagan, Jackson Della, Caitlin Valentine, Guy Wright. Front row L-R: Mitch Batty VC, Kai Nudd C, Chelsea Watson-Sinclair C and Lucy Dunning VC


Jessica Sutton, Sheldon Koopmans, Jesse Beresford, Lachlan Rook, Lara Enersen, Saihaj Arkan, Mr. Henderson
## 2015 Swimming Carnival

<table>
<thead>
<tr>
<th>Age</th>
<th>Family Name</th>
<th>Year</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Ivy Francis</td>
<td>7</td>
<td>Emerald</td>
</tr>
<tr>
<td>12</td>
<td>Sophy Simson</td>
<td>7</td>
<td>Arrawarra</td>
</tr>
<tr>
<td>13</td>
<td>Sophie Maric</td>
<td>7</td>
<td>Emerald</td>
</tr>
<tr>
<td>13</td>
<td>Marigold Kraemer</td>
<td>7</td>
<td>Mullaway</td>
</tr>
<tr>
<td>14</td>
<td>Rhianna Birch</td>
<td>9</td>
<td>Emerald</td>
</tr>
<tr>
<td>14</td>
<td>Kelsey Sturch</td>
<td>9</td>
<td>Diamond</td>
</tr>
<tr>
<td>15</td>
<td>Kiahni Huthnance</td>
<td>9</td>
<td>Mullaway</td>
</tr>
<tr>
<td>15</td>
<td>Taylar Briley</td>
<td>9</td>
<td>Emerald</td>
</tr>
<tr>
<td>16</td>
<td>Elliotte Hyder</td>
<td>10</td>
<td>Mullaway</td>
</tr>
<tr>
<td>16</td>
<td>Hana Truban</td>
<td>10</td>
<td>Arrawarra</td>
</tr>
<tr>
<td>17+</td>
<td>Emily Nudd</td>
<td>11</td>
<td>Emerald</td>
</tr>
<tr>
<td>17+</td>
<td>Lily Wilson</td>
<td>11</td>
<td>Arrawarra</td>
</tr>
<tr>
<td>12</td>
<td>Ryley Smidt</td>
<td>7</td>
<td>Mullaway</td>
</tr>
<tr>
<td>12</td>
<td>Byron Hartin-Singh</td>
<td>7</td>
<td>Arrawarra</td>
</tr>
<tr>
<td>13</td>
<td>Emerson Bhatti</td>
<td>7</td>
<td>Emerald</td>
</tr>
<tr>
<td>13</td>
<td>Sheldon Koopmans</td>
<td>7</td>
<td>Arrawarra</td>
</tr>
<tr>
<td>14</td>
<td>Liam Bartlett</td>
<td>8</td>
<td>Emerald</td>
</tr>
<tr>
<td>14</td>
<td>Jaimon Cowling</td>
<td>8</td>
<td>Mullaway</td>
</tr>
<tr>
<td>15</td>
<td>Samuel Burke</td>
<td>9</td>
<td>Mullaway</td>
</tr>
<tr>
<td>15</td>
<td>Andrew Collins</td>
<td>9</td>
<td>Mullaway</td>
</tr>
<tr>
<td>16</td>
<td>Isaiah Koopmans</td>
<td>10</td>
<td>Diamond</td>
</tr>
<tr>
<td>16</td>
<td>Ryan Birchall</td>
<td>10</td>
<td>Diamond</td>
</tr>
<tr>
<td>17+</td>
<td>Mitchell Huthnance</td>
<td>12</td>
<td>Diamond</td>
</tr>
<tr>
<td>17+</td>
<td>Patrick Mullan</td>
<td>11</td>
<td>Mullaway</td>
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</tbody>
</table>
The internet is a fantastic resource for young people to use but it does come with some very real dangers. At Woolgoolga High School we believe in equipping young people with the information they need to navigate the internet safely. All year 7 students listened to Mrs Hart and Alison Fenton as they explored the benefits and risks of the internet and the importance of being responsible cyber citizens. Students discussed relatable scenarios and were given practical advice on avoiding dangers online.

Many families are helping their young internet users to be smart online but with so much variety and constant change it can be hard to keep up! You can find plenty of helpful information tailored for parents here:


This gives great information on many of the social networking sites that our young people use regularly.

Invoiced accounts will be mailed to families in the coming weeks.

Please continue to pay your school contribution of $55.00 (juniors), $65.00 (seniors) to the Front Office. Your child’s educational experience will be enhanced by this contribution.
The first excursion for Year 7 will be on Tuesday 31st of March to Thursday 2nd of April. This is the last three days of Term 1. They will be going to Yarrahapinni Youth Centre, which is on the coast about one and a half hours south from here.

As part of their excursion, some students are being selected to assist with the implementation of team building and leadership development activities. A position on this excursion has been offered to your child.

The excursion will provide students with the opportunity to meet other students from their year group, consolidate friendships, learn new skills, increase understanding of natural environments and of course have fun!

Activities for students will include: team building, leadership development, flying fox, challenge course, games, beach sports and surfing.

Students will be required to bring covered shoes, appropriate clothing suitable for the forecasted weather conditions, water bottle, swimmers, sunscreen, towel, toiletries, pillow, sheets and blankets or a sleeping bag. It is preferred that students do not bring electronic devices, however, if they choose to do so it will be at their own risk and usage is only to occur during designated periods of free time.

Cost of the excursion will be $145 and include the above activities, travel, accommodation and food. A deposit of $50 is required by Friday 27/2/14 to secure a spot on this excursion.

Please feel welcome to make contact if you have questions about the excursion or the progress of your child.

Robert Pursch
Physics Teacher
Year 7 Adviser 2015
Woolgoolga High School
02) 6654 1500
robert.pursch1@det.nsw.edu.au
## 2015 Sports Dates

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Carnival</th>
<th>Venue</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swimming</strong></td>
<td>Fri 27 Feb</td>
<td>MNC Zone Swimming Carnival</td>
<td>Coffs Harbour Pool</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Thur 5 March</td>
<td>NC Regional Swimming Carnival</td>
<td>Lismore Pool</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Fri 27 Mar to</td>
<td>NSW CHS State Swimming</td>
<td>Home Bush Aquatic</td>
<td>1</td>
</tr>
<tr>
<td><strong>Cross Country</strong></td>
<td>Wed 22 Apr</td>
<td>School Cross Country</td>
<td>Woolgoolga</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fri 15 May</td>
<td>MNC Zone Cross Country</td>
<td>Grafton</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fri 5 June</td>
<td>NC Regional Cross Country</td>
<td>Kempsey</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fri 17 July</td>
<td>NSW State Cross Country</td>
<td>Eastern Creek</td>
<td>3</td>
</tr>
<tr>
<td><strong>Athletics</strong></td>
<td>Wed 6 May</td>
<td>School Athletics Carnival</td>
<td>Woolgoolga Sports</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Thur 11 June</td>
<td>MNC Zone Athletics Carnival</td>
<td>Coffs Harbour International Stadium</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fri 31 July</td>
<td>NC Regional Athletics Carnival</td>
<td>Coffs Harbour International Stadium</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Thurs 3 Sep to Sat 5 Sep</td>
<td>NSW CHS State Athletics Carnival</td>
<td>Homebush</td>
<td>3</td>
</tr>
</tbody>
</table>

*Please note: Dates and venues are correct at time of printing but are subject to change. Please check closer to event.*
Parent Tips!

Avoiding injuries
Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain?

Jargon buster
Wondering why your kids talk about playing under the school COLA? Baffled at parent-teacher discussions about KLA’s? This list of common abbreviations or terms will help you to become familiar with the world inside school.

Technology talks
Find out about all the technologies your child could be using at school, at home and on the go. Scan the A-Z list for overall knowledge, find out how gadgets work, what their good points are and other usages you may need to be aware of.

Friendships to boost your child’s learning
If children are happy socially they tend to be more engaged in their learning. So teaching your child about the importance of making friends is as vital as learning their ABCs.

Assignment starters for the arts
Videos are great resources for getting kids enthused about their assignments. These pages on cubism, percussion and critical studies provide key points to help them get started and links to useful sites to assist with further research.
Canteen—Eat Fresh

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

See menu with price list on the school’s website

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.
WIN a Classroom of iPads!

Support your favourite school every time you shop at Park Beach Plaza! Start collecting your receipts today and present them to Customer Information to allocate points to your favourite school. Competition closes 11 March 2015.

Information Night

Do you know how floods, storms or tsunami could affect you and your home?
How will you get ready for a natural disaster?
Do you know who to call if you need help?
Would you like to join the NSW SES in an operations, support or education role?
Come along and find out lots of information.

Woolgoolga Scout Hall
Monday 23 February
6.30—8.00pm
All welcome
Coffs Harbour & District Baseball Association

Players of all ages and abilities are invited to come and try baseball at the annual sign on days.

New and returning players can register at the sign on days to be held at the Bray Street Sports Grounds in Coffs harbour on March 14th, 21st and 28th between 9am and 12pm.

The season will commence on Saturday 11 April at the Bray Street grounds and then will shift to the Stadium Drive fields in early May 2015.

For further information, please contact Bill Langler on 0421 553 093

CoffsHarbourBaseball

Woopi Netball

Registration Days- Saturdays 21st & 28th February 2015, 9.00-10.30am at the Nightingale St Courts
Contact Sandra on 66542743 for more information.
We hope to see you there! GO WOOP!!

DATE: Thursday 26th February
TIME: 4.30pm – 5.30pm
VENUE: Woolgoolga Sports Reserve
CONTACT: James Parker – Woolgoolga JRL President / Mob: 0403223521
Navpreet Sidhu – Secretary / Mob: 0401723136
Did you know all children aged 0-17 years are entitled to free dental care? To be eligible all you need is a current Medicare Card. **No Health Care Card required.**

Seniors don’t miss out on your free dental before turning 18.

For an appointment please call: 1300 651 625
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.