

WOONONA HIGH SCHOOL



Year 5 Sample Lesson Day



EXCELLENCE INNOVATION SUCCESS

Newsletter

Issue No. 13

29 October 2018

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Woonona-h.school@det.nsw.edu.au



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2/11/2018	Halogen Young Leaders Day
2/11/2018	Year 7 Gala Day
5/11/2018	Year 10 Yearly Exams Begin
6/11/2018	Stage 4 Taronga Zoo Excursion
8/11/2018	Year 7 Enrichment Class 2019 Day / Year 7 CAPA Enrichment Class 2019 Day
8/11/2018	Wright / Sim Shield
8/11/2018	Year 8 VALID Test

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Principal's Report

We have started Term 4 ready for what promises to be a very busy term ahead.

Today we welcomed Year 5 students from our Community of Schools to experience a day at high school. To a student I saw happy and engaged children all willing to do their best work in the tasks that were provided. As a follow up, these students as well as younger students who are considering their high school options are invited to our Open Night which will be held on November 19. Having this occasion in November is a change to practice as this event has been previously held in March.

I am thrilled to have begun working with the new student leadership team. They have presented to me range of initiatives that will enhance the wellbeing of students at the school as well as those in the wider community.

Captains – Phoebe Austin and Angus Smart

Vice-Captains – Maggie Esdale and Bronte Sweeny

Prefect – Ruby Thompson



Wellbeing

Good mental health and wellbeing look different for different people. Things that can contribute to positive mental health and wellbeing include:

- spending quality time with close friends and family
- finding an activity that is meaningful, which can provide a sense of purpose
- learning a new skill such as painting, singing, knitting, or a foreign language which can provide a sense of pride and achievement
- finding a hobby (such as gardening, playing sport, cooking, or arts and craft)
- giving to others by volunteering, being there for friend in need, or caring for animals
- having someone to talk to who can provide support and reassurance
- eating healthily and exercising regularly
- spending time with people who share similar interests
- experiencing new things such as trying different foods, travelling, or meeting new people.

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Ways to improve your mental health and wellbeing

Learn to relax and do things you enjoy

Having something to look forward to promotes positive mental health and wellbeing. Everyone is different, so find out what works for you.

Relaxing activities may include:

- listening to music
- practising relaxation techniques such as meditation, yoga or tai-chi
- mindfulness techniques are helpful to manage anxiety and negative or intrusive thoughts
- catching up for a walk with a friend
- play with pets

Get moving

Exercise is a great way to improve your negative mood. Do whatever you enjoy doing that gets you active, for example:

- ride a bike, go for a walk (or run)
- go for a swim at the beach or a pool
- play a sport you like, join a team (rugby, footy, netball etc).

Eat healthy

- try to eat a healthy, balanced diet, as it will make you feel calmer
- eating regular meals will give you energy and will regulate your blood sugar levels
- eating plenty of fruit and vegetables will make you feel healthier. Reducing your sugar intake is better for your health
- avoid alcohol and other drugs as they can worsen the symptoms of mental health problems.

Get enough sleep

- if you are tired, you are more likely to feel stressed and worried. Aim for around 8 hours per night to avoid feeling tired
- get into a good bedtime routine: wind down by drinking a glass of milk or cup of herbal tea, read a book or listen to relaxing music before going to bed
- try going to sleep and getting up at the same time each day

Stay connected and keep in touch with families and friends

Feeling connected to people is an important part of staying well. It can help you feel confident and valued, and it can support you during difficult times. A lack of contact with others makes people feel lonely and disconnected.

- even if you are not contributing to conversations, stay around people
- spend time on relationships you are interested in
- care and support other people
- talk to family and friends and discuss your experiences, worries and feelings
- visit your GP if you have any physical or mental health concerns.

Problem solving

Learn to anticipate problems before they arise, as it will help reduce worry and stress. You can do this by:

- learning to understand your own thoughts and feelings

- planning in advance what you might do in situations that cause you stress
- identifying at least two people who can help you when you come across a problem in your life
- planning for a crisis and tell people what you want to happen if you become unwell.

Set goals

It is important to introduce a regular routine and structure to your days. Setting and achieving goals can help to organise your time, and can give you a sense of purpose in life

Goals can be related to:

- work
- study
- exercise
- eating healthy
- joining in on social activities.

A healthy student will be the one who is able to achieve their personal best at school, and this is the desire for all Woonona High School students.

https://healthywa.wa.gov.au/Articles/F_I/Good-mental-health-and-wellbeing

Caroline David

Woonona High School Special Education Unit Fundraising Raffle

Over \$9,000 in prizes

100 Prizes

Woonona Bowling Club

Sunday 25th November

Tickets on Sale From 4.00 Draw at 5.30

Supported and Sponsored by Bulli Social Fishing Club & Woonona Bowling Club

iTravel Voucher TV \$350 Barefoot Bowls \$500 In South Sydney Juniors Gear
 \$300 in Electrical Goods \$450 Accommodation Package Jamberoo Tickets
 \$200 South Coast Automatics Vouchers \$400 Fernwood Vouchers Meat Trays
 \$400 Novotel Accommodation \$250 Headlands Voucher Barista Course

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WOONONA HIGH SCHOOL

**OPEN
NIGHT**
Monday
November 19
6:30pm



**Have you considered
enrolling your child at your
local comprehensive high
school
in 2020?**

Come and take a tour of our school, speak to teachers, students and parents, enjoy sample lessons/activities and experience some of the fantastic opportunities available to students at this innovative comprehensive high school.



Email: woonona.school@det.nsw.edu.au
Web address: woonona-h.schools.nsw.edu.au

Nicholson Road Woonona
Phone: (02) 4284 1513 Fax: (02) 4285 1485

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Woonona High School

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Dear Parent/Caregiver

Woonona High School is holding an Open Night on Monday, 19th November 2018. This night is designed to showcase our school and enable parents and students to learn what it is like to attend Woonona High. Staff and students have planned visual displays, in-class demonstrations and interactive workshops for you to examine throughout the night and will be available to answer any questions/queries about the school. Food and drinks will be provided by our senior Hospitality students and school tours will be run by experienced students, including members of the Student Representative Council. Guides will be able to direct parents and students to various faculties and locations around the school, as well as answer any questions about Woonona High School that may arise.

It is strongly recommended that all parents and students thinking about enrolling at Woonona High School for the 2020 school year attend Open Night. As well as taking a guided tour of the school and seeing student work samples and lesson ideas, each family will be given an information pack about Woonona High School that provides information on subjects taught, enrichment class, CAPA class, the Accelerated Visual Arts and Learning Support programs run within the school, sporting and academic opportunities as well as detailed information about school policies and enrolment procedures. It will also be an excellent opportunity to talk to staff and students in a relaxed atmosphere.

An outline for the evening is listed below.

6:00pm	Parents/caregivers and prospective students arrive and are directed to the Hall by SRC students. Opportunity to be entertained by WHS performing arts ensemble and collect information packs about the school. Food and drinks will be provided.
6:30pm	Open Night begins: Principal's address and performance in Hall.
6:45pm	Parent address to families about WHS. Concluding the parent address guests will be organised into groups for the evening in preparation for school tours.
7:00pm	Parents/caregivers and students taken on a guided tour of the school. This tour involves walking around school grounds and visiting individual faculties for in-class demonstrations and displays. Further refreshments will be provided throughout this part of the evening.
8:00pm	Parents/caregivers and students return to hall. Year 5/6 students taken to COLA area for games while parents/caregivers remain in hall for question time with WHS staff.
8:30pm	Open Night concludes.

If you have concerns or questions regarding Open Night, please ring Woonona High School on 4284 1513 during school hours. If you are unable to attend Open Night please contact the school for a free information pack or to arrange an alternate time for a tour of the school.

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Year 5 Sample Lesson Day



On Monday 29 October, Woonona High School played host to a large group of very enthusiastic Year 5 students from our partner primary schools as they sampled Year 7 classes for the day.

Students enjoyed lessons in Food Technology, Circus Skills, Mathematics, Visual Art, Drama, Woodwork, Science, HSIE, PE and English.

In Food Technology students made cookies, in Circus skills students learnt the basics of juggling using scarves and in Science students investigated the structure of cells using dyes and microscopes. Woodwork was popular as students made wooden succulent holders and in Drama students had fun as they practiced being the Eiffel Tower or an aeroplane.

A big thank you to our teachers and student helpers for making our visitors feel welcome and thank you to Ms Steele for her organisation of the day. These students will return to WHS next year for a series of transition days that will prepare them for starting high school in 2020.



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CAPA News

CAPA Camp

After another successful camp last year, we are once again offering all students from Year 7-11 the opportunity to go to our Creative and Performing Arts (CAPA) Camp, to be held at the Waterslea Centre in Nowra from Monday 26th – Wednesday 28th November. An expression of interest note was sent home last week and interested students are asked to pay a deposit to secure their place. The purpose of the camp is to enable students to learn new repertoire, form ensembles and rehearse group items ready to audition for Variety Night. All students with an interest in Dance, Drama, Circus, Music, Photography and Visual Arts are welcome to apply. Please see Mrs Steele (PDHPE staffroom) or Mrs Arnold (Music staffroom) for information.

Save the Date – Variety Night

Our annual Creative and Performing Arts Showcase ‘Variety Night’ will be held in Week 10 on Tuesday 18th December at 7pm. Our Woonona Community of Schools Primary Band will be performing at this event – they are sounding fantastic – and many of the students playing at a higher level now combine with our WHS Junior Band as well. The night will also feature performances from our Stage Band, Vocal Ensemble, Dance Companies, Drama and Circus groups, as well as an exhibition from our Visual Arts, Design and Photography students.

CAPA in the Community

Congratulations to all of the performers who assisted one of our Community of Schools at the Rush into Russell Vale event last Saturday! We were very proud to support the event and would like to thank the following students for performing and Mrs Arnold for organising:

Carla Baker, Josh Burton and Riley Walker (Year 10), and Ethan W Johnson (Year 11)



Instrumental and Vocal Tuition

Now that our Year 12 Music students have finished their HSC exams, we have some new spaces available for current and future students of Woonona High to learn an instrument or voice before or after schools. Our program features experienced teachers at an affordable price, with private 30 minute lessons costing \$20, and partner 30 minute lessons costing \$10 each. Lessons are offered in guitar, bass guitar, drums, keyboard, flute, clarinet, saxophone, trumpet, trombone and voice. Please contact Mrs Arnold in the Music department for details.

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Introduction to HSC English 'Texts and Human Experiences' Treasure Hunt

Introduction to HSC English 'Texts and Human Experiences' Treasure Hunt

Students from English Studies (WRAP), English Standard and Advanced courses all participated in a treasure hunt as their introduction to the new HSC common module in English, 'Texts and Human Experiences.'

Students were given a range of clues with quotations and questions, then had to figure out an appropriate location around the school where the solution could be found, take a photo of the location and justify their response. Upon returning to the classroom students used these clues with key words from the syllabus rubric to develop concept statements expressing their growing understanding of 'Texts and Human Experiences.'

Students did not always have the same answer and needed to justify their response E.g. some chose the bubbler for a clue on 'find something that is vital for all life' (water), whereas other students chose the sensory garden as their answer and were able to successfully justify their ideas. Students' favourite clue was to find a leader who is a role model to others - they really enjoyed taking a selfie with Ms David. The English faculty all commented that Year 11 were highly engaged and participated thoughtfully in the activity and the teachers would like to thank Year 11 for their mature attitude and excellent behaviour.

Clare Matthews

Head Teacher, English

Uniform Shop

Uniform Shop Opening Hours

The last day to purchase items from the Uniform Shop for 2018 will be Thursday December 6.

The Uniform Shop will be open again on the following dates in January for Back To School sales, in addition to the usual Thursday mornings:

Wednesday January 23

Thursday January 24

Tuesday January 29

Seeking Uniform Shop Staff

The uniform shop which was previously run by the P&C is to be taken over by School Locker on December 7.

School Locker are seeking expressions of interest for staff to run the uniform shop in 2019.

The uniform shop will open weekly on Thursdays from 7:00-10:00. Potential staff will need to be available for training (paid) at mutually agreeable times during Term 4, Thursday mornings during term time from 7:00-10:00 on January 23, 24, 29.

Interested people should send a CV outlining their skills and experience to Deb.White@theschoollocker.com.au

Second Hand Clothing

The Woonona High School uniform shop ladies have asked that if anyone has items of school uniform clothing that are no longer required, would you consider donating them to the uniform shop.

We need to be able to supply second hand items and currently our stock is running very low.

Items can be left at the front office or taken to the uniform shop on Thursdays before roll call.

Thank you in advance.

Building and Construction



Mr Bradley's Year 10 Building and Construction electives class have been busy. Over terms 3 and 4 students in the class have been planning, designing and constructing scale model wall frames for a granny flat or teenage retreat.

Students have been learning about scaling, setting out top and bottom plates, plumb and level levels as well as the minimum spacings required when constructing a dwelling.

In addition to this course, on November 16th a Construction White card training induction will be held at school for a cost of \$100. Any student wishing to gain a trade and is over the age of 14 years of age should see Mr. Chamberlain in the careers office ASAP.



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University of Wollongong 'Early Admission'



Forty three students from the Year 12 cohort have been interviewed for 'Early Admission' to the University of Wollongong. The 'early admission' application process takes into account student performance in Year 11 and Year 12 assessment as well as looking at other factors to determine a student's suitability for university study. All students are expected to maintain their level of achievement throughout Higher School Certificate exams.

As in past years Dr Noelene Weatherby-Fell, Head of Students in the School of Education, visited to Woonona High School to help students prepare for their interviews. All of the students were reassured that at this stage they are on the path to admission and advised that they only needed to represent themselves well and sincerely.

All of the students were called upon to contribute to a thorough discussion of interview techniques and gently advised how to best approach interviews calling upon their own strengths and experiences. Both Dr Weatherby-Fell and I were impressed by the students' thoughtful responses.

Mr John Chamberlain (Careers Adviser)

Australian Geography Competition



This week at assembly students who achieved High Distinction, Distinction and Credit passes in the Australian Geography Competition, (which was held in Term 2), were presented with certificates.

A very special mention must go to Logan Fitzgibbon who received an outstanding award for coming in the top 1% of students in Australia. A fantastic effort Logan! Congratulations



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Year 8 Technology

8TEC.4 has been having fun investigating textile materials, techniques and tools and the design process involved in creating padded, quilted and lined device covers.

Ms Bolam

TAS Teacher



Year 11 Important Dates Term 4

[Raising Achievement Evening Wednesday 31st October.](#)

We encourage all students and their parents/caregivers to attend. The evening is being held to provide information about the requirements of the HSC and to discuss the Raising Achievement Program and other support that the school offers to Year 12 students.

The venue is the school hall and commencement time is 5:30.

[Study Skills Workshop Wednesday 7th November](#)

This is a mandatory workshop which is being held at the school. It is designed to provide students with strategies to successfully 'step up' from Year 11 to realise their potential in their HSC year. Topics for discussion include goal setting, how to study effectively, prioritising tasks, time management and the 'balancing act' of school and other commitments in Year 12.

Mrs Abrahams

Senior School Coordinator

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Illawarra Retirement Trust (IRT) Student Volunteering Program



Mental stimulation is a large part of keeping elderly residents healthy and happy. This week the students helped with various games that help stimulate the brain. Pictured is Madison Smith -Walsh playing Bingo.

Camryn one of our longest serving volunteers and has been with the program for nearly three years now. Her bubbly and kind nature has made her a favourite amongst the residents and led to many long term friendships. She is pictured here playing Celebrity Heads.



The volunteering program was designed to bring young and old together in a way that was mutually beneficial to everyone. For the elderly, who can sometimes feel isolated from family and friends by distance or circumstance, students provide fun and companionship. For students, many who are unaware of the plight of our elderly, it is a welcome reminder that the elderly are important and still have lots to contribute.

Mrs Roddis - Volunteering Coordinator

Parent Survey

Dear Parent / Caregiver

Every year we seek input and feedback from parents as part of our school planning cycle.

We would really appreciate it if you could take the time to complete a short survey (it should take approx. 15 minutes)

The results of this survey are used in school planning and they allow us to reflect upon our practice, make any adjustments needed and celebrate success.

The survey link is:



viewform.htm

Thank you- we really appreciate your input.

Clare Matthews

Acting Deputy Principal - Instructional Leader

Head Teacher English & LOTE

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Bandanna Day



The SRC will support CanTeen by holding Bandanna Day on Thursday 1 November.

CanTeen is an organisation that supports young people aged 12-25 coping with cancer. This might be dealing with a cancer diagnosis of their own or of a family member or friend. CanTeen provides young people with counselling, and can connect them with other young people in a similar situation. They also help provide specialist treatment and support in a number of major hospitals.

Students can purchase bandannas from the SRC every day in the canteen until stocks run out. The cost for each bandanna is \$5. All money goes directly to CanTeen.

Bandannas should be worn on Thursday 1 November. Students may prefer to wear their own bandanna and make a donation instead.

We look forward to seeing everyone in their colourful bandannas on Thursday, and raising money for a cause which has affected so many of us.

Woonona High School SRC



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Sports Report

South Coast Teams

Congratulations to the following students on their selection in the following South Coast teams:

Girls Open Waterpolo

Jade Timbrell and Kaia Brienen - both students will travel to Tamworth to compete in the CHS competition. Both students are to be congratulated on making an open team as they are only in Year 9.



Jade Timbrell



Kaia Brienen

Boys Open Waterpolo

Billy Sargent-Wilson- congratulations to Billy on making an open team as he is in Year 8.



Boys Open Cricket

Connor Gray - congratulations to Connor as he was competing against students in Year 11 and 12. Connor travelled to Armidale to compete in the state carnival.



Wednesday School Sport

Sport on Wednesday afternoon has been very successful with students keen to participate in our recreation units

Year 7 Gala Day

On Friday 2nd November all Year 7 students will participate in the Northern Illawarra Zone gala day. This gives our students the opportunity to participate in a round robin style competition against other students from Bulli High, Corrimal High, Keira High, Wollongong High, Smiths Hill High and Figtree High. All students have chosen the sport they wish to play. Buses will transport students to and from the venues.

Marg Sim (Sports Organiser)

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Have your say on diabetes in schools

Diabetes Australia is currently leading consultation to develop a national program to better support kids with type 1 diabetes in schools.

The new nationally consistent training program for teachers and school staff will be targeted at every school with a student with type 1 diabetes and this will cover the safe administration of insulin, hypoglycemia (low blood glucose level) management, and 'normalising' diabetes in schools so the students are not stigmatised.

The program will also clarify the legal framework for diabetes management in schools and resolve any confusion over who can train school staff, and which school staff should be trained.

To ensure the new program meets the needs of schools, students and parents, and builds on all the good work already happening, we want to hear from you about what works and what needs to be improved.

Register to attend one of our information sessions using the links below:

<https://pwc.to/2OletTr>

For Parents and Carers

[Monday 29th October 7:00pm – 9:00pm](#)

[Tuesday 30th October 11:30am – 1:30pm](#)

For Primary Schools (Principals, teachers, support staff, nursing staff)

[Monday 29th October 4:00pm-6:00pm \(face to face\)](#)

[Monday 29th October 12:00pm-1:00pm Video/Teleconference only](#)

[Tuesday 30th October 9:00am – 11:00am \(face-to-face\)](#)

For Secondary Schools (Principals, teachers, support staff, nursing staff)

[Tuesday 30th October 4:00pm - 5:00pm Video/Teleconference only](#)

[Tuesday 30th October 7:00pm – 9:00pm \(Face-to-face\)](#)

If you can't attend a workshop, please take five minutes to complete a survey.

[Parent survey](#)

[School survey](#)

If you have any questions please visit www.diabetesaustralia.com.au

WOLLONGONG SALVOS YOUTH GROUP

**SUMMER
BLOCK PARTY**

FREE FOR ALL HIGH SCHOOL STUDENTS

2 NOVEMBER X X X X X X X
7PM-9PM

11-13 BURELLI ST, WOLLONGONG

FAIRY FLOSS BUNGEE RUN
DOUBLE LANE INFLATABLE SLIP N SLIDE
JUMPING CASTLE **ZORB BALLS**

0422077579 for more info

CANTEEN PRICE LIST (August 2018)

SANDWICHES, ROLLS & WRAPS							HOT FOOD	
Available Wholemeal, White or Multi-Grain							CHEESE & VEGEMITE SCROLLS	\$ 1.00
VEGEMITE	\$ 3.00				SM		FULL GARLIC BREAD	\$ 1.00
CHEESE	\$ 2.00				LG		SAUSAGE ROLL	\$ 3.00
CHEESE & TOMATO	\$ 2.50				SM		MEAT PIE	\$ 3.50
CHICKEN, LETTUCE & MAYO	\$ 4.00				LG		CHICKEN GOUJONS (4 FINGERS)	\$ 2.00
EGG & LETTUCE	\$ 3.00				SM		CHEESE & SPINACH ROLLS	\$ 3.50
HAM	\$ 2.00				LG		SWEET CHILLI, CHEESE & CHICKEN W	\$ 4.00
HAM SALAD	\$ 4.00				SM		CHICKEN GOUJONS & WEDGES	\$ 4.00
CHICKEN	\$ 3.50				LG		POTATO WEDGES	\$ 2.00
CHICKEN SALAD	\$ 4.00				SM		ASSORTED CURRIES	\$ 5.00
SALAD	\$ 3.50				LG		HASHBROWNS	\$ 1.00
HAM, CHEESE & TOMATO	\$ 3.00						TOASTED CHEESE SANDWICH	\$ 2.00
BURGERS							TOASTED HAM & CHEESE SANDWICH	\$ 2.50
CHEESEBURGER	\$ 4.50						DRINKS	
HAMBURGER	\$ 4.50						WATER	\$ 2.00
CHICKEN SCHNITZEL BURGER	\$ 4.50						MILKSHAKES	\$ 2.00
EXTRAS							MOOVE 300ml	\$ 2.50
SAUCES: TOMATO OR SWEET CHILLI	\$ 0.20						DARE ICED COFFEE'S 300ml	\$ 2.50
CUTLERY: FORK OR SPOON	\$ 0.10						UP & GO'S 250ml	\$ 2.00
TURKISH BREADS							ASSORTED POPPERS	\$ 1.00
HAM, CHEESE & TOMATO	\$ 4.00						BERRI JUICES	\$ 2.50
AVO, CHICKEN, CHEESE & F/MUSTAR	\$ 4.00						WATERFORD MINERAL WATER	\$ 2.00
AVO, CHICKEN, CHEESE, BACON & MA	\$ 4.00						KYNETON MINERAL WATER	\$ 2.50
PLEASE PLACE ORDERS FOR RECESS AND LUNCH BEFORE SCHOOL WHEN POSSIBLE							TO AVOID DISAPPOINTMENT PIES	
							MUST BE ORDERED	
							BEFORE SCHOOL	
							AS OF 27 AUGUST 2018	

Term Calendar

Date	Title
31/10/2018	Yr 11 into 12 Information Evening & Raising Achievement Workshops
2/11/2018	Halogen Young Leaders Day
5/11/2018	Year 10 Yearly Exams
8/11/2018	Year 7 Enrichment Class 2019 Day
8/11/2018	Wright/Sim Shield
8/11/2018	Year 7 CAPA Enrichment Class 2019 Day
12/11/2018	ISER Performing Ensemble Tour
12/11/2018	Remembrance Day Assembly
14/11/2018	Year 12 Formal
15/11/2018	Forensic Science Incursion Year 8 CSI
20/11/2018	Zone Blues Presentation
20/11/2018	P&C Meeting / AGM
21/11/2018	Peer Support Training
26/11/2018	CAPA Camp - Nowra
27/11/2018	Year 6 Information Evening
30/11/2018	Peer Support (Stanwell Tops) Yr 9
3/12/2018	Student Clearance
3/12/2018	Stage 4 Assembly
4/12/2018	Student Clearance
4/12/2018	Year 6 Orientation Day
6/12/2018	Presentation Evening
7/12/2018	Student Clearance
7/12/2018	Gold Rewards Excursion
10/12/2018	Yr 10 Hike
11/12/2018	Yr 10 Hike
14/12/2018	Activities 'Week'
14/12/2018	Year 11 Study Day
15/12/2018	Activities 'Week'
15/12/2018	Year 11 Study Day
16/12/2018	Activities 'Week'
16/12/2018	Year 11 Study Day
17/12/2018	Activities 'Week'
17/12/2018	Year 11 Study Day
18/12/2018	Activities 'Week'
18/12/2018	Year 11 Study Day
18/12/2018	Variety Night 7pm in Hall - CAPA Staff
19/12/2018	HSC Students Morning Tea



School travel brochures

October 2018

Printed brochures

Final orders are now being taken for printed school student travel brochures.

From 2019 students, schools and operators will be directed to digital versions of brochures. These are available online through the links provided below.

- School Opal card brochure:
https://apps.transport.nsw.gov.au/ssts/assets/documents/OPAL022_3-New_School_Digital-WCAG.PDF
- Rural and regional school travel:
https://apps.transport.nsw.gov.au/ssts/assets/documents/OPAL022_2-Rural%20and%20Regional-Digital-WCAG.pdf

To receive printed stock, please email ticketing and concessions at student@transport.nsw.gov.au with the school/company name, address and number of brochures required.

Please discard any old brochures you may have which refer to the old paper application forms.

As with online applications, we would appreciate if you could direct parents and students to the school student transport site for forms and information regarding the scheme at <https://apps.transport.nsw.gov.au/ssts>

To find out more about SSTS, customers can go to apps.transport.nsw.gov.au/ssts



**Black Dog
Institute**



blackdoginstitute.org.au

Getting Help

Mental Health

Schools
Resources

Celebrate Mental Health Month by joining our free webinars

Improve your students mental health literacy, wellbeing and
resilience



Excellence Innovation Success

Insights - Tuesday 23rd October

This presentation aims to increase mental health literacy and promote help seeking. Our presenters break down the barriers of stigma and misunderstanding surrounding mental illness by sharing their story of courage and hope.

- [11:30am - 12pm session](#)
- [2-3pm session](#)

Mental Fitness - Wednesday 31st October

Delivered by a lived experience presenter, this 30-minute presentation provides students with positive psychology strategies to help boost resilience and mental fitness.

- [11:30am - 12pm session](#)
- [2-3pm session](#)

Navigating your teen's mental health - Wednesday 24th October

Suitable for parents and carers of high school aged students. This presentation educates adults on how to support the young people in their life.

- [6:30-7:30pm session](#)

Register now for our free webinars 



Download our free
curriculum resource:
Headstrong 2.0

Excellence Innovation Success



HeadStrong 2.0 was developed by the Black Dog Institute to make it easier for teachers to educate students about mental health.

HeadStrong 2.0 curriculum resource is free to download and can help your students improve their wellbeing and build resilience.

HeadStrong 2.0:

- links directly to curriculum learning outcomes for Years 9-10
- includes 5 modules that are split into a series of ready-to-use classroom activities and teacher development notes
- provides evidence-based education

[Download HeadStrong 2.0 now](#) >



Putting health in mind



LEARNER LOG BOOK RUN

Sunday 25 November 2018, 9.30am-12pm

Facebook event: <https://www.facebook.com/events/1022322401271132/>

Do you have your L's? Want to get more hours for your log book?

The Learner Log Book Run is an opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour. All learner drivers must have 40 or more log book hours.

Bookings are essential. Please contact Council on 4227 7111 or rso@wollongong.nsw.gov.au to book into the upcoming Log Book Run.

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Corrimal Swim Club



TRANSITION & SQUAD TRAINING

Our **Transition Squad** is aimed at children who have outgrown small learn to swim pools and programs or swimmers who wish to swim for fitness and compete at their school carnival. Children are introduced to a squad environment utilising the 50m pool to further develop their technique and endurance.



Our **Squad Program** encourages commitment to training and provides opportunities for swimmers to strive to improve themselves and be part of a competitive team environment. These squads are available for all ages and focus on stroke technique, fitness and competition race skills.



If you would like to join one of our programs or would like further information please contact Tracey
P 0401 253 642 | email: traceswim@gmail.com



PCYC
Wollongong

TWILIGHT BASKETBALL

A free, fun and fully supervised social basketball for boy and girls aged between 11 to 14 years. No prior experience is necessary. Food provided by to Rotary Club

When: Every Saturday from the 10/11/18 to the 8/12/18

Where: Illawarra Basketball Stadium

TERM 4 ACTIVITIES

The following are classes which are running at PCYC Wollongong for Term 4:

- Archery
- Boxing
- Boxing for Fitness
- Cheeky Monkeys
- Funstar Mini Sports
- Gymnastics
- Kendo - Lado - Jodo
- Parkour
- Street Soccer
- Tutoring
- Safer Driver Course for learner drivers.

For more information contact us on (02) 4229 4418



SAFER DRIVER COURSE

The Safer Drivers Course is designed to give young people a relatable and supportive road safety program at a complex time in their lives and help them manage the greater responsibility of solo driving.

Safer Drivers Course

3 HRS In Class + 2 HRS In Car = 20 LOGBOOK HOURS

www.saferdrivers.org.au

Locally owned travel agency
We offer a personalised service for all your holiday needs.
We book Flights, Holiday Packages, Cruises, Ski and Surf Holidays,
All Group and School Speciality Holidays
Travel Insurance.

This month's focus – Intrepid

itravel
[woonona]



Family vacations don't have to mean beaches, buffets and all-inclusive. Intrepid have all types of holidays to suit your family. We can help you organise your unique holiday that will open your children's eyes to new cultures, new food and new ways of seeing the world. Call us at itravel Woonona for ideas!



Contact us
sales@itravelwoonona.com.au • Phone: 42850711 • www.itravelwoonona.com.au •
Shop 2, 373 Princes Highway Woonona NSW 2517

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TEENZ CONNECT

Term 4 2018

Tuesdays 3.15pm—5.15pm

16 Oct	Alphabet Soup	Beat the clock, challenge your friends
23 Oct	Halloween Trivia	How many spooky facts do you know
30 Oct	Murder Mystery	Help us figure out who dunnit!
6 Nov	Air Brush Tattoo	Come along and get some temporary tattoos
13 Nov	Photobooth	Use our props to create awesome photos
20 Nov	Make & Create	Bring your creativity to make a piece of art
27 Nov	YouTube video	Make a Utube clip on any topic you like
4 Dec	YouTube video	Finish and edit your video
11 Dec	No Cook Cooking	Have fun with food
18 Dec	Retro Games	Old school games on the Wii!

SNACKS PROVIDED

CORRIMAL LIBRARY

15 SHORT ST, CORRIMAL

Free supervised activities for young people aged 12 to 18.
For more information call 4227 8222



WOLLONGONG
CITY LIBRARIES



Wollongong Youth
Services is a
Wollongong City
Council Service



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Australian Air League

NSW GIRLS GROUP

Established 1944

**NEW SQUADRONS STARTING IN YOUR AREA
RECRUITING NOW**

Get in on the ground floor for...

- Excitement and Fun
- Achievement and Recognition
- Friendship and Team Spirit
- Plenty of Challenge

FREE TO JOIN WITH ACTIVE KIDS \$100 VOUCHER



FOR GIRLS AGED 8 TO 18 YEARS

- Free to join with Active Kids \$100 Voucher
- Meet new friends
- Have lots of fun
- Develop your confidence and self esteem
- Train to be a Junior Leader
- Be part of a team
- Take part in sporting, flying and camping activities
- Get involved in your Community
- Interstate competition trips
- Theory & practical classes in aviation, general interest and life skills
- Recognition for all achievements

ADULTS 18 YEARS & OVER

- All prospective members 3 week trial period at no charge
- Distinctive Leaders uniform
- Join a friendly Parent Support Group
- Full training program to become a Leader (Ladies)
- Become a volunteer Instructor/Supervisor
- Social family events
- Savings plan for camps and excursions
- Regular information updates in newsletters
- Annual Awards Ceremony
- All volunteers are NSW Working with Children Check compliant

If you'd like to learn more, visit an operational Squadron or call us today!



FOR MORE INFORMATION PLEASE CONTACT

Mrs Robyn McKenzie: 0409 391 084 Email: gexc.nswgg@airleague.com.au

Girls Squadrons also located at Albion Park, Beverly Hills, Blacktown, Doyalson, Mudgee, Penrith, Southern Highlands

www.airleague.com.au

Facebook: [aal.nsw.girls](https://www.facebook.com/aal.nsw.girls)

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Are you looking for something
to do after school?

Want to meet new people and
learn new skills?

OUT & ABOUT BELLAMBI

FOR YOUNG PEOPLE 12-18.

WEDNESDAYS

3.15PM-5.15PM

BELLAMBI ROCK POOL

FREE FUN ACTIVITIES INCLUDING CRAFT,
SPORTS, GAMES AND MORE.
SNACKS PROVIDED.



Wollongong Youth Services is a service of Wollongong City Council

FOR MORE INFORMATION CONTACT

WOLLONGONG YOUTH SERVICES ON 4227 8222.

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THE LORD MAYOR'S

Picnic in the park

FOR 2019 SCHOOL
STARTERS AND
THEIR FAMILIES!

FREE entertainment and
giveaways for all 2019 school starters.

Join in the fun while finding
out more about starting school!

Sunday 4 November, 10am-12pm
@ MacCabe Park (southern end)
Cnr Church & Ellen Street, Wollongong

www.transitiontoschool.com.au

For more information or to RSVP contact:

Emma Montalti on 4283 9943, or
transitiontoschool@bigfatmile.com.au

Tracey Kirk-Downey on 4227 7158, or
tkirk-downey@wollongong.nsw.gov.au



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