

WOONONA HIGH SCHOOL



Year 8 Aquarium Excursion

EXCELLENCE INNOVATION SUCCESS

Newsletter

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Calendar

DATE	EVENT
4/11/2019	Year 9: YAM Day
7/11/2019	Cultural Appreciation Camp
11/11/2019	Remembrance Day Assembly
11/11/2019	Year 9: YAM Day 2
12/11/2019	Year 9 Hike
12/11/2019	STAGE 4 Assembly
18/11/2019	Year 9: YAM Day 3
18/11/2019	Year 12 Construction and Hospitality Work Placement (all week)
19/11/2019	Zone Blues awards



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Principal's Report

I have had a long meeting with the Integration Works Contractor this morning and they have asked that I pass on their thanks and congratulations for the way in which the Woonona High School has supported their work. They have reported that students have been courteous and accommodating and that they have been given the best conditions possible to do their work in a timely fashion. I would like to add my own comments to this. There is no doubt that the work has been highly disruptive to the flow of student traffic, but I have only encountered an understanding from the students who have taken it all into their stride and let the workers go on uninterrupted.



At Woonona High School we frequently extol the virtues of working hard, and doing one's own best work. I love the work of American psychologist Carol Dweck, who has researched and brought to prominence the concept of grit. In her book of the same name, she talks about why doing hard things, and sticking at them is so important for developing resilience, whether we are adults or children.

In our family we have the Hard Thing Rule. It has three parts. The first is that everyone - mum and dad included - has to do a hard thing. A hard thing is something that requires deliberate daily practice. The second part of the Hard Thing Rule. You can quit. But you can't quit until the season is over, the tuition payment is up or some other natural stopping point has arrived. You must, at least for the interval to which you have committed yourself, finish whatever you begin. In other words, you can't quit in a day when your teacher yells at you, or you lose a race, or you have to miss a sleepover because of a recital the next morning. You can't quit on a bad day. And the final part of the Hard Thing Rule is that you get to pick your hard thing. Nobody picks it for you.

So, may I encourage you as a family to talk about Hard Things. What is your Hard Thing? It might be a physical mountain, which was my Hard Thing earlier this year. It might be getting to school on time. Completing your homework. All of it. Or doing your best in an assessment task.

Doing Hard Things now will stand you in good stead to ride the waves of life that will inevitably come our way later.

NSW GOVERNMENT

SCHOOLS SPECTACULAR 2019

SCHOOLS SPECTACULAR 2019

TICKETEK

QUDOS BANK ARENA FRI 22 & SAT 23 NOVEMBER

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Year 7 Taronga Zoo Excursion



On Thursday, 24th October, 127 Year 7 students participated in the Taronga Zoo excursion as part of the Classification topic currently being studied in Science. Everyone had a fantastic day and the attitude and behaviour of the students was excellent.

Students were able to explore the zoo in their own style and were fascinated by the enclosures and animals on display. Some animals were a bit shy and remained in hiding, but others put on quite a show. The seals, tigers and chimpanzees in particular were entertaining to watch and the meerkats were definitely a favourite amongst our students.

Students were able to identify that each enclosure was different and suited to the animal's needs. The abiotic and biotic features of the zoo also changed as we roamed around, some areas with greater shade, water and different plant species.

It was a lovely day for all, students were exhausted by the end and some even fell asleep on the bus! Thank you to the teachers who came along on the day!

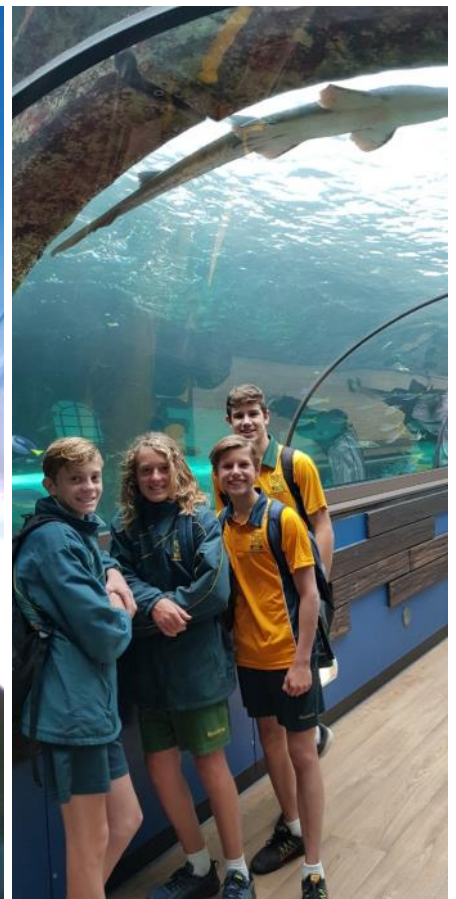


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Year 8 Aquarium Excursion



On Tuesday November 5 Year 8 Marine Studies travelled to Darling Harbour to visit Sydney Sealife Aquarium and Sydney Wildlife World. Despite some cooler than expected temperatures and a light smattering of rain the students spirits remained high as they travelled through the displays, on a mission to observe and report on a range of dangerous marine creatures. As fun as learning in the lab is, all students agreed that seeing these animals in the flesh is a more engaging and exciting way to learn about them first hand. Crowd favourites were definitely the saltwater crocodile, saw nosed shark and grey nurse shark. The students will be writing up a short piece on their best photos and observations on the day as their last formal assessment task for the year. Can't wait to do it all again next year!



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Water in the World Year 8 Geography



On Tuesday 29th of October, our Year 8 Geography classes visited the Killalea Education Centre as part of the “Water in the World” topic they are studying this term. Throughout the day students learnt a variety of terms and facts, including what effects humans have on the water at ‘The Farm’ beach and worldwide.

To learn the effects that plastic has on the environment, Year 8 used sieves to separate microplastics they had dug from the sand under their feet. This goes to show that microplastics can be hidden literally right under our noses and without our knowledge. These microplastics can stay there for thousands of years continuing to break down into smaller and smaller fragments. While at ‘The Farm’, Year 8 also went exploring at the rock pools, surveying what animals they saw in their booklets.

Year 8 also learnt how to test the quality of different bodies of water including the Killalea lagoon and ‘The Farm’ beach. They learnt about the pH of the water which is a measurement of how acidic/basic the water is and they also learnt how to find the salinity of the lagoon and beach, which is how much salt is in the water. Students also learnt what turbidity is and how to find this measurement from the lagoon water just by using a plastic tube with three lines at the bottom.

Throughout the entire day at the Killalea Centre students had a fun and educational experience full of lots of laughs and new experiences that they will never forget.



'Hook' Event for Year 10 English and HSIE

Yesterday all of Year 10 English and HSIE classes experienced a taste of Japanese culture as in introduction to the Project Based Learning unit of work they will be completing in Term 4.

Students were invited to create origami cup, taste a range of foods including Wasabi Peas and green tea Kit Kats as well as learning how to bow appropriately in Japanese culture. Thank you to Mr Thistlethwaite and Ms David who gave up their time to give Year 10 this experience, designed to build intercultural understanding and help them understand the requirements of their upcoming unit of work for 'International Day.'

During Term 4 students will be working in groups to complete a range of English and HSIE tasks based on a country of their choice, building their skills in research and writing as well as HSIE skills. This work will culminate in students taking responsibility for a stall at 'International Day' where they will display a range of their class work as well as provide the school community with some food, games or activities related to the country of their choice.

'International Day' is a student-led initiative and the idea was first introduced by students who are currently in Year 11. This is the 3rd year of this event and we look forward to seeing Year 10 lead a fantastic day. 'International Day' be held on Monday 9th December.



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Woonona High is.... Wicked!



Rehearsals are really ramping up for our production of Wicked and those who attended our Open Night got a special treat – a sneak preview performance of For Good featuring the Wicked Witch Elphaba and Glinda the Good in a duet about their unlikely friendship, as well as one of our Yr 7 aerialists, Kai, on silks. Here are some photos from the performance and rehearsals – we hope to see you at one of the shows in the first week of December – details to be released soon...



Wollongong Combined Schools Instrumental Festival

This year the Combined Schools Instrumental Festival returns to their original home at the Wollongong Town Hall and the Woonona High School Junior Band and Community of Schools Primary Band will be performing on Thursday 14th November at 7pm. This School-based Instrumental Festival aims to promote band and ensemble music programs in the Illawarra with support from the Wollongong Conservatorium of Music. Family and friends can enjoy performances from regional schools showcasing their programs and talented students. Our Stage Band performed at this event to a large and appreciative crowd at the University of Wollongong in 2017, and we are looking forward to performing again. This year marks the 50th Anniversary performance, certain to entertain and delight. Tickets are \$15 (or \$5 kids) from www.merrigong.com.au

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This Week at Assembly



This week at assembly students who were lucky enough to take part in the recent exchange trip to Japan spoke to students about their adventures.

Whilst in Japan our students took part in a homestay in Tokyo and spent time at Kitazono High School where they took part in lessons such as calligraphy and English as well as trying the traditional Japanese sport of Kendo. The group tried lots of different foods, travelled on many trains and saw numerous castles. They visited shrines and saw the torii gates which are a traditional Japanese gate most commonly found at the entrance of or within a Shinto shrine, where it symbolically marks the transition from the mundane to the sacred. The group also visited Hiroshima which was described by students as a very powerful experience.

Culturally the students commented on the large number of people in Japan but remarked on how polite and nice everyone was.

A fantastic experience for these lucky students!



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Year 5 Taster Day



On Monday 28th October, over 100 Year 5 students from surrounding primary Schools embarked on a 'Try Year 7 for a Day'. This CoS day saw students engage in many activities including Cooking, Woodwork, HSIE, Art, Science, Math, Music, Dance and PE.

Each class activity invited the students to engage in practical challenges and immerse themselves in fun and educational lessons. Some of the challenges included students creating hanging planter boxes in Woodwork, playing different musical instruments in Music and creating delicious biscuits in cooking.

The Year 5 participants had the opportunity to meet and question our current Year 7 students who were the tour guides for the day, enabling the Year 5 students to gain insightful feedback and insight into High School life.

Year 5 Cos Day 2019 was a successful day and we look forward to all the students back here at Woonona High School in 2020 for their Year 6 Cos Days.



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Halogen Young Leadership Conference

The SRC executive team attended the Halogen Young Leadership Conference in Darling Harbour on Friday 5 November.

The excursion was very successful and rewarding as the students had the opportunity to learn great leadership skills from some talented, inspirational and famous Australians. The speakers included John Coutis, Erin Molan, Bianca Chatfield and Lachlan Smart. The students had the opportunity to meet the speakers.

Mr Brent Milligan

SRC Coordinator



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Bandanna Day

On Friday 31 October Woonona High School supported CanTeen with the SRC selling ice cream spiders and cakes at recess and lunch time.

National Bandanna Day is the major fundraising and awareness campaign for CanTeen Australia. This powerful campaign is nationally supported and has generated over \$30 million to support young people affected by cancer.

CanTeen helps young people cope with cancer in their family. Through CanTeen, they learn to explore and deal with their feelings about cancer and connect with other young people in the same boat. If they've been diagnosed themselves, CanTeen also provides specialist, youth-specific treatment teams.

CanTeen's programs, camps and recreation days give young people aged 12-25 some space away from the daily pressures of living with cancer and the opportunity to meet others who truly understand what they're going through.

A very worthy cause indeed.



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“A Bit Spooky!”



It was a bit spooky!! Woonona High School staff certainly got into the spirit of Halloween on the 31st October with some very creepy dress up costumes. There was a bit of competition between faculties as to who was the scariest with Science, HSIE and English staff high up on the list. Students thought it was great to see their teachers enjoying a light hearted day at school.

As you can see from the photos below, our Year 9 Food Technology class also embraced Halloween by creating some creepy cooking creations of their own!



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Year 11 Learn for Life

On Tuesday 15 and Wednesday 16 October, all Year 11 / 12 students attended the compulsory Life Ready program held at Wollongong High School.

Previously known as the "Crossroads Program", which was established in the 1990's, the Life Ready program has been updated to prepare and support senior students as they encounter situations related to health and safety as they become more independent and gain more responsibilities. It focuses on offering opportunities for students to build the functional knowledge and skills for life post school.

Life Ready is a 25-hour program for senior high school students which preserves five of Crossroads' "contexts" - mental health and wellbeing; relationships; drugs and alcohol; safe travel; and sexuality and sexual health - but changes the sixth from "own identity" to "independence".

"Independence" focuses on financial literacy (owning a car or phone, or moving out of home), body image and civic rights and responsibilities.

Congratulations Jarvis!

Year 11 student Jarvis Paterson was recently provided the opportunity to travel to Britain for a one-month training camp with the Wigan Athletic Football Academy. Training regularly with the under 16s and 18s sides, Jarvis was able to immerse himself into the football culture of the region and take on the challenge of holding his own amongst some very bright football talents. The under 18s team are, in particular, dominating the English League and the sharpness and physicality of those players was something that immediately stood out to Jarvis. Training, sometimes twice a day, and having to process constant feedback from coaches and scouts was a challenge he enjoyed and valued, no doubt helping him grow as a footballer and take on some meaningful life lessons. As a bonus, he and his dad were able to enjoy a few historical matches, like Wolves' counter attacking masterclass against reigning Premier League Champions Manchester City and Mo Salah's 90th minute winner against Salzburg at Anfield.

Congratulations to Jarvis for stepping out of his comfort zone and taking on this challenge and opportunity. The Woonona High School Opens Football Team now looks forward to going one step further in the 2020 competition, utilising some of the skills acquired in Wigan.

Mr Mucci



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Year 9 Marine and Aqua Studies



Our Year 9 Marine and Aqua Studies class had an interesting assessment task recently.

Students were asked to research ethical seafood and design an entree and a main meal that is sustainable and delicious. They were also required to create a blog covering the recipe, explain the ethics of the seafood they used (sustainability, taste, place of origin, etc) and then document their cooking process using photos. Students then took to our hospitality kitchens to produce their seafood masterpieces—the results look very tasty!!



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Year 8 Textiles



Year 8 Textile Technology have had fun designing and creating device covers. Some techniques learnt include: fabric joining, applique, embroidery, seam allowance, pattern making, pinning, machine embroidery and wadding.

J Bolam



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Canteen Price List



WOONONA HIGH SCHOOL CANTEEN MENU 2019



SANDWICHES & ROLLS

(Available Wholemeal, White, Multigrain or Gluten Free)

Vegetemite	\$1.00
Cheese	\$1.50
Cheese & Tomato	\$2.00
Egg	\$2.00
Egg, Lettuce & Mayo	\$3.00
Ham	\$2.00
Ham & Salad	\$4.00
Ham, Cheese & Tomato	\$3.00
Chicken	\$2.00
Chicken & Salad	\$4.00
Chicken, Lettuce & Mayo	\$4.00
Salad	\$3.50
Tuna	\$1.50
Tuna Salad	\$4.00

HOT FOOD

Garlic Bread	\$1.00
Sausage Roll	\$2.50
Meat Pie	\$3.00
Ricotta & Spinach Roll	\$2.50
Mashed Potato & Gravy	\$2.00
Baked Potato	\$2.00
Toasted Cheese Sandwich	\$1.50
Toasted Ham & Cheese Sandwich	\$2.00
Hashbrown	\$1.00
Cheese Roll	\$1.00
Assorted Curries	\$4.50
Margarita Pizza	\$2.00
Ham & Cheese Pizza	\$2.00
Chicken Pizza	\$2.00
Vegetarian Pizza	\$2.00
Meatball Sub	\$3.00

SNACKS

Fresh Fruit	\$1.00
Watermelon Wedge	\$1.00
Fruit Salad	\$2.00
Yoghurt & Fresh Fruit	\$2.00
Plain Yoghurt	\$1.00
Cheese & Crackers	\$2.00
Rice Crackers	\$1.00
Popcorn	\$1.00
Assorted Cookies	70c
Assorted Slices/Muffins	\$1.00
Banana Bread	\$1.00
Scone	50c

BURGERS

(Gluten Free Available)

Cheeseburger	\$4.50
Hamburger	\$4.50
Chicken Burger	\$4.50
Schnitzel Burger (Air-fried)	\$4.50
Vegetarian Burger	\$4.50

SALAD TUBS

Fruit Salad	\$2.00
Chicken Caesar Salad	\$4.00
Garden Salad	\$3.50
Cheese Salad	\$4.00
Egg Salad	\$4.00
Tuna Salad	\$4.00

DRINKS

(Soy and Almond Milk Available)

Water	\$2.00
Assorted Milkshakes	\$2.00
Moove Milks 300ml	\$2.50
Moove Milks 500ml	\$4.50
Plain Milk 250ml	\$1.50
Assorted Up & Go's 250ml	\$2.00
Assorted Poppers	\$1.00
Waterford Mineral Water	\$2.50

TURKISH BREADS

(Gluten Free Available)

Ham, Cheese, & Tomato	\$4.00
Chicken & Mustard	\$4.00
Chicken & Mayo	\$4.00
Vegetarian	\$3.50

FROZEN SNACKS

Quelchsticks	50c
Frozen Fruit Cup	\$1.00

**PRICES ARE SUBJECT TO
CHANGE WITHOUT NOTICE**

EFTPOS NOW AVAILABLE



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Term Calendar

DATE	EVENT
4/11/2019	Year 9: YAM Day
11/11/2019	Year 9: YAM Day 2
12/11/2019	STAGE 4 Assembly
18/11/2019	Year 9: YAM Day 3
18/11/2019	Year 12 Construction and Hospitality Work Placement (all week)
19/11/2019	Zone Blues awards
22/11/2019	Newsletter published
25/11/2019	Year 10 Work Experience (all week)
26/11/2019	Living Books Booking Sessions
26/11/2019	Year 6 into 7 Parents Information Evening
27/11/2019	Lady Elliot Excursion (4 days)
2/12/2019	Wicked - Production Show Week
3/12/2019	Year 6 into 7 Orientation Day
5/12/2019	Living Books Year 9
5/12/2019	UOW In2uni presentation (Year 11)
6/12/2019	Year 7: Gold Rewards Excursion
12/12/2019	Presentation Evening
13/12/2019	Activities Week
13/12/2019	Newsletter published
17/12/2019	Variety Night
18/12/2019	Year 12 - ATAR morning tea

REUSE IT

bring your own #byob



BRING IT

refill using your own
drink bottle #byob



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Disabled Surfers South Coast Presents

Thirroul Beach 'Smiles on Dials Day'

Saturday 7th December 2019

Meet at Thirroul Beach, Just south of the pool



Check-in no later than 9.30am - Group-care facility participants limit of 6 per facility

A fun day surfing experience for any person with a disability, no matter how challenging, with complete water supervision.

Registration for Participants is \$10 and all **participants** receive a bag of goodies, Thanks to the local participating surf shops and businesses.

Free registration for Volunteer Helpers and for giving up your time you will receive **FREE** Sausage Sizzle on the day.

check out the video on Face Book!

<https://www.facebook.com/disabledsurfersassociationsouthcoast>

Or for more information and who to contact view

disabledsurfers.org/nsw/south-coast-branch or www.disabledsurfers.org



See you there putting
"Smiles on dials"



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VIVA LA GONG

JOIN IN THE FLASH MOB JAM!

WITH WOLLONGONG CONSERVATORIUM ALL STAR JAZZ BIG BAND



VIVA LA GONG
SATURDAY 9TH NOVEMBER
MACCABE PARK, WOLLONGONG
11AM - 7PM



At 4.20pm, grab your musical instrument and meet at Viva's Main Stage to be inspired by some great jazz from Eric Dunan and the Wollongong Conservatorium All Star Jazz Big Band.

For the final song - get ready to bust out your instrument and join the band for a **MASS JAM SESSION**.

It's ok if you're not a pro... everyone's welcome!
 Just grab a kazoo, tambourine, or a shaker and join the fun.
 For more info, visit www.wollongong.nsw.gov.au

SATURDAY • 9 NOVEMBER



PLASTIC
FREE

VIVA LA GONG IS A CULTURAL
 EVENT ORGANISED BY
 WOLLONGONG CITY COUNCIL



WWW.VIVALAGONGFESTIVAL.ORG • MACCABE PARK, WOLLONGONG • 11AM - 7PM

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Workshops are held by Wollongong City, Shellharbour City and Kiama councils.

To help you with practical advice about:

- Supervising learner drivers
- Completing the learner driver log book
- Providing on road driver practise
- L & P Plate licence laws

Workshops are held from 6pm – 8pm

Bookings are essential

Please contact Council for a suitable workshop

Wollongong

4227 7111

rso@wollongong.nsw.gov.au

Shellharbour

4221 6124

jenny.davies@shellharbour.nsw.gov.au

Book online: www.shellharbour.nsw.gov.au/youngdrivers

Kiama

4232 0444

council@kiama.nsw.gov.au

2019	16 July	Shellharbour
	14 August	Kiama
	10 September	Wollongong
	16 October	Kiama
	5 November	Shellharbour
	10 December	Wollongong

2020	17 February	Shellharbour
	10 March	Wollongong
	15 April	Kiama
	25 May	Shellharbour
	2 June	Wollongong



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LEARNER LOG BOOK RUN

DO YOU HAVE YOUR L's?

Want to get more hours for your log book?



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 for a suitable workshop See overleaf for contact details.

2019	23	July	6.00pm - 8.30pm	☾	Shellharbour & Kiama
	11	August	9.30am - 12.00 noon		Wollongong
	27	October	10.00am - 12.30pm		Shellharbour & Kiama
	24	November	9.30am - 12.00 noon		Wollongong
2020	22	March	Ultimate Learner Log Book Run 8.30am - 2.30pm <i>(Special event)</i>		Shellharbour, Kiama & Wollongong
	21	April	6.00pm - 8.30pm	☾	Shellharbour & Kiama
	17	May	9.30am - 12.00 noon		Wollongong
	14	June	10.00am - 12.30pm		Shellharbour & Kiama

☾ night run



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All Group and School Speciality Holidays
Travel Insurance.*

African Family Safari



For more itinerary details, please contact our office

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11 days Madikwe-Sun City-Cape Town Safari for a Family of Four (4*)
An affordable way to give the family a holiday to remember, view sensational wildlife in the MALARIA FREE Madikwe Game Reserve, be mesmerised by the entertainment at Sun City and experience the sights and sounds of glorious Cape Town on this sensational Family safari.

Dates and prices

1 Jan – 31 Mar 2020 from \$17,350
1 Apr – 30 Sep 2020 from \$16,550
1 Oct – 30 Nov 2020 from \$18,150

Price Includes:

Return airfare ex Australia to Johannesburg, including taxes for a min. of 4 (2 adults + 2 children under the age of 12 sharing)
9 night Superior Class accommodation
All transfers
Breakfast daily
All meals & safari activities in Madikwe

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