

# Woonona High School

## EXCELLENCE INNOVATION SUCCESS



Issue No.19

2 December 2013



WOONONA HIGH SCHOOL

UNIVERSITY OF WOLLONGONG

Partners in Quality Teaching and Mentoring programs

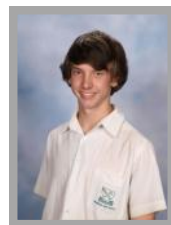


### Award Recipients

On Friday 29<sup>th</sup> November six students attended a formal dinner at Wollongong University to receive their major awards in the following state wide competitions:

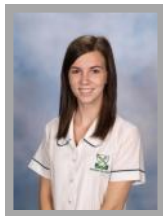
#### 2013 NSW Year 12 Engineering Studies Competition

Anthony Drezi      Christopher Carter



#### 2013 NSW Year 11 Design & Technology Competition

Emma Brown, Kade Lucich, Jessica Cotterill, Ryan Taylor



(No picture of Kade was available)

Another fantastic achievement by Woonona High School students, congratulations to all award recipients.

### Whole School Evaluation

As many of you would be aware WHS undertook an evaluation of different areas of our school management, teaching and learning programs and practices. A comprehensive report on the findings of this evaluation will be included in our Annual School Report.

However, it was evident from responses from parents that communication between school, classroom teachers and home could be improved. To that end we will introduce a new diary that all students will be required to purchase for \$10.00 (this has been subsidised significantly by the school). A major feature of this diary is the addition of an e-diary that is accessible online that will allow parents to view any upcoming school events but more importantly any assignments, projects or assessment tasks that have been issued to students. Diaries will be included in book packs for Year 7 and Year 8 students but will be purchased individually by students in other year groups.

To ensure that students and staff are using the diary daily, school routines and practices will be introduced to reinforce the importance of ongoing daily diary usage. Parents will also be asked to check and sign the diary at least once per week.

### Christmas Giving Tree

Donations to the 'toys n tucker' fundraiser are trickling in. The SRC have suggested that all students bring along one can, one packet or one toy to the last Tuesday assembly, 10<sup>th</sup> December for a mass donation to the cause. Can I ask that all families support this most worthy initiative by our students.

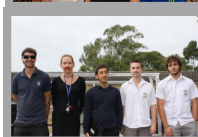
### School Fees

A reminder that all students are required to pay 50% of any subject or elective fee for courses that they have chosen for 2014. Students with 2013 outstanding fees will be issued with another invoice for payment before the completion of the term.

### Some of the highlights this issue:



Years 7 & 8 "SIPS and ISMS" night.  
(Pages 2 & 3)



"Movember" and Year 11 Human Diseases excursion.  
(Page 4)



Mathematics Competition results.  
(Page 5)



Year 10 Work Experience.  
(Page 6)



Remembrance Day assembly and UOW Debating  
(Page 8)

Other articles : "Taste of Trades Day", Year 12 Formal, UOW Engineering Studies Day, Library Report, Illawarra Mercury "Class Action", Careers Report

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## SIPSIMSs NIGHT

Since the start of Term 3, Year 7 and Year 8 students from Woonona High School have been working in groups on their own specialised topics to present to the public in Term 4.

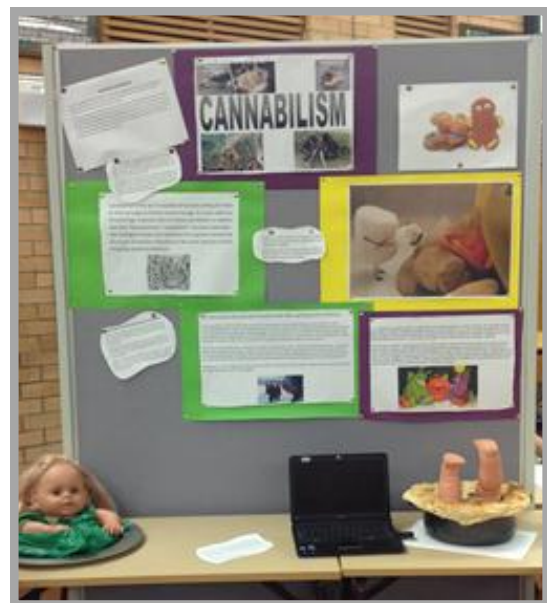
Year 7 picked a topic that they were interested in (Special Interest Projects). Topics ranged from Italy, Cats vs Dogs, Ancient Greece Vs Ancient Egypt, Sea Turtles, Books Vs Movies, Facebook Vs Twitter and many, many more.

Year 8 had to pick a topic that ended with 'ISM.' Some of the topics chosen by Year 8 included Cannibalism, Vandalism, Spiritualism, Illusionism as well as many more.

Year 7 and Year 8 presented their work in the form of Power Point presentations, posters, games, speeches, models and costumes.

Woonona High's Primary Band program kicked off the presentation night by playing the pieces that they have been working very hard on for the past couple of months.

Then Year 7 and Year 8 presented their speeches, describing their topics. Congratulations to Alyssa Ludewig of Year 8 and Jeremy Eager of Year 7 who acted as MCs for the night. The parents and public were then able to 'roam' around and inspect Year 7 and Year 8's hard work, enjoying some cupcakes and participating in games or surveys created by the students.



Many thanks to Mr Laidler, Ms Matthews, Ms Ward, Mr McDermott, Miss Sharp, office ladies and everyone who helped to contribute to such a successful night!

Written by Liam 7W.

See more photos of the night on the next page.





Unfortunately not all the photos from the "SIPS" and "ISMS night could be published here. This is just a small sample and as you can see from the photos here and on the previous page the standard of projects was extremely high.

Over 130 students and parents attended the evening, which was enjoyed by all.

Congratulations to all students and teachers involved.

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### MUSEUM OF HUMAN DISEASE

On Monday 18 November, the Year 11 Senior Science class travelled to Sydney to the Museum of Human Disease.

Our teacher Mr Cowan had organised a rented bus in which he was to drive us to Sydney. Unfortunately the bus company rang early that morning to say that the bus would not be ready on time. Mr Cowan then spent much time ringing around to find a replacement bus. He finally arrived at school (even though a bit late) to pick up our class of 16 eager science students.

We were all ready and excited about looking at some very interesting human body parts. The body parts have been donated to the museum by donors who have had diseases such as lung cancer, heart disease, mad cow disease and many more.

There were over 2000 human body parts in the museum. As we went around filling out our assessment booklet many of us were amazed about what the human body looks like on the inside and what it can look like if we mistreat it or get very sick.

After spending almost 2 hours looking around and exploring the world of human disease it was time for us to head of making sure we had all our body parts with us hahaha!!! On the way home Mr Cowan was kind enough to stop at "Maccas" for a late afternoon pit stop and luckily none of us had lost our appetite.

We all thank our science teacher Mr Cowan for taking and driving us up to the museum.

Report by Emma Regan



During November each year, "Movember" is a fun charity run to raise awareness and vital funds to support men's health, in particular prostate and testicular cancer and mental health. It is an independent global charity, and "Movember's" vision is to have an everlasting impact on the face of men's health. Movember challenges men to grow a moustache for the 30 days of November, thereby changing their appearance and the face of men's health.

Here at Woonona High School some of our students and teachers have embraced the Movember spirit by "attempting" to grow moustaches. At assembly this week awards were given out to the student participants as well as to "Miss Movember" (Mrs Roddis) and to "Man of Movember" (Mr Hancock). Well done to everyone that took part and to Mr Kemp for organising the event.



## NATIONAL MATHEMATICS COMPETITION

Woonona High School has some wonderful students and many of them are very capable mathematicians.

This year's national mathematics competition results have been released and it was most pleasing to see so many of our students perform so well.

**Jack Grief (Year 10)** and **Nicholas Turner (Year 7)** were recognised as our strongest competitors. They both featured in the **top 15 % of students in the country** and received a **Certificate of Distinction**.

Several students achieved a **Certificate of Credit** after they performed well enough to feature in the **top 50%** of competitors.

These students were **Kendall Linsley, Emily Nicholson, Elly Moore, Sam Inzinger, Kale Ephraims, Connor Baldwin, Alyssa Ludewig, Nicholas Austin, Jay Archer, Liam Meredith, Tayla Hubbard, Luke Bosciero, Joshua Bate, Lachlan Jones, Meg Taylor, Ben Brien, Kieran Webber, Jonathan Cotterill, Dylan Murray, Owen Cannings and Izak Lucas-Parr.**

Congratulations to all students involved and thanks to Mr Hancock for his organisation.

Mr. Holliday.



## CHAPLAIN'S CORNER

How did we get to Week 8 already?! The term is flying by, with heaps of great stuff happening around the school. Congratulations to the brave students who ditched their locks and Shaved for a Cure – it is great to see those bald heads in the halls and playground!

My FRIENDS program with Year 8s has been looking at finding solutions to problems, and remembering that there is always another solution to try! We have also thought about our Support Teams – people around us who we can talk to in various situations, and the importance of choosing friends who will be a good influence on us. I hope these life skills will continue to be helpful for these students as they head into Year 9. Ms Kayzer



## SURVEY

### Year 8 Camp, 2014

Year 7 2013 have had a fantastic year. It is great to see so many students getting involved in all aspects of high school life, including both the academic and extracurricular activities that they had the opportunity to take part in.

Year 7 students have worked well together as a year group and it is great to see that they have developed some great friendships groups, in particular with students who came from different primary schools to them.

Throughout 2013, Year 7 have had the opportunity to take part in many different programs and activities run through the school to ease them into high school life, build on their social skills and allow them to learn valuable skills to keep themselves safe if they were to become involved in or be surrounded by a difficult situation such as bullying. Such activities and programs included peer support, the water safety day, the anti-bullying session run by the Bamboo Theatre Company and the Illawarra Hawks as well as a multimedia presentation. They also had the opportunity to watch the performance "My Girragundji" at the Illawarra Performing Arts Centre in Wollongong, they were exposed to and appreciated the background and cultural differences between themselves and other students within our year group.

We decided at the end of 2012 that since most students would have attended a camp at the end of Year 6 that we would not hold a Year 7 camp at the start of 2013. We did not want students to miss out on such a valuable learning and social skill building experience due to financial restraints/restrictions that some families may have had, in particular at such a busy time of year.

In 2014 we would like to continue to give this year group the opportunity to build on their social skills and develop their friendship groups and teamwork skills further.

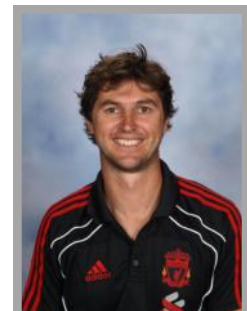
We would like to get feedback from parents and carers about the possibility of holding a school camp in 2014. It would be greatly appreciated if you could fill out a quick survey, The survey can be done online by going to

<https://www.surveymonkey.com/s/S37DVYQ>

OR

by filling out the paper copy that your student will bring home. Only 1 survey per student (online or hard copy) is to be required to be filled out. The survey will need to be submitted by **Friday the 13<sup>th</sup> December 2013**, to see if a camp in 2014 would be of interest to the students and parents of this year group.

Thankyou in advance,  
Carla Ward (Student Advisor)



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## YEAR 10 WORK EXPERIENCE

Ninety six percent of Year Ten students participated in Work Experience this year. Our students landed roles in television new rooms, zoos, schools and shops as well as grooming pets among many other occupations. Comments from employers ranged from “very well suited to this line of work ...” to “enthusiastic and a pleasure to have working with us.” These young men and women have been great ambassadors for our school. Overall the students found this to be a positive growing experience. They can now use this experience to help create a future of their choosing. Admittedly a few students did find out that the role they landed was not their ideal choice of career but they stuck the week out and have grown through the experience.

Year Ten students are now polishing up their resumes by adding their Work Experience and their lately earned “Work Safe” certificates. They will use these resumes to create a career portfolio which will allow them to organise their accomplishments systematically so they can be presented to potential employers in the future.

**Mr Chamberlain**  
Careers Adviser



Pictures from left top:

Meg Taylor, Brooke Heyward, Chloe Apps and Alyce Egbers at Wollongong Hospital.

Kylie Scullin at Best and Less.

Stephen Wallace at Access Law Group and Aiden Mastro-Battista at the IMB

Aiden Mastro-Battista at the IMB.

## INDUSTRIAL ACTION

**Tuesday 3 December 2013**

Teachers at Woonona High School will be taking part in a stop work meeting starting at 9am. The meeting may last for up to 2 hrs.

The school will be unable to provide adequate supervision on the morning of the Tuesday 3 December, therefore the school will be unoperational for the duration of the meeting.

At 10:50am a school assembly will be held and attendance rolls will be marked.

After assembly normal classes will resume.

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**REMEMBRANCE DAY ASSEMBLY**

Remembrance Day (11 November) marks the anniversary of the armistice that ended the first World War (1914–18). Each year Australians observe 1 minute silence at 11am on 11 November, in memory of those who died or suffered in all wars and armed conflicts.

Due to bad weather the previous week the Remembrance Day assembly was held on Tuesday 19 November. Student representatives delivered speeches about Remembrance Day and its meaning. The assembly then listened to the "Ode" and "The Last Post" followed by the "The Rouse".



**UOW DEBATING CAMP**

On Tuesday 26th November the Year 10 debating team travelled to the University of Wollongong to compete against both public and private schools in a round-robin debating tournament organised by SWORDS, the University of Wollongong debating society.

Students were given very limited time to prepare their topics, with only 45 minutes before they had to stand up to speak, so the competition was very challenging. Grace Murphy, Rose Murphy and Brenna Petrolo made a valiant effort against St Marys Star of the Sea in the first round but were unsuccessful. St Marys later went on to compete in the Grand Final against Smiths Hill. In the second round, we came up against Corrimal and our girls won that debate with the topic of fining journalists for inaccurate reporting.



Congratulations to the Year 10 debating team, who once again represented our school with distinction!

Ms C Matthews  
English Teacher

**TOYS'N'TUCKER**



Don't forget that a large Christmas tree has been set up in the school foyer under which donations of non perishable food items or toys can be placed. We encourage all families to make a donation which will go to the Anglicare's Toys'n'Tucker drive.

This is a perfect opportunity to show the community our spirit of generosity in supporting those less fortunate than ourselves.

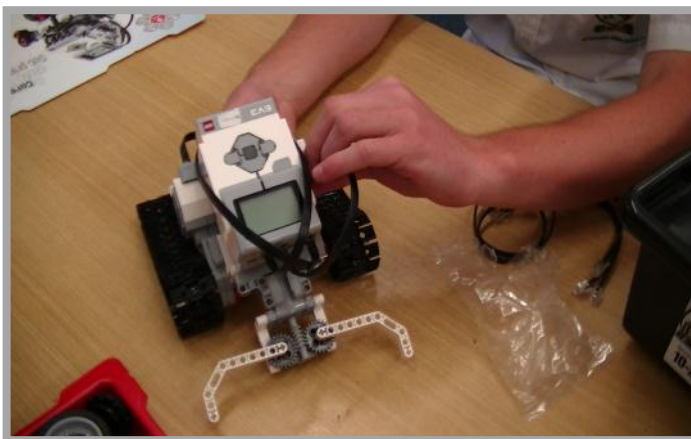
## ROBOTICS

Robotics (EV3 Mindstorm) courses will be introduced to the students of Woonona High School in Term 4 2013. All students that select Information and Software Technology (Years 9 & 10) will have the opportunity to construct and learn to program various robots.

In 2015 a new Robotics based full year elective course will be made available for Year 8 students who have problem solver's cognitive processing .

Mr Mete

IST / Science Teacher



## EXPERIENCE TAFE ILLAWARRA ABORIGINAL 'TASTE OF TRADES' DAY

Earlier this month Aboriginal students in Year 9 and 10 from around the region including students from Woonona High attended a two day workshop aimed at giving students a first-hand experience at different trades. Each day was broken into two sessions. The students gained experience in bricklaying, carpentry, painting & decorating and surveying. This program gave the students an insight into what TAFE has to offer. The aim of the day was to allow students a taste at different trades and encourage to them choose a career in one of these areas.

Mr Zubovic



Jack Taylor and Drew Pagett from Year nine taking part in the surveying workshop.

## Uniform Shop - Term 4 2013 Opening Hours

The Uniform Shop now has an email address. To contact Renae or Jackie for any enquiries regarding uniform orders please email them at [woonahs.uniforms@gmail.com](mailto:woonahs.uniforms@gmail.com).

Uniform order forms can be downloaded from our website or they are available at the Front Office.

The Uniform Shop is open each Thursday from 8.00am—9.30am. If this time is unsuitable for you, orders can be paid for at the Front Office (Mon—Fri 7.45am to 3.15pm) and the items will be delivered to your child the following Thursday.

Don't forget about our online payment option when ordering uniforms.

## WOONONA HIGH SCHOOL UNIFORM SHOP

The Uniform shop is now taking orders for Blazers and Ties.

Delivery date is set for the beginning of the 2014 school year.

The blazer is not a stock item and therefore is by order only.

Ties however will be stocked.

School Blazer \$100

(sizes are available to try on in the uniform shop).

Ties \$18

**Closing date for orders is Thursday 11<sup>th</sup> December.**

**Please ensure that order and payment is received by 9.30am on this date.**



## YEAR 12 FORMAL

On Wednesday 13 November Year 12 held their Formal. The students gathered at the Wollongong Botanical Gardens for a photo shoot before heading off to the Chiffely Hotel for the formal part of the evening.

Many of the Year 12 teachers as well as Ms Wall attended the evening. All remarked on the excellent behaviour of the students and success of the night as well as commenting on how stunning ALL the students looked in their formal attire.

Students themselves enjoyed the evening with many "awards" given out and many laughs had.

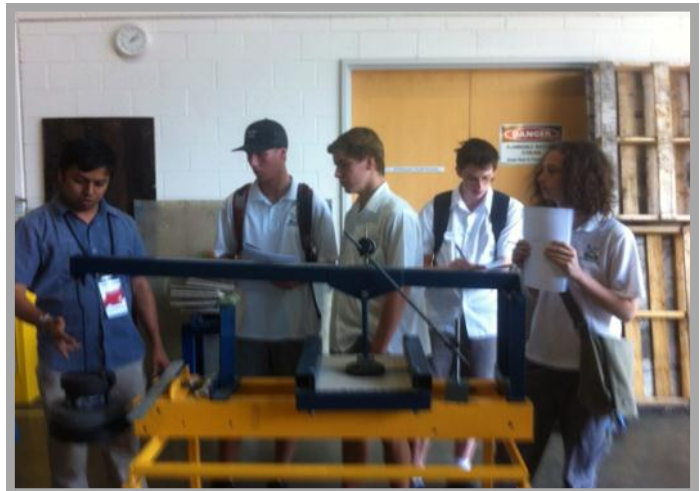
A big thankyou and well done to the student organisers and Mr Ben Bradley (Year 12 Adviser 2013) for a excellent night which many students will remember fondly for the rest of their lives.



## 13<sup>TH</sup> ANNUAL UNIVERSITY OF WOLLONGONG ENGINEERING STUDIES DAYS 2013

Earlier this month the Year 11 Engineering Studies class attended the University of Wollongong Engineering Studies day. The students participated in a number of activities aimed at providing students with a first look at different fields of engineering. The disciplines covered included materials, mining, mechatronics, civil, industrial robots, environmental and electrical engineering. The aim of the day is to encourage students to pursue a career in engineering by choosing to attend the University of Wollongong.

Mr P Zubovic  
Industrial Technology Teacher



### RIDING SAFELY TO SCHOOL.

Students who ride bicycles to school are reminded that appropriate safety head gear is mandatory.

Unfortunately, some students persist in riding without helmets. In future students who are seen riding without appropriate safety helmets will have their bikes confiscated. The confiscated bikes can then be collected by parents or students when they have the appropriate head gear.

Ms Wall  
Principal





**LIBRARY NEWS**

**MOVEMBER**



During November each year, Movember is responsible for the sprouting of millions of moustaches around the world. With their “Mo’s” men raise vital funds and awareness for prostate and testicular cancer and mental health. As an independent global charity, Movember’s vision is to have an everlasting impact on the face of men’s health.



This month the library supported the Movember campaign by holding a display and guessing competition . Twenty teachers, including some females, were disguised with Mo’s of various shapes and sizes . Students were asked to guess their identities. As you can imagine, this produced a lot of laughter amongst students. A gold coin donation was required to enter the competition.

**BOOK CLUB**



This fortnight we held the annual Book Club Christmas party. There were lots of fun activities such as book treasure hunts and word puzzles. We also enjoyed lots of festive food.



Our guest speaker for the fortnight was Mrs Mete, our Home Economics assistant, who spoke about her love of historical fiction.



**MANGA/ANIME CLUB**



This fortnight student’s performed the Pon Pon Pon dance. This is a Japanese dance cosplay cover. Dancing forms a large part of the Manga/Anime culture for both boys and girls. So it was with great interest that I watched a number of boys, not normally known for their fondness of dance, participate quite enthusiastically in the performance.



Mrs Roddis      Teacher Librarian



**MERCURY "CLASS ACTION"**

This week Woonona High School featured in the Illawarra Mercury's feature "Class Action". In the feature our school and all its attributes is showcased to the Illawarra. Indeed when reading the article it is amazing how much talent, musical, athletic and academic, that we have here at our school as well as a great community spirit.

The school musical this year was "Jungle Fantasy" and it highlighted the fantastic musical and acting talents of many of our students. Our Year 10 Debating Team also showed their talents by conquering the Regional Rotary Model United Nations Assembly on May 13.

The all girls Aerialist Team who were chosen to perform at

Schools Spectacular, Southern Stars and The Community of Schools launch earlier this year have shown drive and determination in their training to be able to perform daring acrobatics using the "silks" in front of thousands of people.

Mr Landy (Science teacher & surfing enthusiast) takes advantage of our schools close proximity to beautiful local surf beaches to teach "Learn to Surf" and to hold supervised early Thursday morning surfing sessions.

It is always heartening to see the great community spirit of our school. From our students that volunteer, our SRC who help raise money for many special causes, the students and teachers that give up their own time to get things done certainly make us a school to be proud of.

mercury

class action **35**



# The Woonona Weekly

PURSING EXCELLENCE  
**Our school**

HANNAH RATHBONE

WOONONA High School is a comprehensive co-educational school serving the community of the northern Illawarra for almost 50 years. Every student is provided opportunities to develop skills that will carry them beyond their school years. Our students thrive in an environment that promotes independent, confident learners.

Students have on offer a diverse curriculum that is taught by expert teachers who are passionate about their subjects. Students have the opportunity to undertake the study of traditional academic subjects as well as an extensive Vocational Education and Training program and alternative patterns of study. Our school offers specialised elective subjects throughout the junior school, including Forensic Archaeology, Circus Skills, Rockets and Race cars and Film-Making.

Woonona High School has a strong commitment to quality teaching with a focus upon high expectations. HSC results are consistently impressive, with a large number of students enrolling in university and TAFE courses of their choice.

Providing student leadership opportunities is a priority for the school at all levels. Woonona High has a proud history of high-level sporting achievement across a variety of sports. The promotion of a healthy, active lifestyle is a priority of the school and the local community.

Woonona High School  
Address: Nicholson Lane, Woonona, 2517  
Phone: 4283 1623  
Fax: 4285 1485  
Email: woonona-h.school@det.nsw.edu.au  
Facebook: www.facebook.com/pages/Woonona-High-School/277431095720182

## Beware: sax, violins

HANNAH RATHBONE

WOONONA High School's music program is full of naturals.

The new Primary Band Program run by music teacher Miss Sharp is designed to involve the younger generation in the feeder primary schools, creating more interest in the subject when they begin high school.

Once every two years the school puts on a musical. Two years ago was *Bats*, this year was *Jungle Fantasy*. Each musical involves months of preparation, hard work and long days without rests.

All the musicals involve a live band performing all the songs, singers, dancers and actors. As well as musicals, there are Variety Nights and Unplugged nights where anyone and everyone is invited to watch Woonona High School's greatest talents perform.

Unplugged is an acoustic event that happens once each term. They began to raise money for a grand piano in the hall.

Once that goal was



Meet the cast: *Jungle Fantasy*, this year's Woonona High School's musical.

achieved, the nights were held to raise money for a piano cover and now for

general music equipment. Variety Nights happen once a year, in December.

The next Variety Night is on December 10, so come along to see all the talents on

display. We have our aerialists performing on silks, rock n' roll bands, electric guitar as well as acoustic songs and dancers.

Music camp also happens once a year. Every year, music students go Bach to where it is always held and experience three days of pure musical fun. Instrument players have the chance to broaden their musical knowledge and singers have the chance to increase their range and improve pitch.

By the end of it, everyone is feeling a little flat, but the ambitious music students and a very tolerant, patient Miss Sharp can't help but enjoy a game of Laser Skirmish before returning home.

A recent addition to the school's music program is the indigenous choir, The Boomerangs. This choir is made up of Aboriginal and Torres Strait Islander students and their friends.

With the generous help of the local Aboriginal community, the choir learnt to sing *Advance Australia Fair* in Dharawal – the local traditional language.

## Hanging by a thread or two

CELLO MAHON

THIS year at Woonona High four female students have taken the school's talent base to a whole new height.

The girls have been trained in the fantastic skill of acrobatics as they scale the hall as silk aerialists.

They have represented Woonona High School in various shows such as School Spectacular, Southern Stars and Community of Schools as well as the school musical and Variety nights. The girls have trained

relentlessly with teacher Guy McDermott.

Mr McDermott coaches the girls as they perform difficult formations in mid-air with only the silks to keep them up.

The girls have performed up to 20 metres in the air, in front of arenas full of people.

"I was very, very nervous. Despite all the training we'd had, I couldn't help the nerves getting to me.

"It was so scary doing the routines with everyone watching," year 10 student Emma Maslowski said.

All the girls have been previously trained in the arts of gymnastics or cheerleading.

These skills contributed greatly to the girls' excellence in this difficult sport.

Through their initiative, drive and determination, the girls were successful in building their skills to the point of being able to perform in front of thousands of people.

This is certainly not an accomplishment that every high school student can hope to acquire.



Mid-air grace: Woonona High year 10 student Emma Maslowski demonstrates her skills on the silks.



# Community spirit counts

**Editorial**

DENYM DOWNES

THE debate of public vs private education is never-ending.

Parents often make decisions based on funding, religion or curriculum.

But what about the spirit of community within the school? That's often something people miss when selecting education for their child.

Woonona High School students know all about school and community spirit.

This has been a major focus of the school in recent years.

Our principal, Ms Wall, introduced a new uniform to the school in 2012.

Students are encouraged to give to the community and many students volunteer at Woonona Public School.

The school often holds fun sports days, where the student body comes together to express house pride.

Woonona High also participated in Wear It Purple Day, where the students dressed up to raise awareness against racism and homophobia.

School community isn't just about important days, and at Woonona the spirit never fades.

It is normal to see students helping around the school, working in the canteen and taking time out of their afternoons and weekends to prepare the hall for musicals, discos and concert nights.

Everyone at Woonona High School knows each other.

So don't forget to think about the community spirit and pride of the school.

This is a major factor in your child's life, and could help them on their educational journey.

## Letters to the editor

**See beyond disability**

I am a volunteer for the Disability Trust. The reason I decided to become a volunteer is because of my brother. He is an epileptic and his brain damage is so severe he will die of it one day.

The Disability Trust isn't just a catchy name - you can trust them and it is only for the disabled people.

They have many activities such as dancing, soccer and art.

Most people notice that some of the students are in a wheelchair. The thing most people do not notice is that some of these disabled children have special skills.

One boy I know can tell you what day your birthday will fall on, many years into the future.

So next time you see a kid in a wheelchair, don't just see the disability.

Adrian Myer, year 7

laptop so the government should invest more money in public education.

Sam Inzinger and Connor Baldwin, year 7

**Plea for real photographs**

Photoshop has had a huge impact on kids our age.

We always see images on TV and in magazines that are just too perfect.

This gives kids unrealistic expectations and ruins their self-esteem. It can even lead to eating disorders.

The media needs to be more responsible and show "real" people.

Alicia Neaves, year 7

**Schoolies out of control**

We are worried about the safety of year 12 students attending schoolies celebrations around Australia.

This gets so out of control that kids risk their lives, without thinking of the consequences.

We think there should be more security and stricter fines to encourage responsible behaviour.

Jade O'Brien and Kaisha Parsons, year 7

**Year 9s want laptops**

We are really unhappy that our year won't get free laptops when we get to year 9.

We are in year 7 and we think the laptops were a great idea to help students' learning.

Not every family can afford a



Debaters: Brenna Petrolo, Grace Murphy and Eryn Te Pairi-Pratt in the Old Parliament House, Canberra.

## Tough but winners in end

GRACE MURPHY, ROSE MURPHY, BRENNNA PETROLO and ERYN TE PAIRI-PRATT

THE Woonona High School Year 10 debating team conquered the Regional Rotary Model United Nations Assembly on May 13.

Grace Murphy, Eryn Te Pairi-Pratt and Brenna Petrolo represented North Korea with assistance from their team adviser, Rose Murphy, and committed teacher Clare Matthews.

At the conclusion of the assembly, the Secretary General announced North Korea as the winners of the debate, with Woonona representing the Illawarra at nationals.

We were marshalled into the conference room wearing our military jackets and imperial berets.

Our competition was tough and included schools such as Fort Street High School, Smiths Hill and SCEGGS Darlinghurst.

Everyone participating was having an amazing time and when it was time for the results, it was a clichéd moment when the world stops and you realise that you and your friends have just won and are going to nationals.

After months of studying several international issues including the situation in Syria, we left for the Old Parliament House.

Three days of intense debating left the representatives of Iran in first place. The weekend closed with a formal dinner at the ANU.

Our own Grace Murphy was selected to prepare and present a speech to an audience which included international ambassadors and ANU professors.

The Corrimal Rotary Club sponsored our team and Rotarians Sue and Dennis Clarke supported us from regionals to nationals. We're thankful for the opportunity the club has given us.

## School hits the waves big time

BEN BRIEN

THE gnarliest thing about Woonona High School is its position close to the local surfing beach.

This great location gives our students the opportunity to participate in surfing at Woonona Beach and 'Learn to Surf' at Bellambi (Pines Surf Academy) for the groms. Both are on Wednesday for sport.

Another addition is supervised Thursday morning surfs. For such a small school, Woonona High has a large surfing community.

Jazmin Tweddle says: "I love that our school doesn't only encourage local surfers but they encourage many people to start."

We also have a few high-quality surfing students who compete at the South Coast surfing competition, which can gain them entry to the NSW surfing tournaments.

Our annual school surfing competition brings a competitive edge to this group of students.

It gives them a day to test their skills and see who comes out on top. It involves both surfing and bodyboarding events, so nobody misses out.

As Mr Landy, science teacher and surfing enthusiast, says: "The completion gives all surfers an opportunity to come together and have some fun".

The winners of this competition receive unique trophies which are made by one of the woodwork classes at school.

## Vox pop

**Q** How do you feel about Woonona High School's new uniform?



James Overton, Year 10: "It definitely looks a lot smarter and incorporates suave into our everyday school lifestyle."



Emilee Turcato, Year 11: "I like it because I think it's dressier and when people see us on the streets their first impression of us is a good one compared to the old uniform, which was less formal."



Amelia McPherson, Year 9: "I like the new uniform because it's nicer than the old one. It makes our school look better."



Connor Johnson, Year 8: "I think school uniform is important to create an equal playground so that everyone's the same."

### UPCOMING EVENTS TERM 4

Date	Event
4.12.13	Yr 7 2014 Orientation Day
10.12.13	Variety Night
12.12.13	Presentation Evening 7pm

### THE HOMEWORK LEARNING CENTRE

The Homework Learning Centre is open in the school Library every Thursday from 3pm to 4.30pm. Specialised teachers are on hand to help students and a light afternoon tea is provided. This is an excellent opportunity for students to use the school resources and teacher's expertise to complete homework, assignments and study notes.

### CANTEEN HELPERS TERM 4

2.12.13	Wayne Regan
3.12.13	Jackie Overton
4.12.13	HELP NEEDED
5.12.13	HELP NEEDED
6.12.13	HELP NEEDED
9.12.13	Nichole Nicholson / Vacey Usher
10.12.13	Nicole Ficker
11.12.13	HELP NEEDED
12.12.13	Stephanie Cotterill
13.12.13	HELP NEEDED
16.12.13	Maryann Head
17.12.13	Susi Eager



## CAREERS

Mr Chamberlain



### YEAR ELEVEN CAREER INTEREST INVENTORIES

Over the next couple of weeks I am endeavouring to meet with all Year 11 students so they can undertake a careers interest inventory. These will help students make informed career decisions over the next year regarding post school options. It also gives me the chance to find out how I can help each individual on their career pathway.

### DEC CAREERS ADVISORY SERVICE

A reminder the NSW Department of Education and Communities provide a free Careers Advisory service online or over the phone from 19-24 December; following the release of HSC results. This service can be accessed on 1300 300 687 or at [www.cas.det.nsw.edu.au](http://www.cas.det.nsw.edu.au).

### UOW OPTIONS DAY.

[Your ATAR](#) may be higher or lower than you need, and you don't know what to do. It doesn't matter what your situation is, you have lots of options at UOW, and our Options day is where we'll help you find them.

Our academic staff, representatives from [UOW College](#) and [TAFE](#) as well as current students will be here to help you:

- Choose the right degree
- Modify your UAC preferences
- Plan your pathway to UOW

See [our campus](#) and facilities

See our [accommodation options](#)

Bring your HSC and ATAR results on the day so we can help you and give you the best advice. This will be your last chance to talk to UOW staff before [UAC preferences](#) close on 4 January.

Bookings for this event aren't required. You can arrive at a time that suits you between 9am and 2pm on the day. For enquiries, call us on 1300 367 869 or email [uniadvice@uow.edu.au](mailto:uniadvice@uow.edu.au)

#### Faculty/Campus Tours

Faculty tours will be available on UOW Options Day at 9.30am, 10.30am, 11.30am, 12.30pm and 1.30pm. Enjoy a tour around the campus with current UOW students, and see the facilities specific to your faculty of interest. Bookings are not required, Signs will be displayed on the day directing you where to meet.

## TAFE NEWS

TAFE Illawarra enrolments for 2014 open 2 November.

TAFE Illawarra Course Information for 2014 is now online and can be found at the TAFE website

<http://www.illawarra.tafensw.edu.au/>.

You may also call course information on 1300 766 123.

**Booklets with course information have not yet been released, they are currently being printed. I will have copies of these booklets as soon as possible.**

### TAFE Illawarra Pre Apprenticeship Courses

TAFE Illawarra are offering the following Pre-Apprenticeship Courses for 2014 in the following Trade and Technology areas. Please check your email for a schedule of pre apprenticeship testing dates as well as contact details of course administrators.

Engineering  
Bricklaying  
Drainage  
Electrotechnology (Career Start)

### YEAR 11 WEDNESDAY AFTERNOON STUDY SESSIONS

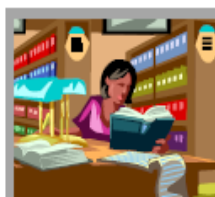
Year 11 students have begun their Year 12, 2014 HSC studies. The HSC year for many can be a very busy, demanding and sometimes stressful year. Setting a regular pattern of study early on in the year is necessary for being successful in Year 12.

As Year 12 students are no longer required to take part in sport on Wednesday afternoons this creates a perfect opportunity for an extra study and revision session. Mrs Pickering has organised to have the library available on Wednesday afternoons for Year 12 study sessions.

The library will be open from 12.30pm to 2.30pm for Year 12 private and group study. Mrs Pickering will be available for subject support and lunch will also be provided.

Please see Mrs Pickering when you arrive on Wednesdays or straight after roll call if you require lunch.

Year 12 students are urged to take advantage of this great opportunity to have a structured study period with school resources available and teacher help provided.



# Community Noticeboard



## CITYLIFE COMMUNITY INITIATIVES

### ADHD SUPPORT GROUP

Coffee and Drop in Morning

**WHEN: 29<sup>th</sup> November 10.30am**

**WHERE: Citylife Church**

**2/129 Jardine St (west end)**

**Fairy Meadow 2519**

**Information: 0242844414**

**0434783710**

**Gold coin donations appreciated.**



**WHEN: 27<sup>th</sup> November**

**TIME: 7:00pm-9:00pm**

**WHERE: Citylife Church**

**2/129 Jardine St (west end)**

**Fairy Meadow 2519**

**Information: 0242844414 Office**

**0413048453 Jill**

**0401246765 Joanne**

**CITYLIFE COMMUNITY INITIATIVES**

**PRESENTS**

**A WORKSHOP WITH NATALIE GRAY**

At Fusion Speech Therapy Natalie Gray provides assessment and therapy for children 0-18 years for: articulation, verbal dyspraxia, expressive and receptive language, stuttering, voice, paediatric feeding and literacy.



## Helping your child through adolescence

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can often be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal and an emerging mental health problem.

Mental health refers to a person's emotional and social wellbeing. When someone's mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

Mental health problems are common. Mental health problems are usually understandable reactions to personal and social issues. Mental health problems are usually not too severe or long lasting. If a young person develops a mental health problem it is important that they get help early. When mental health problems last for long periods of time and severely affect someone's everyday life, it may be that the problem is becoming an illness. Parents are vital in helping to identify when a young person might have a mental health problem and encouraging early help seeking.

## Communicating with your child

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve any problems that arise along the way can be challenging. Promoting good mental health involves keeping the communication lines open. Here are some tips that can help:

- Be available without being intrusive or 'pushy';
- Show genuine interest in what your child is doing and encourage them to talk about it;
- Make talking about your day part of the family routine;
- Help your child to find the words to express their feelings – try asking them to describe it, ask about whether the feeling is more or less intense than it has been before, ask about where and how they feel it in their body;
- Pick your time – young people tend to talk more when they are busy doing other things or don't have to look you in the eye (try driving in the car or washing dishes together);
- Let your child know that you love them. They may not always admit it, but this is likely to be very important to them.



## Knowing when to get help if you are worried

Some signs that suggest a young person might be experiencing problems include:

- New, noticeable and persistent changes that last at least a few weeks;
- Obvious and persistent changes in:

**Behaviour** – for example, appetite, sleep, use of drugs or alcohol, avoiding school/work, poor motivation, withdrawal from people

**Feelings** – for example, unhappiness, depression, irritability, fear, anger, loss of pleasure

**Thinking** – for example, poor concentration, a drop in school performance, constant worrying, preoccupation with some thoughts, hearing or seeing things that are not there.

## Helping your child to seek help

- Talk openly and honestly with your child, and let them know that you are concerned.
- Ask them what they need from you and let them know that help is available.
- Provide support through making the first appointment, providing transport, and attending the appointment (or at least walking into the waiting room), which makes it easier for the young person to engage with and accept help.

## Seeking help

If you have any concerns about your child, you can contact some of the services below. Remember that it doesn't hurt to ask and these services will be happy to help you work out if you need help and how to encourage this in your child.

- **School Counsellor** at your school
- **headspace** is a youth-focused mental health service for young people aged 12 to 25. For more information, see their website at [headspace.org.au](http://headspace.org.au)
- **eheadspace** provides online counseling and telephone support to young people aged 12 to 25. They can be contacted at [ehheadspace.org.au](http://ehheadspace.org.au) and on 1800 650 890.
- **Kids Helpline** is a 24-hour telephone and online counseling service for young people aged 5 to 25. They can be contacted on 1800 55 1800 and at [kidshelpline.com.au](http://kidshelpline.com.au).
- **Lifeline** is a 24-hour telephone counseling service (13 11 14). [www.lifeline.org.au](http://www.lifeline.org.au) has other online information and referral services.
- **National StandBy** provides bereavement support to people affected by suicide 0754424277 or [standbynational@unitedsynergies.com.au](mailto:standbynational@unitedsynergies.com.au)
- **Suicide Call Back Service** 1300 659 467

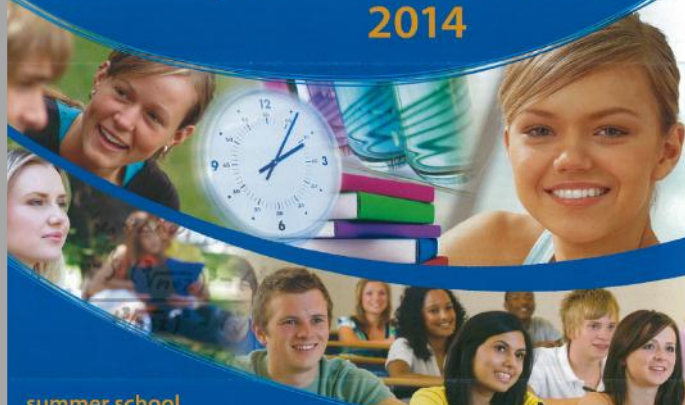
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# Community Noticeboard

**tsix** aim higher  
maximising ATAR scores

**hsc summer school**  
year 12 head start lectures  
**2014**



**summer school**

- Save 100s of hours in study time!
- Get ahead and maximise HSC marks.
- Receive thorough A+ notes (not basic summaries like elsewhere).
- Receive exclusive bonus lectures & resources – Valued at \$450 – FREE!
- Gain great advice & instruction from select teachers from TOP ranking schools.
- Developed and delivered by qualified HSC teachers and markers (not uni students).

*Get ahead & reduce stress levels in 2014!*

**minimise study time** **maximise scores**  
Dates: Monday 6th – Friday 24th January 2014 Venue: The University of Sydney (Campersdown)  
TSFX – Voted Number 1 for Excellence and Quality in HSC Programs

The school for excellence | po box #1407, royal exchange, sydney, nsw, 1225 | p: 1300 364 173 | f: 1300 364 065 | e: admin@tsfx.com.au | www.tsfx.com.au

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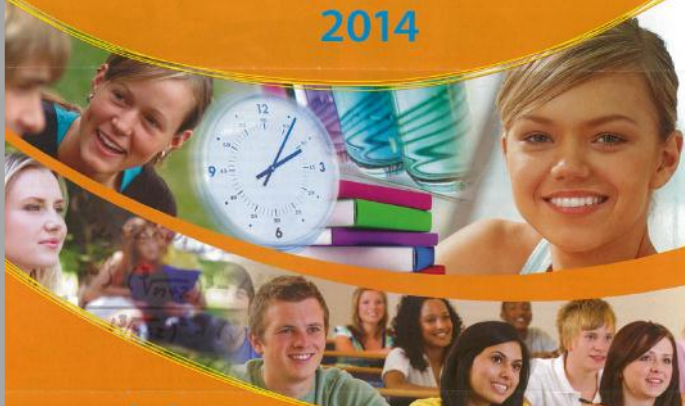


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We believe in CHILDREN

Models used to protect privacy

**tsix** aim higher  
maximising ATAR scores

**year 11 summer school**  
preliminary hsc head start lectures  
**2014**



**summer school**

- Save 100s of hours in study time!
- Get ahead and maximise scores.
- Receive thorough A+ notes (not basic summaries like elsewhere).
- Receive exclusive bonus resources – valued at over \$300!
- Gain great advice & instruction from select teachers from TOP ranking schools.
- Developed and delivered by qualified HSC teachers and markers.

*Get ahead & reduce stress levels in 2014!*

**minimise study time** **maximise scores**  
Dates: Tuesday 14th – Friday 17th January 2014 Venue: The University of Sydney (Campersdown)  
TSFX – Voted Number 1 for Excellence and Quality in HSC Programs

The school for excellence | po box #1407, royal exchange, sydney, nsw, 1225 | p: 1300 364 173 | f: 1300 364 065 | e: admin@tsfx.com.au | www.tsfx.com.au

## AssistSafety App

The AssistSafety App helps children learn protective behaviours. Using a hand IAssistSafety allows a child to identify 5 adults who they could ask for help if feeling unsafe. The hand assists children to remember their safe people. These 5 adults will help the child to be safe if they are scared, worried, sad or just need help. This App helps to give your child a voice in keeping themselves safe.  
**Available in Google Play or the Apple Store.**





# ADVERTISEMENTS



Come join us for a surf this December 7<sup>th</sup>/8<sup>th</sup> at the Surfing Australia Girls Go Surfing Day!

The Girls Go Surfing Day dates have been officially announced and will be run by Surfing Australia Surf Schools on the weekend of December 7<sup>th</sup>/8<sup>th</sup> at over 50 beaches around Australia.

Now in its 24<sup>th</sup> year of operation, the program is a huge weekend on the surfing calendar, and provides an opportunity for girls of all ages to take part in a professional surf lesson with accredited Surfing Australia instructors in the lead-up to summer.

"Surfing Australia is proud to be involved in such a long running and successful all-girl surfing event which is active, healthy and fun, and appeals to all ages" said Surfing Australia's Jim Hughes.

The event is a fantastic opportunity for local females to participate in surfing. Girls of any age and ability are welcome, and every participant will receive a free Rip Curl show-bag containing a wealth of great surfing goodies!

Essentially a "grass-roots" learn-to-surf program targeting both non-surfers and beginners of all ages, the Girls Go Surfing Days encourages women to undertake professional tuition delivered exclusively through Surfing Australia's national network of Surf Schools.

The cost is \$55 per person and includes the lesson, the equipment hire and the Rip Curl show-bag.

If you've never tried surfing before and always wanted to give it a go, this is the program for you! Come down to your local beach and have some fun!

To book your lesson, your local Surfing Australia Surf School participating in the 2013 event is

(Enter your surf school name here)

For details on local lesson times and locations

Contact

(Enter your contact details here)



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**flo Girls**

Girls in Yrs 3-6  
Yrs 7-10

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