



# WOONONA high school



EXCELLENCE INNOVATION SUCCESS

## *Newsletter*

Issue No. 18  
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## This Month at WHS

Mon 20 — Fri 24 Nov	Year 10 Work Experience
Mon 20—Wed 22 Nov	CAPA Camp Nowra
Tue 21 Nov	P&C Meeting
Fri 24 Nov	Schools Spectacular
Tue 28 Nov	Year 7 2018 Parent Information Session
Fri Dec 1	Years 7—11 Gold Rewards Excursion

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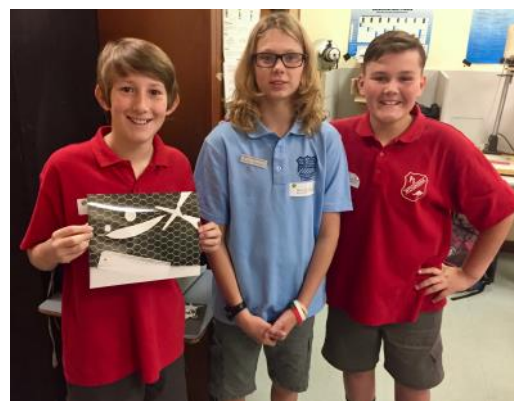


# 2018 CAPA and Academic Enrichment Class Visit

On Thursday 9<sup>th</sup> November, over 65 Year 6 students from our 2018 CAPA and Academic Enrichment classes came to visit Woonona High School and experience a taste of what to expect next year. The day was designed for students to get to know each other, as they come from a wide variety of Illawarra primary schools. CAPA students participated in a range of lessons in some of our purpose built spaces, including our photography dark room, drama room and dance studio. Students also experienced lessons in Music, Visual Arts and Circus.

Students from the Academic Enrichment class experienced lessons in English, Science, HSIE and Maths. All students had a great day and we look forward to them joining us next year.

If you would like any information about our Year 7 CAPA or Academic Enrichment Class Program for 2019, please contact our Office on 42 841 513. Year 6 students with an interest and talent in the areas of Circus, Dance, Drama, Music, Visual Arts and/or Photography can apply to audition for this program. Auditions will be held in March and detailed information will be available on our website next year. Academic testing will also take place in March.



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## CAPA Camp and Variety Night

Over 65 CAPA students from Year 6-12 are off to Nowra next week for a 3 day rehearsal camp in preparation for our annual Variety Night showcase, to be held on Tuesday 12<sup>th</sup> December. Students will have the opportunity to participate in rehearsals and workshops for band, vocals, dance, circus, visual arts, photography and drama. Keep an eye out for plenty of photos from camp in the next newsletter and make sure you save the date for Variety Night.

Miss R. Sharp  
Music Teacher/Creative and Performing Arts Coordinator  
[rhiannon.sharp@det.nsw.edu.au](mailto:rhiannon.sharp@det.nsw.edu.au)

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# Stage 4 Assembly

On Tuesday 14 November Stage 4, (Years 7 & 8,) held a formal assembly to celebrate their time throughout 2017.

The Year 7 SRC representatives spoke about the endless fun activities that their year group had participated in during 2017 and Year 7 students Chelsea Wiseman, Madeline Saxby and Grace Eady presented on all things Japanese.

Mr Landy and Mrs Watt presented the Term 4 sports awards and Miss K Sharp and Mrs Steele presented Dance Festival and Southern Stars Certificates to our Performing Arts students.

Rachel Nellies and Camryn Aston gave an entertaining presentation on the Year 8 Camp adventures and there were some fantastic musical performances from the Woonona High School Vocal Ensemble and Year 7 student Jamison Kay. Fun video and slide show presentations also entertained the audience.

Well done Stage 4!



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# Remembrance Day Assembly



On Friday, 10<sup>th</sup> November Woonona High School held its annual Remembrance Day Assembly to pay our respects to those who have lost their lives in service to our country in military and peacekeeping operations. 2017 marks the 99<sup>th</sup> anniversary of the end of World War One and the 100<sup>th</sup> anniversary of the most costly year of the war for Australians, 1917. It was extremely important therefore to ensure that we appropriately acknowledge all those who have fought for the freedoms and lifestyle we all enjoy today. Hosted by Kane Coombs, Maggie Esdale, Caitlin O'Flynn and Angus Smart, these Year 10 students provided our school with an overview of how Remembrance Day developed, an explanation of what it represents and why it is so important and an explanation of symbols associated with Remembrance Day such as the field poppy. The Assembly concluded with the reading of the Ode, the playing of the Last Post and Rouse and the traditional one-minutes silence.

Hopefully staff and students have gained additional knowledge and an increased appreciation of the sacrifices so many individuals have made for our country. All students are to be praised for their behavior, attitude and attention throughout the solemn assembly. As a school and as a nation we now look towards 2018, the final year of the Centenary of Anzac, to once again remember and acknowledge all those who have made the ultimate sacrifice to ensure that the Australian way of life can be maintained.

Ms Packer (Head Teacher HSIE)

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# Amazing Screens!



Wow what an effort! This week it was all hands on deck as our construction crew, guided by Mr Anderson and Mr Bradley, put the finishing touches to the new metal garden screen on the northern terraces. One day, just a frame, the next, a completed product and how fantastic does it look!

The design and the detail in the plasma cut metal is amazing and the timber frames off set the work perfectly.

The construction of the screen was a totally collaborative effort across many faculties, Construction, Metal & Engineering, Visual Art and Skills for Work classes.

Well done to everyone involved, it looks amazing!



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# Chloe Saxby Fund Raiser



Last week our SRC members along with Mrs Johnstone held a cupcake stall to raise money for local school girl Chloe Saxby. The array of treats on sale was amazing and as you can see lots of students and staff took the opportunity to sample the goodies on offer. A total of \$390.00 was raised for this very worthy cause. Well done to our SRC!



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# Year 9 Minnamurra Excursion

On Tuesday 14.11.17 Year 9 Science students had the opportunity to go to Minnamurra Rainforest to conduct scientific research in relation to their current unit of work "Ecosystems". They started the day with a presentation from one of the guides in relation to the rainforest. The students learnt about the types of plants and animals they would find on their walk and the relationships they have with one another. They also learnt about abiotic and biotic factors in ecosystems. The guide then discussed the history of the rainforest and some current sustainability and conservation methods within the National Park and the reasons behind them.

Students then took part in some scientific research and looked at abiotic factors within the rainforest. Such things included temperature of the air, water and soil, air humidity, wind speed, pH of the water and the soil and they also looked at the turbidity of the river water. One group took extra readings within the rainforest along the guided walk and compared the results to what they recorded at base camp.

All attending students are to be congratulated on a fantastic day. The support and encouragement they gave each other along the walk was great, especially when the walk became quite steep in sections. Unfortunately we couldn't get access to the big waterfall at the end of the self-guided walk, but the students were lucky enough to see some of the native wildlife common to the National Park.

Upon arrival back to school I received this lovely email from the Minnamurra Rainforest Education Coordinator "On behalf of the staff at Minnamurra Rainforest, we would like to pass on our thanks to attending teachers and students. The feedback from our 3 guides was that the students were quiet, well-mannered and respectful. We trust you had a great day and look forward to seeing you again."

Congratulations Year 9.

Mrs McCarthy

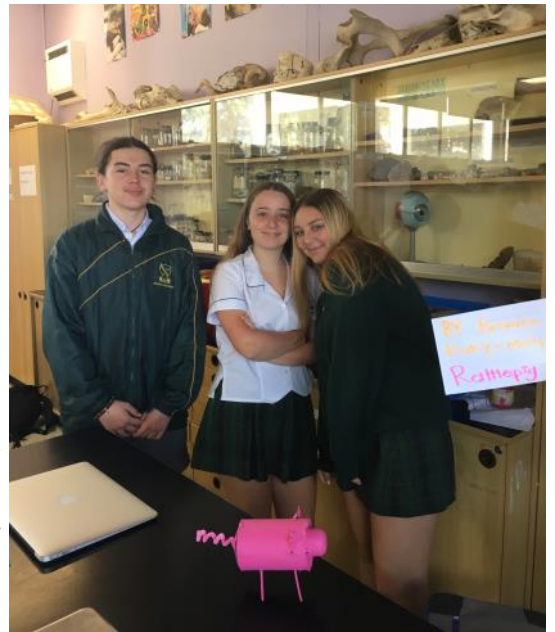


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# Artful Mythbusters

Students in the Year 9/10 Mythbusters elective class have enjoyed a fantastic year investigating truths and exploring plausibility. They have busily engaged themselves in the art of asking questions and generating hypotheses, seeking to explain phenomena both real and imagined! They recently completed a problem based learning unit with the driving question "Can we turn wasteful into artful?" Students worked collaboratively to construct an artful representation of the wastefulness of society using recyclable materials. They also wrestled with the notion of the power of the individual to make a difference. Students produced an explanation of the statement that they sought to make through their art and critically analysed their role as consumers. Some amazing and creative artworks were on display during our mini-expo, ranging from a pink pig made from a tin can to an entire farmyard made out of styrofoam. Congratulations to all of the Mythbusters students for their brilliant efforts!



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# Australian Mathematics Competition

The Australian Mathematics Competition was first held in 1978 and has now been running for 40 years. Conducted by the Australian Mathematics Trust it is highly regarded and very challenging. Students are not allowed to use a calculator and the questions become increasingly more difficult as the examination paper progresses.

The Maths Faculty funded entry into this event and selected 5 top students to represent Woonona High school in 2017.

Emily Nicholson, Jaida Way, Elisa He, Harrison Dabin and Jay Archer are all fine Mathematicians, each of them very intelligent, resilient and innovative.

Harrison produced the strongest performance on the day and received a certificate of Distinction. This award recognises Harrison's outstanding capabilities and placed him in the top 20% of all students in his division.

Jaida Way was another strong performer for our school. She achieved a certificate of Credit ranking her in the top 50% of her cohort.



Emily Nicholson



Jaida Way



Elisa He



Harrison Dabin



Jay Archer

## ICAS International Mathematics Assessment

ICAS International Competitions and Assessments for Schools are conducted by the **University of NSW Global** each year. Congratulations to the 27 Woonona High School students who entered the 2017 Mathematics event. The results have arrived and are very impressive. Woonona High School students performed above the Australian average in all year groups!

The best efforts recorded were from Year 9 students **Harrison Dabin & Aiden Checklin**. Amazingly they both ranked in the **top 2% of Australia** and awarded certificates of **Distinction**.

Amazingly, we also had 13 students who managed to achieve an ICAS result worthy of a certificate of **Credit**. These students were **Nathan Fryer (Year 10), Thomas Holliday & Jake Greentree (Year 9), Kiarra Ali, Jocelyn Bray, Yiyang He, Jackson Giustiani, Emma Guerrieri-Cortesi (Year 8) Dean Overton, Keeley Nethercott, Madeleine Saxby, Cooper Williams (all from Year 7)**.



Harrison Dabin



Aiden Checklin

A Certificate of **Merit** was awarded to both **Noah McNeil** and **Thomas Curtis** and we are also very proud of our 10 students whose performance earned them certificates of **Participation** in this challenging event. Congratulations goes to **Emma Cleaves, Bailey Napier, Billy Sargeant-Wilson, Chelsea Wiseman, Bailey Usher, Casey Bray, Beau A'Bell, Alexandra Barden, Payton Brown, Kye Phillips, & Emily Steele**.

Mr Holliday  
Head Teacher Mathematics

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# Women's Rugby League World Cup Performance

On Thursday the 16th of November, 11 dance students from Year 7 to 10 took part in the opening ceremony of the Women's Rugby League World Cup. Representing team Canada, we rehearsed two weekends prior to the event at Sutherland Basketball Stadium and Shark Park, Cronulla. We were told to dress head to toe in the colour red, to symbolise our designated country. The rehearsal process was tiring, spending the majority of the day in the sun. However, the end result was completely worth it, with a national audience gathering to watch the performance. Even though Ashlee lost her tooth, Mrs Steele made up for it, and snagged two bags of lollies from the vending machine, and some of us even got to meet the Canadian team after the game! We'd like to thank Mrs Steele for organising this awesome opportunity of a lifetime and for taking time out of her busy schedule to take us to Cronulla.

Ruby Thompson & Hannah Clatworthy, Year 10



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# Water Polo

On Monday 13th November the South Coast U/15 Water Polo knockout was held at Berkeley Pool. A girls' team and a boys' team travelled with Miss Walker to the pool to compete in the arduous sport. The girls competed well, winning one game and losing one game, despite starting strongly. Special mention goes to Eva Maddox who played in goals all day and made several excellent saves despite never having played the game before. The player of the day in the girls' team was Ruby Sargent-Wilson who showed leadership in her positive attitude and moved the ball around the pool very well.

It was the first time in several years that Woonona High entered a boys' team into the competition, however it was hard to believe this fact when a team made up largely of Year 7 students were in the pool. The students moved the ball around well and were very competitive against much bigger opponents. Special mention goes to Angus Waddell for his leadership and impressive skills. Ben Cracknell can be commended for his vocal support of both teams. Well done to all involved.

Ms Samantha Walker (English/HSIE)



# Construction



Our Year 11 / 12 Construction class has been very busy recently. The class constructed this great picnic table for the students in the Special Education Unit to use and enjoy.

Thank you to Mr Bradley and his Construction class, I'm sure the students will appreciate your hard work.

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# Illawarra Secondary Schools Sports Blues Awards

On Tuesday 14 November three of our students were recognised at the Illawarra Secondary School Sports Blues Awards which were held at Figtree High School.

Year 7 student Chelsea Jones was awarded the Junior Swimming Champion Award for 2017 and Year 9 student Zara Sharman was recognised as the 2017 Senior Swimming Champion. Ruby Sargent-Wilson, Year 8, was awarded the Northern Zone Junior Touch Football Award.

Ex Woonona High School student Tristan White was guest speaker at the ceremony and during his speech he paid tribute to his former teachers. Tristan plays hockey for Australia and is currently in training for international competition.

Congratulations to these students.



## Congratulations Mrs Sim



Mrs Sim, the longest serving Northern Illawarra Sport Organiser and Mr Ken Wright, the longest serving Southern Illawarra Sports Organiser have been honoured for their efforts in school sport by having a sporting trophy named after them.

In an inaugural event last week, the best teams from Southern Illawarra Zone faced off against their Northern Illawarra Zone rivals.

The trophy, named the Sims Wright Challenge Shield was ultimately presented to the Southern Zone.

## Congratulations Flynn

Flynn Madden of Year 8 will be travelling to England in Week 7 for 3 weeks, to participate in a Football Tour around the UK. He will be taking part in training and games against professional players and clubs of his age group throughout this time.

This opportunity was provided through a National Organisation and partner body to the UK, which involved selection through a regional and national camp over a 6 week period.

Flynn is excited to experience Football in the UK to further develop his skills and will gain invaluable exposure internationally. We wish him all the best!



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Wednesday 29th,  
November

There will be:

- ⇒ Food
- ⇒ Games
- ⇒ Activities
- ⇒ Cultural Entertainment

# International Day!!!



During Lunch



## Christmas is coming!

There only 37 days till Christmas, but we all know how quickly it comes around! While we start putting up our trees and decorations, buying presents and preparing for the big day, it is important to remember those people who are facing a Christmas of despair and misery.

Shelters are full of homeless people, including families seeking refuge from domestic violence. Children and teenagers under 18 make up a disturbing 27% of the homeless.

The SRC is collecting gifts to help those in need this Christmas. We are asking people to donate non-perishable food, toys, anything that will help to make Christmas a little easier for disadvantaged families. You can leave your donation under the tree in the front office.

Donations will be delivered to the Wollongong Emergency Family Housing Service at the end of term.



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# Illawarra Mercury “Design an Ad” Competition

Congratulations to Year 11 Italian exchange student Sophie Casali, whose fantastic design beat other students across the Illawarra to take out the first prize of \$700. Our school also wins \$1000 to go towards resources for our students.

Sophie's design and an interview featured recently in the Illawarra Mercury. She was required to create an ad for M +Michaels Footwear. She looked on the business website and gathered inspiration from the local environment. Sophie is yet to decide what to spend her prize money on - possibly a Sydney Harbour Bridge climb or another adventure while she is in Australia in the coming months.

Mrs Whiddon (English Teacher)



## Junior Netball



This week at assembly we said congratulations to our junior netball team who won the winter sport competition this year. Congratulations girls!

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# Congratulations Thomas

Congratulations to Year 10 student Thomas Heaton on his recent win in the Australian Golf Club Championships .

Thomas is the youngest winner ever in the 135 year history of the club.

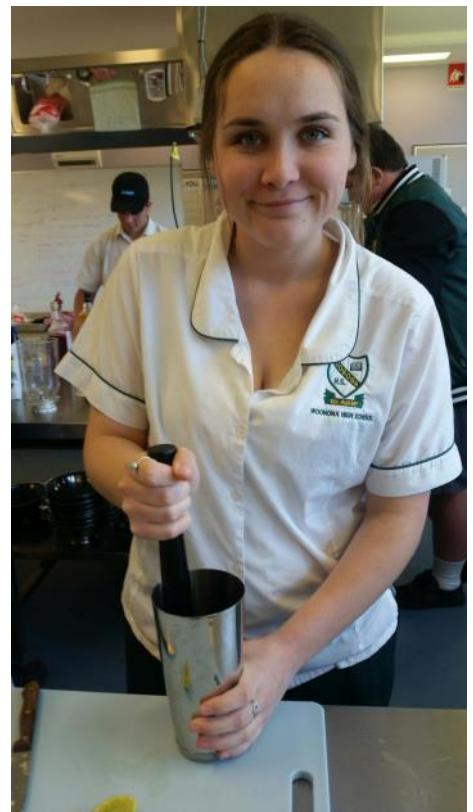
Thomas won the Wollongong Club Championships earlier in the year before going on the snatch a comfortable victory in the Australian Championships on October 29 at Rosebery against much older and more experienced players.

Well done Thomas, we look forward to following your golf career with great interest.

News just in. Last Thursday Thomas landed a hole-in-one in his first round of a professional tournament, the 2017 NSW Open. An amazing feat. Read more on our facebook page this week.



## Year 11 Hospitality



Last week our Year 11 Hospitality class experimented with Mocktails.

The students had the recipes for six different Mocktails as well as a variety of different ingredients to experiment and produce their own creations.

The students used sorbet, mint, fresh fruit, juices and syrups to make their own delicious and refreshing Mocktails.

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## Year 9 Masterchef



Our Year 9 Masterchef class were very busy last week in class. They created chocolate mouse decorated with delicate spun sugar work. Spun sugar is a difficult process to master, but under the guidance of Hospitality teacher Mr De Main the students produced some excellent decorative pieces. The results looked amazing and I'm sure they tasted just as good.

Thank you to Mrs Mete who always provides us with some great photos of our Hospitality / Masterchef, Food Technology and Cup Cake classes and their marvellous creations.

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## Year 8 Cupcakes and More



Last week in class our Year 8 Cupcakes and More elective class made Cream Cheese Scrolls.

Firstly students drew intricate patterns with icing onto baking trays. This was then frozen. The sponge mixture was prepared and then poured over the top of the icing pattern before being baked.

The cream cheese filling was then prepared, poured over the baked sponge before being rolled into a scroll.

The scrolls that the students produced looked so professional and delicate, they did an amazing job!

I'm sure the taste testing was just as impressive!



## Year 7 2018 Uniform Fittings

The Woonona High School Uniform Shop will be open for fittings for students starting in Year 7 next year on the following days. Bookings are essential by phoning the front office to make an appointment.

Tuesday 21 November 2017 from 6:00pm - 8:00pm (cash or cheque payments **only** on this night)

Tuesday 28 November 2017 from 5:00 - 6:30pm

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# Careers News

## Year 10 WORK EXPERIENCE

A big week coming up for year Ten going out into the big wide World of Work! Hoping the experience is an informative and enjoyable one!

Students should have collected their Employer package but please remove copies for parents and themselves, first. Please make sure they carry or transfer the necessary phone numbers from their Emergency Card, also in the pack.

Students, at the end of their placement, should ask for the completed yellow Employer Assessment at the end of the week and bring to Mrs Crump in Careers on return to school.

## CHANGING YOUR UNIVERSITY COURSE PREFERENCES

### Why would you change your preferences?

- You got a better mark than you expected, and want to apply for a more competitive course
- Or, you didn't do as well as you'd hoped to, and want to change to a more realistic course
- Perhaps you've changed your mind in the time between applying and getting your results, and want to go down a different path
- A new (and more appealing) course has just become available. Or you recently found out about a course you didn't know existed
- Sometimes universities choose to cancel a course, and you may want to replace it

### WHY You Wouldn't Change Preferences?

**· If you have been offered a UOW Early Admission (or any other University Early Admission Program such as SRS), then you need to ensure that your first preference matches the course that you have been offered.**

### Changing Preferences

- You can change the order of your preferences – or even the courses you've selected – as often as you like before the closing dates for each offer round. Simply log in to your application or the My UAC mobile app using your UAC application number and UAC PIN. You can't change your preferences by phone, letter or email.
- Check the closing dates for changing preferences for each offer round. You can only receive one offer per round, so re-ordering your preferences after each round may give you multiple offers to choose from.
- **There are short periods before each offer round when you are unable to change your preferences in your application.**

· Some courses have early closing dates. This means that you must have the course as a preference by the course closing date. Check the latest course information through the course search.

## Alternative pathways to higher education | myfuture

Remind students about their career options and pathways. Research the range of alternative entry pathways to university and consider the 500 plus occupations across Australia that offer apprenticeships in a variety of certificate levels. Myfuture is Australia's National Career Information Service that assists with career planning and career pathways. <https://myfuture.edu.au/careerinsight/details?id=alternative-pathways-to-higher-education#/>

## School Leavers interested in Carpentry / Construction as a Trade

- The Pre-apprentice course for TAFE Wollongong will be conducting testing on the 25th of January, 2018 at 10am in J Block workshop. All applicants need to wear covered in shoes and check the TAFE website to confirm times closer to the date.

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# Careers News

## Australian Academy of Fashion Design Open Day

Saturday 18 November 1pm Find out more and book online – [https://www.fashiondesignacademy.com.au/open\\_day\\_booking.php](https://www.fashiondesignacademy.com.au/open_day_booking.php)

Wed 6 December and Wed 31 January from 6pm to 8pm @ 110 Edgeware Rd, Enmore <https://www.facebook.com/events/155878185001144/>

## Western Sydney Uni HSC True Reward

At Western, we believe hard work deserves its own reward – a reward that reflects your ability to succeed. If you do well in your subjects at school, we know you can go on to do well at university. Open to 2017NSW HSC students, it makes an early offer for entry to a degree based on corresponding HSC subject band outcomes. Applications close December 11 Find out more –

[https://www.westernsydney.edu.au/informationabout/bonuspoints/early\\_offer\\_2018?icid=HP-OMCearlyoffer2018\\_hscruereward](https://www.westernsydney.edu.au/informationabout/bonuspoints/early_offer_2018?icid=HP-OMCearlyoffer2018_hscruereward)

## Have You Checked Out the NSW Smart & Skilled Website Lately?

Want to find courses to get your career moving? On their website, search using the blue box on the homepage for courses in your chosen field and location.

You'll find a range of courses that will help you get the skills you need to find a job, and you'll also be able to see if you could be eligible for fee assistance (hint – lots of courses have scholarships or fee assistance right now). Once you've chosen a few possible courses it's easy to get in touch with the providers listed on the screen to enrol. Get started now - <https://smartandskilled.nsw.gov.au/>

## What it's like to study social work?

<http://thefootnotes.com.au/is-social-work-really-for-you/>

## 2018 Internships with EA Ski and Snowboard – Guaranteed Job on completion

The internship provides young-people with world-class training, support and an internationally recognised qualification which then assists them into a paid instructor job at one of the world's top ski schools. **Download your career pack** to start the application process and learn more about EA's paid internship opportunity. [www.easkiandsnowboard.com](http://www.easkiandsnowboard.com)

## TARONGA ZOO WORK EXPERIENCE

Taronga Zoo's Work Experience program is for school students who are interested in pursuing a career in zoo keeping, animal care, tourism/education or zoo horticulture. The program is suitable for school students in years 10, 11 and 12.

In the interests of fairness, only one successful applicant per school will be considered and possibly assigned to a Zoo animal division for one week (Monday to Friday), excluding school and public holidays.

Interested students MUST consider how they would get themselves there and home on a daily basis and or how they might safely stay in Sydney.

### Application Process

Applications are open now and close Friday 23th February 2018. Applications must be processed through Careers. Please do not approach the zoo directly.

[https://taronga.org.au/education/education-sydney/school-work-experience-taronga-zoo?gclid=Cj0KCQiA84rQBRDCARIsAPO8RFy6ITaaS9ntI3FEkUXFkJ4imvxyHd3nULIPD\\_WV03GOV3ZbTRmv8JSMaAqCHEALw\\_wcB](https://taronga.org.au/education/education-sydney/school-work-experience-taronga-zoo?gclid=Cj0KCQiA84rQBRDCARIsAPO8RFy6ITaaS9ntI3FEkUXFkJ4imvxyHd3nULIPD_WV03GOV3ZbTRmv8JSMaAqCHEALw_wcB)

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Every attempt is made to ensure that all material in the Woonona High School Careers newsletters is accurate but it is strongly recommend that users make every effort to check the information and exercise their own skill and care with respect to the use of the information. The listing of an organisation here, in no way implies any form of endorsement by us of the products or services provided by that person or organisation. Links to other web sites are inserted for convenience and do not constitute endorsement of material at those sites, or any associated organisation, product or service. If you are in doubt about the relevance, bona fide or integrity of an organisation listed please contact Margaret Crump the Careers Adviser.



(Relieving for John Chamberlain)

**MARGARET CRUMP CAREERS ADVISER (Rel)**  
2018 Central Australia tour

## 'Splendours of the Outback'

### Expressions of interest

Expressions of interest are now being sought from interested students who will be in Years 9, 10 or 11 in 2018 who are considering participating in Woonona High School's bi-annual tour of Central Australia.

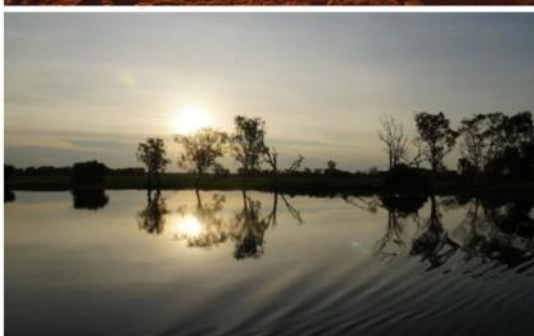
The bus/camping tour extends to the Kakadu region and ends in Darwin with a flight home to Sydney. Activities are wide and varied and have included in the past camel rides, hiking Kings Canyon and around Uluru. Visits to indigenous cultural centres, boat cruises through Katherine Gorge and a Yellow Rivers Cruise in Kakadu. We even spend a night sleeping underground in a former opal mine in Coober Pedy,

Initial costing for next years excursion has been supplied by our tour company GET Educational Tours. At this stage these can only be based on 2017 costing as 2018 rates are not yet available. At present time the estimated cost of the tour is \$2,329.00 per student. This is based on attracting at least 30 students and would reduce if more students decide to participate. The tour is set to depart on the Saturday before the last week of Term 2 2018 and extend up until the end of the first week of the June/July school holidays.

An information evening will be organised during Term 4 2017 for interested parents and students. Expressions of interest or queries at this stage can be forwarded to Mr Russell Locke, HSIE Faculty. ([russell.locke@det.nsw.edu.au](mailto:russell.locke@det.nsw.edu.au))

Mr Locke

HSIE Faculty



The deposit for this great adventure is due by 30th November & that the deposit is required before any bookings can be made. Please pay online or at the front office.

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# STRONGER TOGETHER

In the lead up to, and following, the announcement regarding the postal survey, here are a number of tips to help you stay strong and resilient.

## Plan where you want to be & who you want to be with

- 01** Consider the place you'll be at and the people you'll be with when the results are revealed. Why not attend a community 'YES' event? Regardless of the vote, it's important to be around friends and allies.

## It's okay to step away

- 02** The sheer volume of stuff in the media and on social media has been overwhelming throughout the debate and will continue to rage on regardless of the result. If you need a break, take it. Remember that it's okay to step away.

## Think about who you would want to thank

- 03** We are not alone and allies are everywhere. Consider thanking the people who stood up for us during this difficult time. In your own circle, express gratitude to those who offered and gave support.

## Plan activities, get creative, keep busy

- 04** You might find yourself feeling overwhelmed in the days and weeks following the announcement. Plan some activities to keep yourself busy and distracted. Get creative, read a book, have a picnic with friends and loved ones.

## Channel your energy into helping others

- 05** The thought of what lies ahead can be stressful. Why not channel your energy into helping others? The more you give, the better you'll feel. Volunteer for a local service of any kind. Help a friend, a neighbour, a stranger.

## Remember to look after yourself

- 06** The debate will continue well after the announcement of the result and this can be draining and exhausting. So it's important to look after your physical health. Keep your energy levels up. Eat nourishing food, stay hydrated, go for a run.

## Come back out in your own time

- 07** During the horrible debate, some may have chosen to take time out from friends, family and the community. This is self-protection and what some needed to do. Take your time. We'll be here for you when you're ready to come back out.

## Remain positive

- 08** Even if it's a 'yes', there is still a long way to go. Stay positive in all your engagements. Be respectful, patient, kind and act with dignity.

## Help is here if you need it

- 09** Even if it's a 'yes', you may feel down because it has been a gruelling process. You are not alone. Our community have all experienced feelings of anger, fear, sadness and frustration. Reach out if you need to. Help is at hand.

## Ask your friends how they are going

- 10** It has been a distressing time for many in our community. Continue to ask your friends, family and community members how they're going. Let's keep checking in on each other.

## FOR MORE INFO

ACON will have additional counselling staff in the lead up to, and after, the announcement to assist people needing support. Call us on (02) 9206 2000 or visit [acon.org.au](http://acon.org.au).

You can also get in contact with mental health organisations such as QLife ([qlife.org.au](http://qlife.org.au)), Beyond Blue, SANE Australia, Twenty10, headspace, RA, Lifeline and the Black Dog Institute.

This has been put together by ACON counsellors and builds on our resource, 'Staying Strong During The Marriage Equality Debate'. Access that resource at [acon.org.au](http://acon.org.au)

## REMEMBER

**In the unlikely event that things do not go our way, we will all feel despair, anger, resentment, grief and loss. It's important to be with those you love, talk about how you feel and remember that we will come through this. Our love and our resilience will last longer than any postal survey and its outcomes.**



*Excellence Innovation Success*



# University of Wollongong Learning Labs 2018

Learning Labs is an enrichment program designed for students who are performing in the top 15% in their area of interest within their peer group, and are seeking a challenging and fun experience during the school holidays.

All workshops are held over one (mini-labs) or two days, and are presented by teachers with specialist training or a specific interest in gifted education.

**Dates:** Learning Labs (Years 7 to 10) : 17—18 January 2018 from 9:00am—3:30pm Cost: \$170

Learning MINI Labs (Year 7 to 10): 16 January 2018 from 9:00am—3:30pm Cost: \$90

**Venue:** University of Wollongong (Wollongong Campus)

**Applications Close:** 7 November 2017



For further information about workshops and the application process, please go to: [uow.info/learninglabsyr7-10](http://uow.info/learninglabsyr7-10), or if you have any questions or concerns, please contact the Learning Labs team via email at [learning-labs@uow.edu.au](mailto:learning-labs@uow.edu.au) or phone on (02) 4221 5557.

## Canteen Roster

Monday	20 <sup>th</sup> November	Leona
Tuesday	21 <sup>st</sup> November	Carolyn McQuiggan
Wednesday	22 <sup>nd</sup> November	Jo Meirs
Thursday	23 <sup>rd</sup> November	Karen Bate
Friday	24 <sup>th</sup> November	Donna Thompson
Monday	27 <sup>th</sup> November	Karen Dubowic
Tuesday	28 <sup>th</sup> November	Janece Pender
Wednesday	29 <sup>th</sup> November	HELP NEEDED
Thursday	30 <sup>th</sup> November	Gabi James
Friday	1 <sup>st</sup> December	HELP NEEDED
Monday	4 <sup>th</sup> December	HELP NEEDED
Tuesday	5 <sup>th</sup> December	Alisha Lloyd
Wednesday	6 <sup>th</sup> December	HELP NEEDED
Thursday	7 <sup>th</sup> December	HELP NEEDED
Friday	8 <sup>th</sup> December	HELP NEEDED

## Term 4 Calendar

Mon 20 Nov—Fri 24 Nov	Year 10 Work Experience	Mon 4 Dec	Peer Support Stanwell Tops
Mon 20 Nov—Wed 22 Nov	CAPA Camp Nowra	Tue 5 Dec	Year 6 Orientation Day
Tue 21 Nov	P&C Meeting	Thu 7 Dec	Presentation Evening
Fri 24 Nov	Schools Spectacular	Mon 11 Dec	Farewell / Christmas Farewell Assembly
Tue 28 Nov	Year 7 2018 Parent Information session	Tue 12 Dec	Variety Night
Fri Dec 1	Years 7—11 Gold Rewards Excursion	Wed 13 Dec	Music Excursion
Mon Dec 4—Fri Dec 8	Student Clearance Week	Fri 15 Dec	Last day for students 2017

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# Adolescent human papillomavirus (HPV) vaccination program



In early 2017 parents/carers of Year 7 students were asked to provide consent for their children to receive three doses of HPV vaccine in the NSW School Vaccination Program.

**Most\* Year 7 students who have received two doses of HPV vaccine are considered to be fully vaccinated and do not require a further dose.**

This change is based on recent international studies that show for children aged 9 to 14 years of age, two doses of HPV vaccine provide the same protection as three doses, as long as the second dose is given at least six months after the first dose. Based on this evidence, the World Health Organization (WHO) now recommends a two-dose HPV schedule, and this has already been adopted in comparable countries (i.e. the UK, Canada, the United States and New Zealand) and is now being adopted in Australia.

In 2017 Year 7 students were given the second dose of HPV vaccine at least six months after the first dose to accommodate the urgent roll-out of the Meningococcal W Response Program to Year 11 and 12 students. Year 7 students who have received only one dose of HPV this year will be offered their second dose in 2018. Parents/carers whose children were vaccinated in 2017 but who still wish for their child to receive a third dose of HPV vaccine can access a free dose from their general practitioner (GP).

\* Students with significantly impaired immune systems are still recommended to have three doses of HPV vaccine. Parents of these students should make arrangements to complete the vaccine course with their GP or by calling their local public health unit on 1300 066 055.

More information is available on the NSW Health website at [www.health.nsw.gov.au/hpv](http://www.health.nsw.gov.au/hpv) or by calling your local public health unit on 1300 066 055.

**girls SURF DAY**

**\$50.00pp**

**\* Inclusions:**

- \* 1.5hrs Lesson
- \* BBQ Lunch
- \* T-Shirt
- \* & MORE

**TIMES:**

9:00 - 10:30am  
11:30 - 1:00pm  
2:00 - 3:30pm

**LEARN TO SURF**  
WITH THE ILLAWARRA'S NO. 1 SURF SCHOOL

**DATES:**  
Saturday 16th Dec 2017  
Sunday 17th Dec 2017

**LOCATION:**  
THE FARM (KILLALEA STATE PARK)

**surfer // Zahlia Short**

- current U/12's
- Billabong Oz Cup Champion
- Wahu Champion
- Illawarra Titles Champion
- NSW State Champion

**ALL AGES - ALL LEVELS**

photo: Mikala Wilbow

**0410 645 981**  
E: [isurf@pinessurfingacademy.com.au](mailto:isurf@pinessurfingacademy.com.au)  
W: [pinessurfingacademy.com.au](http://pinessurfingacademy.com.au)

**Elle Baché**  
Wollongong  
**SMITH STAR**  
SKATEBOARDS FOR SURFERS

**PINES SURFING ACADEMY**

*Excellence Innovation Success*



# Family Fun Day!



Illawarra's friendliest course on the coast is celebrating its new name 'The Vale' and you're invited!

**Sunday 26 Nov  
9am - 1pm**

**golf clinic • jumping castle  
chipping comp • live music  
sausage sizzle + introducing  
FootGolf** (see opposite for details)

## **FootGolf comes to Wollongong**

If you have an interest in golf or Football (soccer), you will fall in love with FootGolf!

FootGolf is ideal for all ages and played just like golf, but with a Football being kicked over 9 holes. It's loads of fun and is ideal for a casual game, social, school groups, children and team building activities.

Come along to our Family Fun Day on  
Sunday 26 Nov and try FootGolf For free  
from 11am to 1pm.



- Bookings recommended ph: (02) 4283 5322
- Enclosed footwear and t-shirts essential
- Bring your own ball or book ours

### **FootGolf timetable:**

Tuesdays and Thursdays 3 - 6pm, Sundays 12noon - 6pm