

WOONONA HIGH SCHOOL



EXCELLENCE INNOVATION SUCCESS

Newsletter

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04/09/18	Year 7 Play Day
04/09/18	Illawarra Trades Road Show
05/09/18	Naidoc Celebrations
06/09/18	HSC CAPA Showcase
06/09/18	Premiers Debating
06/09/2018-07/09/2018	NSW CHS Athletics Homebush
10/09/2018	Year 11 Yearly Examinations
11/09/18	Year 10 Study Skills



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Principal's Report

Along with thousands of others, I was greatly privileged to see Southern Stars over the weekend. It was a wonderful celebration of true collaboration between so many schools, students and teachers and the audience was wowed by the talent on display. Congratulations to all our students who performed. You did our school proud, as did the teachers involved in the months of preparation – Ms Steele, Ms Arnold and Ms K Sharp.

I am continuing my research into sleep and today I want to share some research from Harvard University of the links between good sleep and learning.

Sleep, learning, and memory are complex phenomena that are not entirely understood. However, animal and human studies suggest that the quantity and quality of sleep have a profound impact on learning and memory. Research suggests that sleep helps learning and memory in two distinct ways. First, a sleep-deprived person cannot focus attention optimally and therefore cannot learn efficiently. Second, sleep itself has a role in the consolidation of memory, which is essential for learning new information.

Although the exact mechanisms are not known, learning and memory are often described in terms of three functions. Acquisition refers to the introduction of new information into the brain. Consolidation represents the processes by which a memory becomes stable. Recall refers to the ability to access the information (whether consciously or unconsciously) after it has been stored.

Each of these steps is necessary for proper memory function. Acquisition and recall occur only during wakefulness, but research suggests that memory consolidation takes place during sleep through the strengthening of the neural connections that form our memories. Although there is no consensus about how sleep makes this process possible, many researchers think that specific characteristics of brainwaves during different stages of sleep are associated with the formation of particular types of memory.

Sleep researchers study the role of sleep in learning and memory formation in two ways. The first approach looks at the different stages of sleep (and changes in their duration) in response to learning a variety of new tasks. The second approach examines how sleep deprivation affects learning.

The earliest sleep and memory research focused on declarative memory, which is the knowledge of fact-based information, or "what" we know (for example, the capital of France, or what you had for dinner last night). In one research study, individuals engaged in an intensive language course were observed to have an increase in rapid-eye-movement sleep, or REM sleep. This is a stage of sleep in which dreaming occurs most frequently. Scientists hypothesized that REM sleep played an essential role in the acquisition of learned material. Further studies have suggested that REM sleep seems to be involved in declarative memory processes if the information is complex and emotionally charged, but probably not if the information is simple and emotionally neutral.

Research has also focused on sleep and its role in procedural memory—the remembering "how" to do something (for example, riding a bicycle or playing the piano). REM sleep seems to play a critical role in the consolidation of procedural memory. Other aspects of sleep also play a role: motor learning seems to depend on the amount of lighter stages of sleep, while certain types of visual learning seem to depend on the amount and timing of both deep, slow-wave sleep (SWS) and REM sleep.

Another area that researchers study is the impact that a lack of adequate sleep has on learning and memory. When we are sleep deprived, our focus, attention, and vigilance drift, making it more difficult to receive information. Without adequate sleep and rest, over-worked neurons can no longer function to coordinate information properly, and we lose our ability to access previously learned information.

In addition, our interpretation of events may be affected. We lose our ability to make sound decisions because we can no longer accurately assess the situation, plan accordingly, and choose the correct behavior. Judgment becomes impaired.

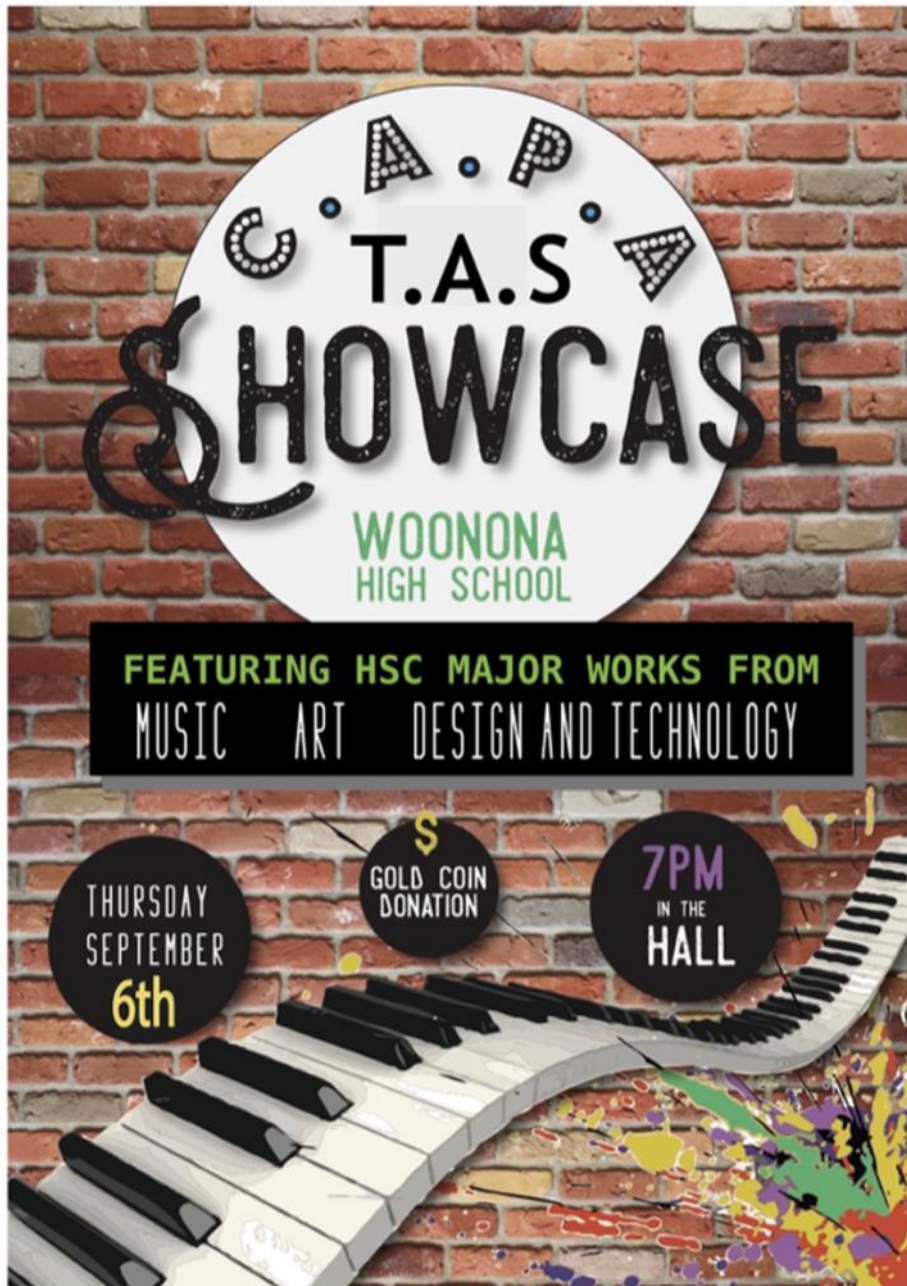


Being chronically tired to the point of fatigue or exhaustion means that we are less likely to perform well. Neurons do not fire optimally, muscles are not rested, and the body's organ systems are not synchronized. Lapses in focus from sleep deprivation can even result in accidents or injury.

Low-quality sleep and sleep deprivation also negatively impact mood, which has consequences for learning. Alterations in mood affect our ability to acquire new information and subsequently to remember that information. Although chronic sleep deprivation affects different individuals in a variety of ways (and the effects are not entirely known), it is clear that a good night's rest has a strong impact on learning and memory.

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>

HSC CAPA and TAS Showcase



On Thursday 6th September our Year 12 Music, Visual Arts and Design & Technology students will be displaying their major works with a combined HSC Showcase. Featuring an art exhibition, music concert, and design and technology display; the night promises to be an exciting event that will provide an insight into some of our creative HSC subjects and the amazing work that our students can produce. Doors open at 7pm and entry is by gold coin donation. Refreshments will be available from the canteen. We hope to see you all there!

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Southern Stars - ICONIC

All of the students and staff involved in this year's production, *Iconic*, have been rehearsing intensively since Term 2 in the lead up to our four shows last week.

This year Woonona High School had students featured in dance, vocals, drama and circus. We also had several teachers involved - Ms Arnold in the Orchestra, Miss K Sharp as Southern Stars Performing Company Dance Director and Mrs Steele as Dance Director - a huge representation from Woonona High School.

We were very excited to see our students perform last Friday and Saturday and from audience reaction and comments our hard work for the last two terms has shown in the performances.

Well done to everyone involved!

Mrs Steele - HT CAPA (Relieving)



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Southern Stars Excursion

On Friday August 31, 32 of us went to the WIN Entertainment Centre to watch Southern Stars "The Iconic". The day was filled with lots of excitement and happy faces. The dancing and singing was spectacular as always, there were lots of bright colours and loud music. Everyone had an awesome time.

We would like to thank Ms King for taking us on the excursion and we hope to be back to watch Southern Stars again next week. Congratulations Ms Steele, Ms K Sharp and to all the students involved.

Report from Amy Joy (Year 8)



Amy and our students who went to Southern Stars last week weren't the only ones who enjoyed the show and very much appreciated the time and effort our teachers and students put into the performance. Ms Sharp emailed us at school saying "Southern Stars was amazing! Well done to all of you... Lucas and I thoroughly enjoyed watching both rehearsal and show". Looks like little Lucas is being exposed to fine talent from an early age!!

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Anatomy for Beginners

On Friday August 31 Year 11 Biology and PDHPE students were given the opportunity to visit the Real Bodies Exhibition at Byron Kennedy Hall in the Fox Studios complex in Sydney.

The 7am departure time proved a formidable challenge for some, however the cold air and 2.5m walk to the venue soon had our students warmed up and raring to go.

Our tour guide Jordan gave us an overview of the ethics and requirements of visitors, however nothing would prepare us for what would lay ahead.

The Real Bodies Exhibition presents the artful display of 20 real, perfectly preserved human bodies and over 200 anatomical specimens, inviting visitors of all ages to examine the human experience from the first breath to the last in a dramatic and moving display.

The bodies are plastisised from real human cadavers and have been expertly arranged to display the intricate complexities and marvels of the human body and are arranged according to body systems and features.

As our guide took us through the exhibitions he shared stories of disease and illness and fielded the numerous questions our students put to him with patience and expertise.

The exhibition left us buzzing with questions and stories and it was universally agreed that we all left with a greater appreciation of the majesty and wonder that is life.

Mr Wilson and Ms Potter



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This week in SCIENCE

In Science we're on a quest to understand the world around us, the "who, when, where, what?" and, most importantly, "why?" We try to explain our observations by asking "how?" and evaluating the answers we generate. We make use of future-focused skills, like collaboration, critical thinking, creativity and communication to make authentic connections to local and global issues. With that in mind, here are a few of the coolest discoveries in Science this week:

In a trail-blazing collaboration, engineers and scientists in Queensland have pioneered a drone that can deliver poisonous injections to the destructive crown-of-thorns starfish. This prickly predator represents as much of a threat as coral bleaching and cyclones to the health of the incredible Great Barrier Reef, but picking them off one by one is incredibly time-consuming! Now, the "rangerbot" has software based on artificial intelligence that allows it to "see" underwater and target its enemies. How's that for an effective fusion of STEM disciplines?



Speaking of trailblazers, if you've never visited ANSTO (the Australian Nuclear Science and Technology Organisation), blaze a trail up to the facility at Lucas Heights this school holidays to discover the fascinating world of nuclear science. There's more to radioactivity than the "eye" sotope can see (*). You can also now download an app that lets you take a virtual reality tour of the OPAL (Open Pool Australian Lightwater) nuclear reactor. Unlike in "The Simpsons", it's impossible to get up close to the reactor in person, so avoid decay (***) and download the app :-)

Yours in Science,

Dr McKenzie

Subject Selection and Pathways Forum

Nearly all of Year 10 along with a relative attended the annual Subject Selection and Pathways Forum. At the event students and guardians had the opportunity to question former Woonona High Students who are currently employed in professional fields as well as students currently enrolled in degrees that lead to professional occupations. Attendees also had the opportunity to attend an 'HSC Course Marketplace' with head teachers explaining the requirements of courses, be entertained by student musicians, receive formative feedback regarding school achievement and dine on finger food provided by Year 11 Hospitality students.

Thanks you to everyone that made this event possible.

John Chamberlain (Careers Adviser)

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Book Week 2018

Book Week was celebrated around Australia last week. Woonona High School library joined the celebrations by creating a display depicting this year's theme "*Finding your Treasure.*"



We also held a special morning tea for the students with lots of yummy food. In keeping with this year's theme we organised five treasure hunts around the library with some fabulous prizes to be won.

Treasure hunt winners were Leah Franey, Montana Hillier, Luke Downie, Kieran Jones, Ava Ramsey and Samuel Lowan.



During Book Week the Children's Book Council of Australia also announces the 2018 Book of the Year Award Winners. These were as follows:

Books of the Year for Older Readers:

Take Three Girls by Cath Crowley
Mallee Boys by Charlie Archbold
In the Dark Spaces by Cally Black

These books are all available to borrow.

Mrs Roddis (Teacher / Librarian)

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Library News

Virtual Reality



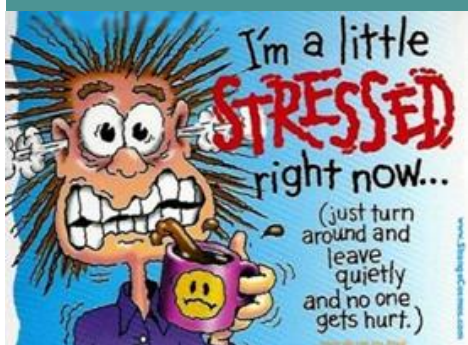
Virtual Reality is coming to Woonona High Library. We are in the process of setting up a virtual reality space for teachers to use with their students.

What is virtual reality?

Virtual Reality is an entirely immersive and incredibly engaging resource for learning. There is no other resource quite like it. Students are immersed in a simulation of a real environment. It is like they are actually there. This technology offers amazing possibilities for teaching and learning.

Watch this space for further updates.

HSC Resources



With the HSC examinations starting soon coming up, I would like to remind senior students about the many HSC resources available in the library. There are study guides and Nesa Exam workbooks on all subjects offered at Woonona High School.

Accelerated Reader (AR) Program



Years 7 & 8 are now in the third term of the Accelerated Reader program. Every term students are allocated a point target indicating how much reading they are expected to achieve. The target is based on an individual's reading age and book level to provide a fair and realistic target for students to reach. Setting targets for reading practice motivates students and leads to greater skill development. Those that reach their target are awarded a certificate and a \$5 canteen voucher.

How Parents can help with their child's reading?

Make sure your child reads at least 20 minutes a day, several times a week.

Ask them to explain to you what they have been reading.

Encourage them to look up the meaning of words they do not

WHY ENCOURAGE YOUR CHILD TO READ?

"A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one."

— George R.R. Martin, *A Dance with Dragons*

These are powerful words, and they speak to the power of reading to open doors to empathy, adventure, and learning. A love of reading doesn't happen automatically though. It needs to be nurtured.

THE MORE
THAT YOU READ,
THE MORE THINGS
YOU WILL KNOW.
THE MORE THAT
YOU LEARN,
THE MORE PLACES
YOU'LL GO

- Dr. Seuss

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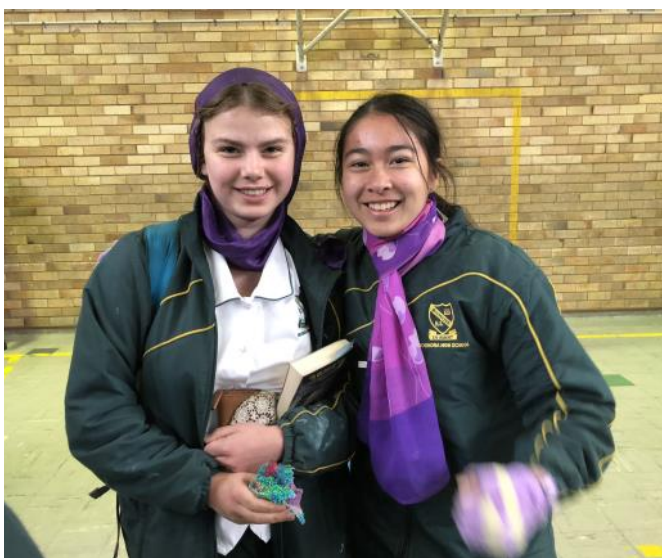


Wear it Purple

On Friday, August 24 there were lots of “purple people” as Woonona High School supported “Wear it Purple Day”.

Students were invited to wear their best purple accessories and purple hairspray, face glitter, bows and head bands proved to be popular on the day. Both students and staff looked splendid in their purple outfits and accessories, Mr Rayner in particular, with his bright purple afro.

Wear it Purple aims to foster supportive, safe and accepting environments for all young people and is committed to respect diversity and social equality. “Wear it Purple” wants young people everywhere to know that they have the right to be proud of who they are!



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Cyberbullying Dance Composition - Year 7 CAPA



Year 7 CAPA classes are currently working through their own dance compositions in class under the guidance of Mrs Steele. Each lesson, the students are collaborating to create their own dance work with the key focus on bullying and its impact on students at Woonona High School, which is a key teaching focus in PDHPE in Year 7. Each group has been allocated based on their abilities and are bringing a wealth and experience, ideas and creativity to the team. This assessment has been created as a Project Based Learning task, with the driving question: “how can we, as students of Woonona High School, speak out about the negative impact of bullying?”. Each group team has a key message to promote to their audience as to the power each individual has in a bullying situation, the bully, the victim and the bystanders. They have spent a lesson brain storming ideas for song choices and key themes. From here, they use the elements of dance, *space, time and dynamics* to create their dance piece alongside costuming. We look forward to seeing the progress over the weeks and the final product in week 9 and 10.

Monty Pryor



On Monday 27 August, Year 7 students were invited to enjoy a motivational talk by renowned speaker, Boori (Monty) Pryor.

Monty is an Indigenous writer and story teller who uses humour to project his ideas and engage students in his message of finding the strength to overcome challenges. Monty has worked in film, television, modelling, sport, music and theatre –in-education.

Our Year 7 students were engrossed by Monty’s stories and many could relate to his hilarious antidotes of his childhood, growing up with lots of siblings. We thank Monty for sharing his stories.

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Wollongong Visual Arts Excursion “Off the Wall”.

On Thursday 30th August Year 10 Visual Arts students visited Wollongong to view and analyse the local street art around the city. This is an opening event in order to introduce the students to the theme and grab their attention, which will engage them in readiness for their next unit of work, ‘Off the wall’.

This is a project based learning unit being delivered in collaboration with our Visual Arts PEX (pre-service teacher) student, Ms Conboy. The aim of project based learning is to focus upon the key success skills of critical thinking, collaboration, creativity and communication. These skills create opportunities for in-depth thinking, reflection, application of real world knowledge and self management. Student voice and choice are celebrated within a supportive environment.

Students will work together and independently to manage the project culminating in a 2D public artwork which communicates a social message.

Watch this space to see the result of their great efforts!

Mrs T Scott



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South Coast Public Speaking

Eight Woonona high school students and Mr. McAuley braved the cold night and came together at Holy Spirit College to be involved in the South Coast Public Speaking Competition on Tuesday, 21st of August. This competition was subjected to the schools of the Illawarra, Southern Highlands, Campbelltown, and Nowra areas. With over 40 schools including only 3 comprehensive public schools competing, it was a night filled with a highly competitive atmosphere. From Woonona high school, we had 8 competitors ranging from year 7-10. The following students were involved in the competition; Vlad Klymenko, Sienna Fulton and Amelia Elliott from year 7; Nabaa Abed and Madeleine Saxby from year 8; Lauren Kinney from year 9 and Arun Wanstall and Marcie Morrow from year 10.

All our students excelled, and beneficial feedback was assessed to students to enhance their proficiency in the public speaking field. Congratulations to Nabaa Abed for coming 1st and to Lauren Kinney for coming 3rd. This night helped us to build our perspectives and conveying it strategically to the audience. We had an amazing experience and can't wait for next year!



Year 12 Raising Achievement Evening

On Monday September 3, Year 12 students and their parents / carers were invited to attend the HSC Raising Achievement Evening. On the evening teachers held interviews with students and parents to guide them through the next phase of their preparation for the HSC.

We wish Year 12 all the best for their final few weeks at WHS and hope that their preparations for the HSC go well.

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Tournament of Minds



Tournament of Minds is a stimulating, challenging and fun problem-solving national interschool program which aims to develop students creative problem solving techniques and fosters cooperative learning and team work.

On Sunday August 26, two teams from Woonona High competed in the challenge at the University of Wollongong. Our first team "YEET" competed in the Language / Literacy challenge and our other team "Super Goats" took on the Social Science challenge. Students had worked on their problem-solving for 5 weeks prior to the challenge.

Both teams performed extremely well but were unfortunate not to gain a place on the day. Well done to these students!



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Woonona Bowling Club Essay Competition

On Tuesday 28th August, four Year 10 students were invited to a presentation evening at Woonona Bowling Club. An essay writing competition was offered to all of Year 10 from Woonona High, Bulli High and Holy Spirit college. The evening was in place to award the top four students from each school with an academic scholarship for each student's essay. The evening included the presentation of the awards, the readings of first place and second place essays and musical items from all schools. Woonona High School had three students attend Arun Wanstall, Caitlyn Davies and Isaac Warburton, unfortunately Brooklyn Younger was unable to attend the evening.



The students were accompanied by their families, Mr McAuley, Mrs Mathews (Head of English) and Mrs Caroline David (Principal). Isaac and Arun represented Woonona High School and read out their essays receiving many congratulations for their efforts by members of the Lions' Club and Woonona Bowling Club. Massive thanks to Carla Baker, Ethan Johnston and Riley Walker who supplied us with a musical performance. Overall the evening was wonderful and the students' essays were deservedly awarded.

-Caitlyn Davies ,Year 10.

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Young Playwrights Project

On Wednesday night, Year 11 Drama student, Bo Smith's script was performed in the Bruce Gordon theatre at the IPAC in Wollongong. BO's script was selected as part of The Young Playwrights Project, a collaborative initiative between Merrigong Theatre Company and The Drama Studio. This opportunity provides young actors and playwrights, 16- 19 yr olds, the opportunity to work with industry professionals and develop skills to bring their plays to life on stage. Bo had the opportunity to work with Nicola Cronin and Kim McCreanor. His script was performed by very talented actors in a humorous interpretation of Macbeth the Bogan.

The audience thoroughly enjoyed the witches and the twist ending. Macbeth and Banquo's dark future was predicted in excellent dialogue and highlighted by atmospheric lighting.

Bo is congratulated on his excellent storytelling and understanding of performance. Well done!

Amber King

Drama & English Teacher |

TREE NUMBER 3

Written by Jemima Taylor

JACINTA	Tahlia Krohn
LAURA	Cassidy Nash
ALEX	Zachary Seymour
TEACHER	Jacob Crossingham

MACBETH THE BOGAN

Written by Bo Smith

MACBETH	Flynn Piper
BANQUO	Maxwell Taylor
BOGAN ONE	Brady Neilson
BOGAN TWO	Joshua Cole
BOGAN THREE	Noah Brooks
LADY MACBETH	Emma Parrish
ROSS	Alex Wunsch
DUNCAN	Angus Ewart
MACDUFF	Aden Shalala

OCEANS 1

Written by Simone Carmody

DANIEL	Alex Wunsch
BEC	Annie Nikolovski
TRISH	Emma Parrish
STANLEY	Aden Shalala
MAX	Flynn Piper
VOICE	



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Unplugged 26

On Tuesday 25th September we will be holding our 26th Unplugged Concert of live acoustic music. These concerts have been running since 2010 and are a wonderful tradition to end each term. The night starts at 7pm and will be the last Unplugged for our Year 12 students. It will also feature some of the products of the project based learning that has been taking place in our CAPA subjects this term, including original music, dance, art and photographic works. Tickets are available at the door - \$5 for children, \$10 for adults and \$25 for a family of 4.

WOONONA HIGH
SCHOOL PRESENTS..
UNPLUGGED 26
LIVE AND ACOUSTIC
TIX: \$10 ADULTS AND \$5 CHILDREN,
\$25 FAMILY OF 2 ADULTS 2 CHILDREN.
ALL PROCEEDS TOWARDS MUSIC..

LIGHT REFRESHMENTS AVAILABLE
TUES SEPT 25TH 2018
@ 7PM IN THE HALL
SUPPORT
OUR
GRAND
CAUSE..



Retail Excursion—Miranda Fair

On Tuesday August 28, our Year 12 VET Retail class travelled to Westfield Miranda to take part in an excursion to consolidate what the class have been learning this year. On the day students attended two sessions, both of which explored key areas of the Retail industry.

The first session was run by Westfield Miranda Centre Management, Mathiesan and Jack, where they discussed the main operations within the centre and key features of Retail.

The second session was hosted by the manager of Michael Hill, Luke, and the students had the opportunity to role play different sales techniques in a workshop both on and off the selling floor.

Students were accompanied by Miss Cohen (Retail Teacher) and all felt that the day was a great “real world” learning experience.



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This Week at Assembly



This week at assembly students who helped out at the recent Antique Motor Cycle Show were thanked.

The show was held at Bulli Show Ground in August and Woonona Lions Club had asked for assistance with visitor parking. Thank you to Year 10 students James McLachlan and Corey McQuiggin for assisting.



This year's Book Week theme was *"Finding your Treasure."*

Ms Roddis had organised five treasure hunts around the library with some great prizes.

This week at assembly, treasure hunt winners were presented with prizes.

See the full story on page 9 of this issue.



This week at assembly we congratulated our Public Speaking team on their efforts at the recent South Coast Public Speaking Competition.

See the full story on page 14 of this issue.

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Hospitality News

Year 8 Technology



This week the Year 8 Technology class practiced their cutting skills and made curry parcels.



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Mocktails

Last week our Hospitality students had great fun making “Mocktails”. Students used various fruits and syrups as well as some creative decorating to produce some delicious and refreshing drinks.



Special Ed

Master Chef



Also this week in hospitality, our Special Ed class made delicious pancakes and our Master Chef electives class made spectacular lemon meringue pies.

As one of the office ladies I was lucky enough to try one of the lemon meringue pies and they were delicious! We have all agreed that if our hospitality classes need taste testers then the office ladies will step up to the task!!

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CANTEEN PRICE LIST (August 2018)

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

Sharing the Dignity

Woonona High School will take part in this important initiative to provide women with necessary sanitary products. A box for donations is located in the front office. Your generous donations will help many women in need.



Donate HERE

There are over 85,000 women that need our help this year.

Due to homelessness, poverty or escaping domestic violence, women in crisis are forced to use newspapers, toilet paper or tissues as makeshift pads.

Your generous donations of sanitary items will make a real difference to people in need.

Thank you for helping us to SHARE THE *Dignity*.

FOR MORE INFORMATION AND TO FOLLOW THE *movement*...

www.sharethedignity.com.au

[@sharingdignity](https://twitter.com/sharingdignity)

[/sharethedignity](https://facebook.com/sharethedignity)

[/sharethedignityaustralia](https://instagram.com/sharethedignityaustralia)

Excellence Innovation Success

Term Calendar

Date	Event	Date	Event
03/09/18	Year 12 Raising Achievement Evening	25/09/2018	Unplugged 7pm in Hall
04/09/18	Year 7 Play Day	25/09/18	Pop Up Shakespeare
04/09/18	Illawarra Trades road Show	26/09/2018	Year 12 Picnic Day
05/09/18	Naidoc Celebrations	27/09/2018	Year 12 Graduation
06/09/18	HSC CAPA Showcase		
06/09/18	Premiers Debating		
06/09/2018-07/09/2018	NSW CHS Athletics Homebush		
10/09/2018	Year 11 Yearly Examinations		
11/09/18	Year 10 Study Skills		
14/09/2018	Immunisation		
17/09/18	Student Monitoring Week		
21/09/18	Yr 11 / 12 Fun Run for Farmers		
21/09/18	Yrs 7—10 Colour Run		

Are you a young woman aged 16-24 who aspires to a career in Air Force aviation? If so, our Flight Camp for Young Women is for you! Or if you know someone who may be interested, tag them in the comments.

This four-day residential workshop is designed to help us increase the participation of women in Air Force jobs where female representation is low.

The next one is being held at RAAF Base East Sale 24-27 September and will provide exposure to our aviation roles, and the opportunity to experience the Air Force lifestyle as a whole.

To find out more and apply go to: <http://bit.ly/FlightCampYoungWomen>

Please note this workshop does not provide participants a fast track or selection advantage for positions within Air Force.

#AusAirForce #STEM

Defence Work Experience

Women in Aviation/Aerospace Australia

Women in Aviation International

<https://www.facebook.com/RoyalAustralianAirForce/videos/10156157335092639/>



CAMP OUT 

OCT 8-12 2018

A CAMP FOR TRANSGENDER, INTERSEX, SEX AND / OR GENDER DIVERSE, LESBIAN, GAY, BISEXUAL, PANSEXUAL, SAME-SEX ATTRACTED, CURIOUS & QUESTIONING TEENS AGED 13-17 IN NSW

CAMP.ORG.AU * APPLICATIONS OPEN 30 JULY - 31 AUG



NSW

bike week

Proudly supported by NSW Government

22 - 30 September 2018



Ride the Gong!

Saturday 22 September, 9am - 1pm
Lang Park, Wollongong

FREE activities for riders of all ages and abilities

Getting back on your bike or building your riding skills? Register for one of our free workshops at www.wollongong.nsw.gov.au/roadsafety or 4227 7111. BYO bike and helmet or borrow one of ours.

9.30am - 10.30am: Family cycling workshop Learn how to ride together safely as a family. Includes tips for supervising children on your rides, as well as some basic bike skills.

11am - 12pm: Bike fundamentals workshop Get some skills and tips to make your riding safer and more enjoyable! Includes braking techniques, hand signals, bike set up and helmet fit.

Free bike safety checks Check your bike and pump your tyres thanks to Simple Cycles.

Free helmet exchange Swap your old helmet for a new one with RMS (while stocks last).

Check out our coastal shared paths Bike rentals available from South Coast Bike Hire (discounted fees apply - \$10/hour or \$25/four hours).

Children's entertainment Circus and magic on the move with Tom Foolery.

Information and advice, free giveaways and prizes to be won!

Contact Wollongong City Council (Road Safety Officer) on 4227 7111 or rso@wollongong.nsw.gov.au for more information.

Proudly supported by Wollongong City Council and partners



For more information visit
wollongong.nsw.gov.au/roadsafety

Presented by **Corrimal Chamber of Commerce & Corrimal RSL Club**
www.springintocorrimal.com.au

SUN
9 SEP
 9am-4pm

Spring into Corrimal



Street PARADE! **Market STALLS!** **Family RIDES!** **Car boot SALE!** **... and MORE!**

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BULLI S L S C NIPPERS

Come along and join Bulli Surf Club

SLS Illawarra Club of the Year

Our club offers

- * Fun
- * Family environment
- * Fitness
- * Friendship
- * Learn surf skills
- * Surf Sports at all levels with excellent training programs

REGISTRATION DAYS

10am-12noon Sunday 16 September

10am-12noon Sunday 23 September

CORRIMAL POOL Short St Corrimal

Please use front entrance (entry fees apply)

Pool proficiency swim to be completed

Club clothing available for purchase

Nippers commences Sunday 14 October

Go to bullisurfclub.com.au

to register and pay online

For any further information

go to bullisurfclub.com.au

Or email bullinippers@gmail.com

Excellence Innovation Success

BELLAMBI



S.L.S.C

BELLAMBI SURF CLUB OPEN DAY

**10AM-2PM, SUNDAY
23 SEPTEMBER 2018**

Come and see what
**BELLAMBI SURF LIFE
SAVING CLUB**
has to offer.



Lifesaving demonstrations, clubhouse tours, barbecues and displays.

Try out a range of beach activities and rescue scenarios first hand. Get a real feel for the challenges and excitement of surf lifesaving.

Information on joining will be available on the day.

REGISTRATION DAYS

Sunday 16 September 10am-1pm

Sunday 23 September 10am-1pm

Sunday 7 October 10am-1pm

Morgan Place, Bellambi



FOR MORE INFORMATION

Email: bellambislc@bellambislc.com.au

www.bellambislc.com.au

Excellence Innovation Success



Free 2HR workshop for parents and supervisors of learner drivers. Accompanied learner drivers welcome.

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

2018

30	July	Shellharbour
15	August	Kiama
11	September	Wollongong
5	November	Shellharbour
11	December	Wollongong

2019

11	February	Shellharbour
12	March	Wollongong
17	April	Kiama
27	May	Shellharbour
4	June	Wollongong



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This month's focus – Japan

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 ONLY PAY \$300PP***

**T&Cs apply, only available when paid by 30 September 2018.*

JAPAN TRAVEL DATES 16-28 MARCH 19 \$6719 per person twin share

Visiting – TOKYO – HAKONE – MATSUMOTO - TAKAYAMA – KANAZAWA – KYOTO - HIROSHIMA

Welcome to Japan, the "Land of the Rising Sun" Explore ancient and modern Japanese culture firsthand. Discover temples and technological marvels set against the unimaginable natural beauty. The Cherry Blossom season is one of the most beautiful times to visit Japan.

INCLUSIONS:

12 nights luxury accommodation * Breakfast daily * Welcome Dinner * Farewell Dinner * All tours and transfers in luxury coaches * Meals included where advised in the itinerary * English speaking Historian and travel guide * Please enquire if you would like to extend your stay for Disneyland Tokyo
 Please enquire if you would like to extend your stay via Singapore * Airfares not included, we can offer you great airfare deals!

Jodie from itravel Woonona says, one of the most popular choices for 2019 is Japan at Cherry Blossom. This tour has itravel Woonona escorting you !

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