Congratulations Owen Cannings

On Wednesday 10th May, I had the wonderful opportunity to accompany Owen and his parents to the Maritime Museum at Darling Harbour for Owen to be awarded a Nanga Mai Award for “Outstanding Achievement in Performing, Creative and Visual Arts. Owen was one of only 12 primary and high school students from across the state to be recipients of a Nanga Mai award.

Nanga Mai is an Eora (Sydney) word meaning to dream, the awards celebrate and recognise innovation, excellence and achievement in Aboriginal education in NSW public schools.

Year 7 Poetry

Thank you to the parents of Year 7 students who attended on Tuesday and Wednesday of this week to enjoy listening to Year 7 Poetry compositions. Year 7 students proudly showcased their creative talents by reading their composition of a limerick, haiku or cinquain and eloquently demonstrated their use of metaphors and similies. Well done everyone.

Gonski Recommendations

In our last newsletter, the P&C included information requesting all parents to contact their local members in support of David Gonski’s recommendations for the substantial increase to the funding of education, in particular public education.

Our students are our nation’s greatest resource and they deserve to have access to a well resourced, equitable, quality education delivered by qualified, highly skilled teachers. The upcoming COAG meeting will allow for State Governments and the Federal Government to come together, regardless of political persuasion and agree to increased funding of education that will allow for the provision of quality education regardless of where a student resides, how much their parent/s earn, what religion they are or the level of their ability or disability.

I would encourage you to contact your local members and NSW Premier to express your support of the Gonski recommendations.

Uniform

As we begin Term 2 the weather is getting colder; long trousers, knitted jumpers, fleece sloppy joes and fully lines spray jackets are available for both girls and boys. A school cap will be available to purchase from next terms for a cost of $15. Place orders via the uniform shop or online.

Track pants are not part of the uniform code.

School Fees

Invoices were sent out in the last few weeks, thank you to all families who have paid 2013 fees. The fees supplement our global budget and directly contribute to teaching and learning resources. If you have not paid student fees for 2013, please do so at your earliest convenience.

Ms Belinda Wall
South Coast School Surfing Titles

A competitive team of four surfers represented Woonona High at the South Coast School Surfing Titles on Tuesday 2 April. The team was comprised of Jasmin Tweddle-O’Donnell and Caitlin Williams competing in the senior girls class with James Street and Lachlan Hutton contesting the senior boys division. All surfers displayed fine form in a difficult set up of shifting peaks. Both of our girls were narrowly denied a spot in the semi finals. Lachlan Hutton was eliminated in a count back.

Free from the constraints of competition each surfer shredded in the post heat expression session. After soaking this reporter in buckets of spray on his back hand Lachlan said “I wish I got that wave in my heat.”

Each of our athletes represented Woonona well exhibiting the characteristics we expect of our students both in competition and in class; they were good sports, had a “proper go”, and were pleasant and cooperative.

Mr Chamberlain

UPCOMING EVENTS

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Delivering excellence, innovation, opportunity and student success
Water Awareness and Skill Development Day

On Friday 15th March 2013, Year 7 Woonona High students had the opportunity to work with members of our local community to develop and improve their skills when it comes to water safety and activities in and around the ocean. This day also gave the students an opportunity to socialise, develop and build new relationships with their peers at the various activities throughout the day. These activities included a swimming assessment, resuscitation awareness, rip awareness and a “learn to surf” session.

All students expressed their excitement and enthusiasm at all activities. Some students, without even realising, also learned a great deal at each venue both socially and physically. Some students, who were a little scared and unsure at first, reported that they are now more confident when identifying rips along our beaches and are more at ease as they now know how to safely get out a rip if they happen to get caught in one. Other students on the “learn to surf” activity had mentioned that they have never tried surfing before and have now developed a keen interest in having a go at surfing more regularly.

Our Water Awareness and Skill Development Day happened to also fall on the National Day of Action against Bullying and Violence for 2013. We had WIN News come down to Woonona Beach and interview Jade O’Brien and Jack McDonnell who did a fantastic job and were great ambassadors for our school.

Here are a few comments from the students about the day:

Shae Lawrence “It was good to learn about how rips work and how to surf better”
Zane Granger “Surfing was awesome because we got to learn how to stand up on the board easily”
Cody Spicer “Surfing was fun and exhilarating”
Zac Newton “We got to hang out with all our friends outside of school doing fun activities which was great”
Morgan Dunning “It was a great day to socialise and make new friends”

Woonona High School would like to thank Ken Holloway from Surf Educate Australia for the invitation to be involved in this very successful pilot program, for a substantially reduced cost, and Woonona Surf Club for the use of the Surf Club Hall and audio visual facilities.

We would also like to thank The Pines Surf School who continue to be fantastic supporters of all our surf based initiatives at Woonona High.

Carla Ward
Year 7 Student Adviser
Rugby Union Clinic

We are grateful to Sean Barrett from Rugby Union Australia for providing a skills workshop for students keen to compete in Rugby Union for the school next term.

A great time was had by all.

Mr Landy

U13’s and Open Boys Rugby League

Under 13 boys were undefeated in three games when they participated in the Sean Timmins Shield at Sid Parish Park earlier this month. As a result they have been invited to play in the next round of the competition in Week 2 Term 2.

The opens had a convincing win over Keira High 8-0. They went down 10-8 to Corrimal after dominating the game. It was two tries each. Corrimal won it with a conversion after scoring after the half time siren. They then went down 28-0 to a very strong Bulli side. After trailing 6-0 at half time the heat and lack of replacements on the bench got the better of the boys.

Get Out of Bed and Get Some Exercise

This is a snapshot of the students who come down to Woonona Pool before school on Wednesdays and/or Thursdays. They have fun swimming, and if they like, also do Cross Country Training on Bulli Beach.

Training Offer One

Swimming and or Cross Country Training at Bulli Beach
Thursday Mornings:  6.30am—7.30am
Cost: Free
Who is catered for: Everyone from Learn to Swim to State Level Athletes.

Picture above: (left to right): Ruby Meiers, Mr Landy, Shae Lawrence, William Gilmour, Michael Usher, Bronson Rostirolla, Flinn Westman. In Water: Cooper Rostirolla, Kurt Decker.

Mr Landy

Delivering excellence, innovation, opportunity and student success
Chaplain’s Corner

As the term wraps up, it’s a great chance to reflect on how the year is going so far and plan what we can continue with for the rest of the year, or what we can jettison in order to focus on the BEST stuff!

I am continuing to love my job here at Woonona High; coming alongside students, being a listening ear on the playground, feeding ever-increasing crowds of students at the Breakfast Program and talking with junior girls about taking good care of themselves – what a privilege!

Girl Talk with Year 7 has gone really well this term, with the lovely group of students in Year 7 this year. This last fortnight we have learned about Sexual Health, Stress and Relaxation, with the girls enjoying learning a Muscle Relaxation Technique during our last session. It is a lovely way to end the term.

All the best for a lovely holiday, stay safe on the roads and see you next term!

Rowan Keyzer
Chaplain

Want some extra help in Mathematics?

1. Maybe you would benefit from the online computer tutor mathsonline.com.au
   Year 10, 11 and 12 students automatically gain access to this program as a part of their annual $30 subject fee for Mathematics.
   Pay your $30 at the front office now to begin using this amazing program straight away.

2. Don’t forget about the Woonona High Homework centre also which runs every Thursday from 3pm till 4pm in the school library.

Mr Holliday

Uniform Shop - Term 2 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 woononahs.uniforms@gmail.com.

The Uniform Shop is now open each Thursday from 8.00am—9.30am.

A school cap will be available from Term 2 for a cost of $15 each.

Delivering excellence, innovation, opportunity and student success
Career News

Mr Chamberlain

Career Inventories

I have just about completed career inventories with all of Year 10. Each Year 10 student that has undergone the process now has a three letter code they can use to investigate possible career interest areas. This may help students in the lead up to the Careers Expo in week three of Term 2 and then with subject selection in Term 3. Ask your Year 10 students about the information they gleaned from the experience. Please note that there is a margin of error in these findings and if students or parents require assistance in interpreting the findings please contact the Careers Office.

Careers Expo

The Illawarra Career Expo sponsored by Illawarra Coal will be happening in term two. Woonona High will be attending on Tuesday 14 May. All Year 10 and 12 students that have paid their student fees will be attending. Representatives of industry, universities, TAFEs, private colleges, unions, group training organisations and more will be on hand.

In order to attend the Careers Expo, each student must pay the Careers Fees to the front office. Year 12 students must pay $5 and Year 10 students must pay $10.

Interested in a Career in Mining

NSW Mining will be hosting a Careers in Mining evening on Monday 13 May 2013 in Wollongong.

The evening is designed for students in Years 10 – 12, parents and teachers to come along and find out more about the different career pathways into the NSW mining industry.

Further details, including how to register, will be sent to you later this week but be sure to put this date in your diary. Places will be limited.

When: Monday 13 May 2013
Time: 5:30pm – 8:00pm
Where: Wollongong – venue to be confirmed

Hospitality Opportunity

High Flyer Program

If you are not familiar with the program, it is a competition for Year 12 students interested in a career in Hospitality or Event Management. Twenty students are selected to put on a gala dinner for 100 guests at the Radisson; Ten in the kitchen, ten in the hospitality and events team. The team has three days of training in the hotel prior to the event. On the night of the dinner, two students are selected to receive a partial scholarship to study at Kenvale and to work at the Radisson in 2014.

Professional Cadetships Australia

Young talent for leading companies

Applications are now open for the Engineering & Technology Cadetships Program (ETCAD) and the Business Cadetships Program.

Cadetships provide:

Professional Opportunity
As a Business Cadet employed by a leading global company, you have the opportunity to gain a breadth of experience in financial services. You will develop critical financial skills and be in a position to apply what you learn at university to work. On graduation, Business Cadets will have the competitive edge in the workforce.

Personal Opportunity
A Business Cadet becomes an integral player in a professional team. You will be encouraged to show initiative and will be expected to take responsibility for the contributions you make to the company's operation. You will grow personally as well as professionally.

Financial Opportunity
A Business Cadet earns a salary while studying at university. UBS will disclose its remuneration package when interviewing preferred applicants.

A Business Cadet is an articulate, highly-motivated young person who enjoys working with other people. He or she demonstrates initiative and is keen to contribute intelligently to the world of banking and finance.

For more information or to apply please visit: www.professionalcadets.com.au

Applications close Wednesday 15th May (midnight). By that date, both the Application Form and your School Assessment must be submitted
WEP Student Exchange – Memories & Skills For Life

Have the time of your life when you spend a summer, semester or year overseas as a WEP exchange student. Choose from over 20 countries around the world to complement your secondary studies with an international, cultural exchange experience. You will be invited by a welcoming, volunteer host family to live and learn like a local teenager, attend school overseas, make new friends and return more mature, independent, goal-oriented and with a new outlook on life!

Don’t Miss Out! Applications Closing Soon!
Applications for long-term programs starting in August/September ’13 to Belgium, Canada, China, France, Germany, Italy, the Netherlands, Poland, Spain and the USA are starting to close in mid-April. Contact WEP for details.

Scholarships & Early Bird Specials
WEP is offering over 20 scholarships towards semester and year programs to Argentina and China in 2014! Early Bird discounts for programs starting in January ’14 are also available.

Find Out More!
Request an information pack, including WEP’s FREE application form.
Visit www.wep.org.au
Call 1300 884 733
Email info@wep.org.au

The Artspace school holiday program is back from Tuesday 16 April 2013. We have some inspiring sessions for kids aged 3 to 16 years as well as some great guest artists. We’ve got: theatre, film making, animation, graphic and fashion design, painting, printmaking, installation work, cartooning, sculpture, zine creations, mixed media and more!

Artspace places are limited so get in quick. To book, complete the enrolment form on our website, or call Artspace on 4283 9967.

Follow this link to see the Artspace School Holidays Program - Artspace School Holidays Program
CONSTON INDOOR SPORTS
featuring The Stamford coffee bar
@ 3 FOX AVE., CONSTON

OUR SERVICES INCLUDE:
* FUTSAL 5-A-SIDE FOOTBALL COMPETITIONS DAILY. WHY NOT ENTER A TEAM?
* CASUAL COURT BOOKINGS AVAILABLE, TELE ON REQUEST
* COURT AVAILABLE FOR FITNESS, YOGA, ZUMBA, TRAINING & OTHER ACTIVITIES
* BIRTHDAY PARTIES, BASKETBALL, NETBALL
* IN ASSOCIATION WITH “GOOD JOEY’S”, FUN FOR BOYS & GIRLS AGED 3-5 & 6-9 YRS
* INTER CENTRE COMPETITIONS
* GREAT COFFEE AND COLD DRINKS IN A FRIENDLY ATMOSPHERE
* DANCING HOURS AVAILABLE FOR SCHOOLS & COMMUNITY GROUPS
* WE ADOPT THE PHILOSOPHIES OF - “FOOTBALL AGAINST RACISM” & ‘OUR GAME, PLAY FAIR’

BE PART OF THE BEAUTIFUL GAME - COME PLAY!

FOR INFORMATION ABOUT ANY OF OUR SERVICES CALL DANNY 4228 8332 OR 0424 733 728

2013 April School Holidays

Stingrays Girls Football Clinic

Are you a girl who loves playing football (soccer)? Are you aged between 7-14 years? Are you keen to learn some new tips and tricks from current Illawarra Stingrays Women's Premier League players?

Come along and have some fun while working on your football skills these April School Holidays at the Stingrays Girls Football Clinic.

Coaching will focus on passing, shooting, game play, defending and playing as a team.

Girls who currently play with a local club as well as those just wanting to have some fun while being active this school holidays are welcome to attend.

Dates: Thursday 18th and Friday 19th April 2013
Time: 9:30am to 12:30pm each day
Venue: JJ Kelly Park (Outer Fields), Keira Street Wollongong
Cost: $55 per participant (for both days)

For more information go to www.illawarra.com or phone:
Phone: 0413 94 03 25 and have your credit card ready (Visa, Mastercard)
Note: Complete the enrolment form and fax to: 0422 588 856
Mail: Complete the enrolment form and mail to: Sport & Recreation, PO Box 907 Wollongong 2520

Supported by:

Seminar for Parents and Role Models

helping our daughters move beyond Bratz, Britney and Barbie Breezers

Join Danielle Miller, one of Australia’s foremost educators, authors and media commentators on teenagers, for a presentation on the issues affecting our girls today. The author of teen parenting book “The Butterfly Effect” and “The Girl with the Butterfly Tattoo”, a book for teenage girls that encourages girls to question the limiting messages set by our society and inspire girls to be true to their own hearts and minds.

This seminar exposes the pain of teen-girl world – the body image crises, low self-esteem, and constant bombardment with ‘teens’ and ‘beauties’ and ‘perfect bodies’ and ‘commercial media and marketing portrayals of women.

Danielle reveals the reasons that so many teen girls today are stressed, overwhelmed, exhausted and angry and why too many are binge drinking, self harming or going on extreme diets.

Danielle will give you the tools so that you can help girls cut through the negativity and bloom into happy and confident young women.

If you are a parent, professional, role model or individual from the community, come to this seminar and find out how you can support and empower girls in our community.

WHERE: Illawarra Sports High, Gura St, Berkeley
TIME: 6.30pm-8.00pm

Woonona High School

A Day for Our Girls

Our Year 9 Girls have been invited to attend a Girl Essentials workshop with Danielle Miller (CEO of Enlightened Education). Danielle Miller is a major innovator and expert in the field of education and student welfare who co-founded Enlightened Education in 2003 when she became concerned by the myriad of struggles faced by high school girls with regard to body image and self-esteem. www.enlightenededucation.com

With the support of the Illawarra Women’s Health Centre this workshop is being offered free to all our year 9 girls. There will be a small cost to each girl to cover the cost of transport to and from the venue. This is a fantastic opportunity for our school to do something special for our girls by countering negative influences and promoting well-being and self-confidence. Teen girls are faced with extreme pressures when growing up and need to be encouraged to critically evaluate the messages that bombard them every day and develop strategies that help them respond intelligently and objectively.

WHERE: Nan Tien Temple, Berkeley
TIME: 9.15 am-1.00pm

There is no cost to attend the event but you need to register to secure your place by phoning Samantha at the Illawarra Women’s Health Centre on 4255 5500 or email samantha@iwhc.com.au

For more on Danielle Miller’s work please visit her website:
Enlightened Education - www.enlightenededucation.com
Personal site - www.daniellermiller.com
Advertising Space for Sale

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