Farewell Year 12 2015
**PRINCIPALS MESSAGE**

**GRADUATION 2015**

Yesterday we came together as a school community to celebrate and acknowledge the culmination of 13 years of education for our outgoing Year 12 students. It was a wonderful, happy celebration witnessed by a large contingent of family and friends.

I would like to congratulate Year 12 on their positive, fun filled and respectful celebration during their last few days as students of WHS. ‘Charging’ staff and visitors entry to the school car park on Tuesday morning raised $105 dollars for WHS sponsor child.

Thank you to Ms Epton, Year 12 Adviser who has over the past 6 years, guided, supported, cajoled and positively encouraged all students to be the very best that they could be.

**CONGRATULATIONS TO OUR 2016 SENIOR LEADERSHIP TEAM.**

School Captains; Amelia McPherson and Sam Rogers

Vice Captains; Tayla Carter and Jamie Carter

Four outstanding young people who I have every confidence will more than capably fill the big shoes left by the outgoing 2015 Senior Leadership Team.

**SPRING VACATION**

I wish all students and families a wonderful spring vacation and look forward to another busy, challenging and successful term 4.

**DON’T FORGET—Like us on Facebook**

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**YR 7 2016 UNIFORM FITTING DAYS**

Fitting days for uniforms for Year 7 2016 students will be held on the following days:

- Woonona Public School Thursday 29 October 8am—9am
- Woonona East Public School Friday 30 October 8am—9am
- Russell Vale Public School Monday 2 November 8:30am—9:30am

**ALSO IN THIS ISSUE**

- Farewell Yr 12
- Yr12 BBQ Brekky
- Tuesday Assembly
- Circus Monoxide
- Yr 7 Zoo Excursion
- Yr8 Minnamurra
- Milo T-20 Cricket
- Linkadin Excursion
- Cammeray Band
- Legal Studies
- McHappy Day
- Athletics
- Library Report

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**DATE**

- Tues 6 Oct
- Mon 12 Oct
- Mon 12—23 Oct
- Mon 12 Oct
- Wed 14 Oct
- Tues 20 Oct

**EVENT**

- 1st day Term 4 for all students
- HSC Exams commence
- Year 12 Hospitality Work Placement
- Year 8, 9, 10 Sydney Aquarium
- Year 11—12 Information Evening
- P&C Meeting

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*Delivering excellence, innovation, opportunity and student success*
The culmination of a week of activities for our Year 12 2015 cohort was the formal Graduation Day ceremony held on Thursday 17 September.

The hall was packed to capacity with parents, carers, grandparents, siblings and teachers of Year 12, all gathered to bid them farewell and to wish them the best of luck for their HSC examinations and their future studies and careers.

There were tears and lots of laughter as Ms Wall addressed the assembly followed by a fond farewell from the junior SRC members. Major academic achievement awards, sports awards and Principals awards followed. A slide show prepared by Year Adviser Miss Epton of our Year 12 students showing them as primary students and then as the graduating high schoolers brought lots of laughter as did the recount given by Brenna Petrolo, Cello Mahon and Tim Pollock, of the cohorts experiences during their six years of high school. 2015 school captains, Elleigh Price and Brody O’Brien then gave moving speeches thanking the school, their teachers and Principal Ms Wall for their time at Woonona high School.

Some of the major awards included, James Overton, Grace Murphy and Jonathan Cotterill all receiving Outstanding Achievement Awards for their efforts in their HSC subjects. Stephen Wallace was awarded the Most Conscientious Student Award and Ben Brien was awarded the Pierre de Coubertin Award for Sporting Achievement. Brenna Petrolo was awarded the prestigious Woonona High School Medal and Elleigh Price took out the ADF Long Tan Leadership and Teamwork Award. Congratulations to all students who received awards.

Many thanks must go to Miss Epton for her efforts in making Year 12’s final week memorable and for her organisation of the Graduation Ceremony. Thankyou also to Miss Sharp and her Year 12 Music class for the musical performances during the assembly and to Mr McKenzie, the teachers and student helpers who helped with the ceremony. Thank you to the canteen staff and Ms Mete for the delicious afternoon tea provided and the office staff for their help with programs, certificates and prize vouchers.
FAREWELL YEAR 12 2015

Delivering excellence, innovation, opportunity and student success
Unfortunately not all the fantastic photos taken of the day could be included in the newsletter. Please see our facebook page and website for more pictures. Thankyou to Mr Sean O’Brien, Mrs Armstrong and Hamish Butler for the photography of the day.

2016 SRC EXECUTIVE ANNOUNCED

The new SRC executive for 2016 were announced at the Graduation ceremony. Congratulations to Amelia McPherson and Samuel Rogers being voted in as our new School Captains for 2016 and to Tayah Carter and Jaime Carter for being elected as Vice Captains. We look forward to working with the new SRC executive in 2016.

Delivering excellence, innovation, opportunity and student success
YEAR 12 BBQ BREAKFAST

As part of Year 12 2015’s celebrations for completing their secondary education at Woonona High School, the students were treated to a BBQ breakfast on Wednesday 15 September. The students lined up to be served delicious bacon and egg rolls and sausage sandwiches expertly cooked by a group of Year 12 teachers including Year Adviser Miss Dawn Epton, Mathematics Teacher Mr Paul Hancock, PDHPE and Athletics coordinator Mr Rod Landy and Head Teacher Welfare, Mr Shane Rayner.

The Year 12 students thoroughly enjoyed their breakfast and took the opportunity to have their school shirts signed by fellow students and teachers before heading off for an exciting day of Go Kart riding.

CONSTRUCTION

Our Year 11 Construction class along with some Year 9 students and help from Mr Bradley and Mr Gasseling have been busy this week starting construction of the backdrop of the stage in the main quad area. The backdrop will be wooden panels in a wave shape supporting a stainless steel laser cut school logo. I look forward to reporting on the progress of this project in later newsletters.
YEAR 12 TAKE OVER SCHOOL ASSEMBLY

Our traditional Tuesday morning school assembly was not quite the same this week. There were the same speakers—Ms Wall, Mr McKenzie, Ms Watt, Mr Rayner and Mr Landy (just to mention a few) but they didn’t seem quite right.

To the fits of hysterical laughter from the student and teacher audience, Year 12 students took over the assembly and preceded to impersonate our Principal, Deputies and the teachers who would normally speak at Tuesday assembly.

From Nikita Woods’s (Mr Chamberlain) fantastic American accent, Cello Mahon’s (Ms Matthews) flaming red hair and flamboyant behaviour, Emma Maslowski’s outlandish take off of Mr McKenzie, Jacob Hendrick’s (Mr Landy) surf and weather report, Chad Butterworth’s “always in a hurry” skit of Mr Rayner, and Georgia Thomas’s glamorous and funny impersonation of Ms Wall, the Year 12 students did a brilliant job of running the last school assembly that they will attend and making it happy and memorable for all.

Our teachers also got into the spirit of the occasion by donning school uniform and impersonating students for the morning. Mr Rayner, Mr Landy, Ms Watt and Ms Wall (and lots of others) all made passable students but Mr McKenzie, well, dressed as Emma Maslowski, I think he got one of the loudest laughs.

Well done to Year 12 and to all the teachers who took part. It was great to see that here at WHS we can have a good laugh and get into the spirit of the occasion.

TERM 4 DATES

A reminder to parents that the first day of Term 4 for students is Tuesday 6 October. There is no Staff Development Day first day of term. Student activities week is 14, 15 and 16 December, the 16th being their last day for Term 4. Staff Development Days for the last term are 17 and 18 December.
Last Friday students of Year 9 and 10 Drama participated in a Physical Theatre and circus workshop at Circus Monoxide at Fairy Meadow. The workshop conducted by professional Circus performer and trainer, Kate Reid, was four hours of skills, imagination and creating exciting theatre pieces. Students learnt how to move in different and visually exciting way to engage an audience. They learnt about neutral space and how to dramatise action. The class also learnt basic tumbling and adagio (human body lifts) skills, with an emphasis on safe use of those skills and building those skills into performance. It was a fantastic day which students wholeheartedly enjoyed!

Ms Amber King
(English / Drama Teacher)
On Thursday 10th September Year 7 students participated in an excursion to Taronga Zoo, Sydney. This excursion was planned to enhance the topic that they were studying in class on “Classification” and coincided with their Assessment Task for Term 3.

All students attended an education workshop run by the staff at the zoo. In these workshops they were able to closely observe, sometimes touch, some common Australian species. Students were able to closely observe each animal’s features, discuss their adaptations and therefore were able to classify each animal according to the vertebrate class in which they belong.

Caitlin Hill: “In the learning centre I liked to get up close to some of the animals and pat them”

James McLachlan: “I loved the education centre. I learnt a lot from it and it was engaging and interesting”

Outside of these workshops students were able to make their way around the zoo, observing animals from around the world to observe their behaviours, features and adaptations.

Students reportedly found this excursion beneficial to their understanding of classification and enjoyed their day.

Caitlyn Davies: “The Year 7 zoo excursion to Taronga Zoo was very educational and fun. It was a great and engaging way to learn more about classification outside of the classroom”

A few other students wished we could have “stayed at the zoo longer so they could see more shows” and thought that “everything was amazing”.

A special thankyou goes out to Ben Luyten for providing some of the photos for this newsletter.

Thankyou Mrs McCarthy (Science Teacher)
On Friday September 4th all Year 8 Science students were invited on an excursion to Minnamurra Rainforest to supplement their learning in the topic Ecosystems. After a short bus ride the students were greeted by national park rangers who gave a 40 minute presentation about the local environment including some of the local flora and fauna and their interactions.

Following the presentation students were given a 1 hour guided walk around the base of the rainforest and students observed a range of unique rainforest plants and animals including whip birds, strangler figs, lianas and epiphytes. The knowledge of the local guides was helpful in gaining a proper appreciation for the dynamics of the environment in the rainforest.

The guides left the group after an hour and the next 1 hour would be a self-guided walk along some fairly steep and challenging track to the Minnamurra Falls. Some students powered to the top, while others took their time, but all made it to the top in the end, and all agreed it was worth the effort.

After a short walk back down the hill and to the picnic area there was a stop for lunch. Some students were lucky enough to spot eels and water dragons in the surrounding creek areas. The bus ride home was quiet, with most too tired to do any more than sit and relax!

Mr Wilson (Science Teacher)

STUDENT MONITORING

The last student monitoring for Term 3 was completed this week. Parents and carers were notified on Monday and on Tuesday students were handed their sheets in roll call. Please take the time to look at these sheets. Teachers rate each students engagement in learning as it is an important indication to parents as to how their child is performing at school. If you have any concerns please ring me at the school on 42841513. Mr Rayner (Head Teacher Welfare).
On Wednesday 16th September, 25 students from Year 9 PASS classes were invited by Cricket NSW to participate in a Milo T-20 Blast Cricket Gala Day at Hollymount Park. The local primary schools involved as participants included approximately 120 Stage 2 students from Woonona Public School, Woonona East Public School and Stanwell Park Public School.

Woonona High School students presented themselves as officials for the day. They assisted with initial set up, umpiring, scoring & tournament organisation. The level of encouragement was exceptional and the key to success was participation by all! A fantastic representation of the quality of students from Woonona High School.

Four representatives from Cricket NSW roamed the grounds on the day, providing feedback & coaching tips to the PASS students, including a ‘catching comp’ to get maximise participation. They were highly impressed by the diligence of the Woonona High School representatives and spoke highly of their appreciation in this event.

A second Gala Day will be held in Term 4, which will involve local approximately 200 Stage 3 students and 25 PASS students will once again, be involved in this day. Involvement is these events has been embedded into the PASS assessment schedule and provides students with further opportunities of volunteering; boosting their confidence and communication skills.

Thank you to Ms Burns, Mr Spargo and Miss Pryor for their assistance with organising this event. A great day in the sunshine and loads of fun had by all involved!
On the 7th of September, year 11 Legal Studies travelled to Sydney via train. We arrived at the Y Hotel (disappointed not to find a games room!) before enjoying Chinese food in Chinatown. The next day, we had a fabulous hot breakfast and set off to the Downing Centre courts, where we met Judge McClintock. He gave us an overview of his role in the legal system and shared his memorable anecdotes about his experiences as a Barrister and then Judge. We then went to the Short Matters court, where we listened to a series of short cases, where the judge made decisions on where to progress the cases before her. Following this, we proceeded to the Supreme Court and witnessed two bail applications. All of this made us quite hungry, so for lunch we ventured to the Westfield food hall and enjoyed a quick meal. On our way to NSW Parliament House, we allowed Barack Obama’s impersonator to pose for a photo with us, as shown below. We then set off to listen to the leaders of our state, question each other on their policies and progress. It was quite lively and intense! We would like to thank Mr and Mrs Mellor for taking us on this amazing experience!
On Thursday 3rd September the Year 12 Business Services class went on an excursion to “an office of the 21st Century”.

LinkedIn is a company for professional networking and is located in Martin Place in Sydney. The office has only been opened for 4 months and is state of the art. We were shown around the office by a former Woonona High student who now works there.

Some of the features included:

- A gym with a full-time personal trainer available at various times of the day
- Showers with GHDs
- Daytona games machines
- Table tennis table
- Big screen TVs with Xbox
- A fully equipped kitchen with coffee machine and Australia’s only indoor office BBQ
- Stand-up desks
- Meeting rooms with Australian names

Whilst there we went to one of the many meeting rooms and watched a video conference. We also learnt about LinkedIn and how to create our own profile to enable us to find jobs in the future.

Ms Barbara Coote (HSIE Teacher)

On Friday afternoon (11 September) Woonona High School Year 7 and 8 students were treated to a performance by the Cammeray Public School Band. The band members arrived at WHS in a luxury tour bus which transports the band members, teachers and an impressive array of musical equipment around to various high schools for their musical performance.

At Cammeray Public school all students in Years 3 to 6 are invited to join one of the schools 3 bands, the Concert, Junior or Intermediate bands. This band program has been operating since 1999 and at the end of Term 3 or in Term 4 each year the Concert band goes on tour.

The conductor explained each piece of music to the audience and the band members impressed with their beautiful tones. Our students thoroughly enjoyed the performance.
By Emily Rodda, 1993.

This novel is for anyone who wishes they could be more courageous. To the sturdy villagers of Rin the boy, Rowan, is a timid weakling and the most disappointing child ever. “He was filled with dread, loneliness and shame.” Yet, incredibly, it is his help they need when the stream that flows from the top of the mountain dries up. Without its water their precious Bukshah herds will die, and Rin will be doomed. The six strongest villagers must brave the unknown terrors of the mountain to discover the answer to the riddle. “Seven hearts the journey make. Seven ways the hearts will break. Bravest hearts will carry on when sleep is death and hope is gone. Look in the fiery jaws of fear and see the answer white and clear. Then throw away all thoughts of home for only then your quest is done.” Rowan, the unwanted seventh member of the group, must go with them.

This is the first book of Emily Rodda’s award winning ‘Rowan’ series. Born with the name Jennifer Rowe, Emily grew up on the North Shore of Sydney, Australia. Emily Rodda has created a book with believable and likeable characters. “Rowan stared straight ahead. His eyes were tearless, but his chest and throat ached with sadness and fear.” The two main characters are Strong John and Rowan. Emily challenges stereotypes by Strong John being caring and gentle. “Strong John loved his mother and was trying to save her from shame and pain.” Rowan is described by Strong John as, “The smallest and weakest among us proved the strongest and bravest at the end.” Rowan persists and does not give up “He fought to exhaustion.” Rowan helps others “it’s thanks to Rowan that the stream flows again.”

The novel is a mixture of fantasy and reality. It is similar to our world. It is set in Rin which is a small village “there below them, nestled between a towering mountain ahead and the hill on which they stood, was a green, secret valley.” This novel has fantasy elements, such as unusual characters including a dragon “its flat snake-like eyes stared into his” and a witch, Sheba, “For the map is slowly reappearing. It is witchcraft.” On one hand the similarities make it relatable to our world but the differences allow us to escape from reality and into our imagination where “Facing them…was a wall…looking down…And gleaming eyes that cast beams of light across the floor.”

I thought this book was very interesting, engaging and I did not want it to end. It would be enjoyed by readers from Year 6 to year 8. This is a fantasy/adventure book that deals with the themes of confidence, courage and self belief. “To them he was not an undersized, scared weakling. To them he was a leader, guide and friend.” The main message of the book is that regardless of your size, you can always be a leader. I like this book because we get perspectives of all the characters through third person narration. “The morning the people of Rin woke to find that the stream that flowed down the Mountain had slowed to a trickle.” It uses descriptive language to help us to visualize it as though we are actually there, “The mist thickened around them, filling their mouth and nose with the taste and smell of the bog.”

Thus, through the plot, and use of characterisation, setting, creative writing style, and themes, the author Emily Rodda has created an incredible book which leaves the reader endlessly wanting more. The easily relatable characters and setting allow the reader to feel as though they are not only reading the book, but are actually part of it. Furthermore, the themes of confidence, courage, and self belief, as well as the fantasy/adventure style of writing Emily used in this book is so different from other books young people read these days, which is why I highly recommend it for senior primary and middle school children. So tell me, do you have enough courage to face the spider filled forest, the deadly depths of the water, the gleaming eyes of the cave and finally the angry fire breathing dragon?

Report by Clayton Walker
McHAPPY DAY

On Thursday 10 September, Woonona High School SRC held “McHappy” Day in order to raise funds for Ronald McDonald House.

Ronald McDonald charities provide support for families of children with serious illness. These families can often suffer enormous physical, emotional and financial stress at a time when their loved one is unwell. Ronald McDonald House provides accommodation for these families at a convenient site nearby hospitals.

Currently there are six ‘Family Retreats’ where any family who has a child diagnosed with a serious illness can visit for up to a week. It is a well-deserved opportunity for families to relax and reconnect in a stress-free environment and spend quality time together.

On Thursday, mid morning, Year 10 students, Chloe Love, Eden Geary, Cooper Rostirolla, Danielle Jackson, Lara Chapman and Kaitlyn Smith along with our ever hardworking Food Technology assistant, Mrs Carmen Mete, prepared dozens of cheese burgers to be sold at lunchtime to raise money for this worthy concern. Sam Rogers, Tameka Dubowec and Cody Bain also helped out with the pre lunchtime preparations.

At lunchtime there was a flurry of activity at the canteen as the SRC sold the carefully prepared cheese burgers and cans of soft drink. The burgers sold for $3.50 each and the very popular “burger / drink” combo for $5. The burgers were also “taken to the streets” as SRC students carried crates of burgers and drinks around the playground to drum up more business. There was even a lolly guessing competition to entice staff and students to part with more money for this important cause.

“McHappy Day” raised over $300 for the Ronald McDonald House charity.

Well done to Mrs Mete and all the students involved!
Well that’s it Athletics is finished for 2015. Congratulations to Brianna Gurney, Narran Ping, Jacob Quirk, Max Fletcher, Alani Tokelau, and Lawson Charlesworth along with Ben Brien and Jack Dugan who all triumphed and managed to gain selection and compete at the State Championships in 2015.

All students took their place in the “Colosseum” at Homebush and acquitted themselves well. Our results at the State Carnival brought us no medals but all students took up the challenge and performed to their best with all final placings between 9th and 14th.

Farewell to Ben Brien and Jack Dugan (both Year 12 students) who have consistently represented us over the years. I will miss your influence at training boys. It’s been great to have older students around to reinforce to our younger students that it’s a fun and worthwhile goal to achieve, train and represent in athletics. Thank you boys.

Thanks to Max Fletcher and his family for the late scramble to allow Max to fill in for the 15 boys relay after Jacob Quirk suffered an ankle injury the day before the State Carnival.

Thanks again to Ron Thompson for his continued coaching assistance and congratulations to all students who took up the chance to prepare well for athletics this year.

A massive thank you, to our anonymous donor family who again contributed such a generous amount to subsidise our athletics coaching funds. It’s very gratifying to see the look on students faces in training and see the benefits in self confidence and skill they gain from Ron’s tutelage and your support each year.

Thank you to all staff who have taken Buddy lessons for athletics this year.

Thank you to Mrs Sim for her ongoing and dedicated support for the athletics program.

Same again next year? No. The challenge is up to me to inject some more life into the athletics program for 2016. I look forward to that challenge and to going around again in 2016 with a bunch of keen young athletes from Woonona High.
This week at assembly Year 10 student Jay Archer was congratulated on his efforts in athletics this year. Jay was named as the Northern Illawarra Zone Boys Age Champion for 2015. Congratulations!

Year 9 student Kira Small recently represented Woonona High School at the Camden Inter-school Equestrian Carnival. Kira competed outstandingly and obtained the following results:

- Best educated: 1st place
- Versatility: 1st place
- Hack class: 1st place
- Rider class: 2nd place
- Best presented: 5th place
- Handy pony: 3rd place overall
- YEAR 9 AGE CHAMPION 2015

Overall, Kira won the entire Year 9 age group receiving the "Year 9 Age Champion" trophy which is spread across all Year 9 ability groups e.g. Beginners, Intermediate and Open. Being the only Woonona High School equestrian rider at the event, Kira certainly did represent Woonona High extraordinarily well and opened up publicity for the school to the equestrian community. Kira will participate in Berry Equestrian Inter-schools in a few weeks time. Congratulations Kira!

CONGRATULATIONS JAY

This week at assembly Year 10 student Jay Archer was congratulated on his efforts in athletics this year. Jay was named as the Northern Illawarra Zone Boys Age Champion for 2015. Congratulations!
BOOK CLUB

Last week our guest speaker Ms Potter from our PE/H/PD faculty spoke about her love of dystopian fiction. Her favourite series and one of the most popular is the Hunger Games trilogy.

Dystopian fiction explores Dystopia and is defined as an alternate society characterized by a focus on negatives, usually frightening, such as mass poverty, squalor, suffering, and/or oppression, that society has most often brought upon itself.

I spoke about the popular time slip novel Before the Storm by Sean McMullan. Two elite cadets, Fox and BC travel through time from the distant future to 1901. Elite cadets in the Imperial Army, they are young, handsome, well-mannered ... and now, mutineers. They have journeyed into the past to save the opening ceremony of Australia’s first parliament from being bombed. If the cadets fail, thousands will die, sparking a century of total war. However, to change the Fox and BC travel through time from the distant future to 1901. They are young, handsome, well-mannered ... and now, mutineers. They have journeyed into the past to save the opening ceremony of Australia’s first parliament from being bombed. If the cadets fail, thousands will die, sparking a century of total war. A great read!

INDIGENOUS LITERACY WEEK and INTERNATIONAL LITERACY WEEK

To celebrate Indigenous Literacy week and International Literacy week, the library held a display and a book swap. Students were asked to bring in a book with a gold coin donation and swap it with another student. All money raised and leftover books will be donated to an Indigenous community in the Northern Territory to buy books for those children that do not have access to libraries or books in their own homes.

STAR / ACCELERATED READING PROGRAM

As mentioned in our previous bulletin, Woonona High is committed to improving literacy and has recently invested in two literacy programs developed by Renaissance Learning™. These are the STAR™ Reading Assessment program and Accelerated Reader™ program.

We have now finished testing students in Year 7 and are well underway to placing them into the Accelerated Reading Program. This computer program helps teachers and librarians manage and monitor children’s independent reading practice. Your child picks a book at their correct reading level and reads it at his/her own pace. When finished, your child takes a short quiz on the computer. Accelerated Reader™ gives children, teachers and librarians feedback based on the quiz results.

How can you help?

Once your child has been match with their book please encourage them to read daily for at least 30 mins. Create a culture of reading at home by reading with your child, taking them to the library, letting your child see you reading and discussing books you have read together.

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UOW Early Admission

Congratulations to the twenty seven Year 12 students who have been invited to sit ‘Early Admission’ interviews at the University of Wollongong. The students that attended the recent preparation session with Dr Noeline Wetherby-Fell will feel very confident in their preparation. Students seeking some more preparation may want to participate in a live On-Line chat with interview tips etc on September 24 at 4pm for Early Admission interviewees. Shortlisted applicants will be sent an email about this from UOW. Early Admission Applicants should also be aware that The Early Admission website lists all of the interview locations; a list of FAQs, important dates etc. Students are advised to check this site - especially in the days leading up to their interviews.

All Year 12 are encouraged to put in their best efforts for their upcoming exams: If they receive an ‘Early Admission’ offer they are expected to maintain their level of achievement. If they do not receive an offer they may still be accepted through their HSC performance.

A Few Pieces of Important Information for School Leavers

TAFE Illawarra Choices Day November 21; I have no other details yet, but if you want to or are unsure or if you may go to TAFE next year you should attend. You can speak teachers and adviser and enrol on the day.

UOW Options Day; 5 January 2016 the University of Wollongong will host their annual Options Day, just before UAC preferences must be finalised for the ‘Main Offer’ found on 6 January. If your ATAR is higher of lower than you expected or hoped and you are unsure of your options you should attend; TAFE Illawarra and UOW College will be there on the day.

NSW DEC Careers Advisory Service, A special service run each year form 18-23 December right after you receive your ATAR results. It can be accessed on www.cas.det.nsw.edu.au or by phoning 1800 300 687.

Remember, the three most used local pathways to university and providers of quality education and training services are;

UOW College; and you may be eligible for free enrolment

TAFE Illawarra

Australian Careers Business College

If any Year 12 students wish to see me during Term 4, they may make an appointment by calling the school at 4284 1513 or take their chances of finding me at the school; however, I will be very busy working with Yr 10 so making an appointment is the preferred option.

TIMELINE FOR 2016 UNIVERSITY APPLICATIONS FOR ILLAWARRA STUDENTS

This advice is provided as a general guide only. Students are advised to contact individual universities in order to check specific course information.

28 AUG 5:00pm  UOW EARLY ADMISSION (EA) CLOSING DATE
10-12 SEPT  INVITATIONS TO EA INTERVIEWS EMAILED
28 SEPT – 30 OCT  UOW EA INTERVIEWS
30 SEPT-  UAC CLOSING DATE FOR ‘ON TIME’ APPLICATIONS
7-10 OCT  UOW SCHOLARSHIP APPLICATIONS CLOSING DATE
12 OCT- 28 OCT  SRS CLOSING DATE
30 NOV  UOW INFORMS CANDIDATES OF E.A. RESULTS
HSC EXAM PERIOD
PREFERENCES FOR UAC EARLY ROUND OFFERS MUST BE FINALISED.
YOU MUST INCLUDE YOUR UOW EARLY ADMISSION OFFER OR YOUR SRS OFFER AS FIRST PREFERENCE BY THIS DATE
3 DEC  DECEMBER EARLY ROUND OFFERS MADE FOR UOW AND SRS
4 DEC  FINAL DEADLINE FOR STUDENTS TO APPLY FOR UAC’S MAIN ROUND OF OFFERS (this will involve hefty late fees)
16 DEC  HSC RESULTS ARE RELEASED BY BOSTES
17 DEC  ATARS RELEASED BY UAC
5 JAN  UOW ‘OPTIONS DAY’ FOR STUDENTS TO RECONSIDER PREFERENCES (see UOW website for further details)
6 JAN  FINAL DATES FOR A CHANGE OF PREFERENCES IN ORDER TO RECEIVE A MAIN ROUND OFFER THROUGH UAC
15 JAN  DEADLINE FOR ADDITIONAL DOCUMENTATION REQUIRED FOR SOME COURSES FOR UAC’S MAIN ROUND OF OFFERS.
20 JAN  MAIN ROUND OFFERS RELEASED BY UAC
2015 CALENDAR
TERM 4

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<td>Tues 17 Nov</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>Tues 17 Nov</td>
<td>Year 11 Police Workshop</td>
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<tr>
<td>Thur 19 Nov</td>
<td>Year 12 Formal</td>
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<tr>
<td>Tues 24 Nov</td>
<td>White Ribbon Day Assembly</td>
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<tr>
<td>Wed 25 Nov</td>
<td>White Ribbon Day Events</td>
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<tr>
<td>Fri 27 Nov</td>
<td>Schools Spectacular</td>
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<tr>
<td>Thurs 3 Dec</td>
<td>Year 6 Orientation Day</td>
</tr>
<tr>
<td>Fri 4 Dec</td>
<td>Stage 4 End of Year Celebration Assembly</td>
</tr>
<tr>
<td>Tues 8 Dec</td>
<td>Variety Night</td>
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<tr>
<td>Thur 10 Dec</td>
<td>Presentation Evening</td>
</tr>
<tr>
<td>Mon 14—16 Dec</td>
<td>Student Activities Week</td>
</tr>
<tr>
<td>Wed 16 Dec</td>
<td>HSC Results to students</td>
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<tr>
<td>Thur 17 Dec</td>
<td>ATAR Morning Tea</td>
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<tr>
<td>Thur 17 Dec</td>
<td>Staff Development Day</td>
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<tr>
<td>Fri 18 Dec</td>
<td>Staff Development Day</td>
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CANTEEN HELPERS
TERM 4 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Helper</th>
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<tbody>
<tr>
<td>Tues 6 Oct</td>
<td>Carolyn McQuiggin</td>
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<tr>
<td>Wed 7 Oct</td>
<td>Christine Core</td>
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<tr>
<td>Thur 8 Oct</td>
<td>Stephanie Cotterill</td>
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<tr>
<td>Fri 9 Oct</td>
<td>Angela Madden</td>
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<tr>
<td>Mon 12 Oct</td>
<td>Karen &amp; Lenore</td>
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<td>Tues 13 Oct</td>
<td>Karen Bate</td>
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<tr>
<td>Wed 14 Oct</td>
<td>Jo Meiers</td>
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<tr>
<td>Thur 15 Oct</td>
<td>HELP NEEDED</td>
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<td>Fri 16 Oct</td>
<td>HELP NEEDED</td>
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<td>Mon 19 Oct</td>
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<td>Tues 20 Oct</td>
<td>Susie Eager</td>
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<td>HELP NEEDED</td>
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<td>Thur 22 Oct</td>
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<td>Mon 26 Oct</td>
<td>Kerrie Austin</td>
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<td>HELP NEEDED</td>
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<td>Wed 28 Oct</td>
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<td>Fri 30 Oct</td>
<td>HELP NEEDED</td>
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<tr>
<td>Mon 2 Nov</td>
<td>Karen &amp; Lenore</td>
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Dear Sir/Madam,

I am writing to let you know about a program that will be available for year 9 students beginning in term 4 called ‘MY FRIENDS’. This is a 9-session course, and will be run on Tuesdays and Fridays during class time, with students attending one session per week in small groups. The program has been run in term 3 for year 8 students, as well as in previous years at Woonona.

This is an opt-in program, meaning that if you would like your child to attend, please fill out the form below and return to the front office.

The ‘FRIENDS for Life’ programs have been recognised by the World Health Organisation for the prevention and treatment of childhood and adolescent anxiety and depression. The program has been developed by Dr. Paula Barrett (B.Sc (Hons), M.Clin.Psych., MAPS, PhD), a child psychologist from the University of Brisbane, and has been conducted at schools and community groups across Australia and internationally, with approximately 20,000 students having taken the course so far.

These are programs which promote social and emotional wellbeing. The programs teach important coping and problem solving skills to young people, which can be applied to their daily lives. In combination, these skills can build emotional resilience, which protects individuals against stress and enables them to face difficulties and challenging situations.

My FRIENDS Youth 12-15 Years:
- Assists youth in developing life-skills to effectively cope with challenging and/or anxiety-provoking situations
- Normalises the emotional state of anxiety
- Builds emotional resilience and problem-solving abilities
- Encourages peer learning and builds peer and other support networks
- Promotes self-confidence when dealing with challenging or anxiety-provoking situations
- Is based on extensive evidence-based research relating to the prevention and treatment of anxiety
- Effectively prevents anxiety and depression in children and youth
- Is designed for school, hospital and community settings
- May be adapted for individual client therapy

Delivering excellence, innovation, opportunity and student success
• Is an Australian program designed to promote resilience in a multicultural population
• Promotes emotional wellbeing through group and peer learning contexts
• Is an early prevention program that promotes positive relationships between all living beings
• Is conducted successfully in health and educational settings.

Topics dealt with in the course include:

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<thead>
<tr>
<th>Session</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Introduction to the group</td>
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<tr>
<td>Session 2</td>
<td>Understanding feelings in ourselves and others</td>
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<tr>
<td>Session 3</td>
<td>Confidence</td>
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<td>Session 4</td>
<td>Learning to relax, become aware of yourself, others &amp; environment</td>
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<tr>
<td>Session 5</td>
<td>Attention training: changing unhelpful thinking to helpful thinking</td>
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<td>Session 6</td>
<td>Exploring solutions and step plans</td>
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<td>Session 7</td>
<td>Problem solving and building support teams</td>
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<td>Session 8</td>
<td>Skills to happy relationships and friendships</td>
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<tr>
<td>Session 9</td>
<td>Using the FRIENDS skills to help ourselves and others</td>
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</tbody>
</table>

Further information about this excellent program can be found at: http://www.pathwaystoresilence.org/links/friends-programs

Should any parent/guardian wish to discuss the program with me, I am more than happy to answer any questions. Parents/guardians should call the Front Office on Tuesdays or Fridays, or leave a message on any other days and I can return the phone call.

Kind regards,

Thomas Pearson  
Chaplain

Shane Rayner  
Head Teacher Welfare

Pathways Empowering people to be resilient for life

I wish my child to attend the My FRIENDS program in Term 4.

(Student's name)

(Parent/Guardian signature)

(Parent/Guardian name)
Jeans for Genes®

Thanks for your support!

Awarded to

Woonona High School

Thank you for participating in Jeans for Genes 2015 and helping to create a healthier future for all children.

Delivering excellence, innovation, opportunity and student success
Supporting your young person during the holidays

Holidays can take students away from friends and their usual school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person’s mental health and wellbeing in the holidays:

1. Encourage them to stay connected
Social relationships are important to your young person’s general wellbeing. It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.
If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved
Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.
Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

3. Encourage physical activity
Physical activity is important for everyone’s health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.
If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine
Getting a good night’s sleep helps young people to feel energised, focused and motivated.
Adolescence is a time when a number of changes to the “body clock” impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to wake up around the same time each day, get out of bed when they wake up and go to bed around the same time each night.
Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night’s sleep.

5. Encourage healthy eating habits
Eating well doesn’t only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.
A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!
Devoting time to just having fun can help to recharge your young person’s battery, revitalise their social networks and reduce stress and anxiety.

Version 1 – June 2015
headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.
Fete Newsletter Issue 8

Contact: Louise Southall on louise@therightresearch.com.au.

Don’t forget to regularly visit our fete Facebook site and thank those many businesses that are supporting our school.

www.facebook.com/WoononaPublicSchoolFete

Calling all walkers!
Everyone at our school knows about the fete but we want to get the word out to the rest of our community so that lots of people can come along. We have about 10,000 promotional leaflets that need to be delivered to local houses over the coming weeks. If you can help with this please contact Carley Austin on carley@emvy.com.au.

Students can win an iPad-mini
Before the end of this term students will be bringing home raffle tickets to sell ahead of fete day. Tickets are just $2 each and we have great prizes for the raffle:

- 1st prize is an Intel notebook, Office 2013 Home and Student + loads of extras – valued at $1000 – donated by The Computer Guy
- 2nd prize is a joy flight for 4 people – valued at $1000 - donated by Avis Wollongong
- 3rd prize is 12 months gym membership – valued at $650 – donated by Woonona Bulli Fitness Centre at Woonona Bulli RSL

And we also have great prizes for students!
The individual student that sells the most tickets will win an iPad mini, donated by Martin & Marsh Mortgage Solutions. The family that sells the most tickets will win a family fete pack including a ride band for each student in the family who attends Woonona Public plus drinks, food and activity vouchers. So make sure you keep an eye out for those tickets and get selling for your chance to win.

Unlimited rides all day for $25
For most kids fete day means fairground rides. We have secured a special pre-purchase price for an unlimited ride band of $25 each – this is a $5 discount on bands purchased on the day. Order forms will be coming home before the end of term.

Are you growing plants?
We know there are lots of busy gardeners out there preparing plants for our stall. We would like to be able to promote the types of plants that will be for sale. If you are growing something, and haven’t yet let us know what, please contact Rebecca Cusack rebeccacusack@optusnet.com.au.

Thank you for your stall donations
We had another successful collection of toys, books and handicraft on Friday. A big thank you to all the families that donated items – there will be lots to sell and some great bargains. If you still have items you would like to donate then please contact the co-ordinators directly to make arrangements.

- Toys - Renae (beckettrenae@yahoo.com.au)
- Books - Kylie (kylledundas@optusnet.com.au)
- Handicraft – Kellie (0405 127615)
Roll Up to Roll Out Graffiti

Sunday 18 October 2015

For more info call 1300 665 310 or visit www.graffitiremovalday.org.au
Would $500 assist you with education costs?

Back to School time is here again! Are you financially ready? Saver Plus can help you with up to $500 in matched savings for next year’s school costs. You save for 10 months and receive FREE financial education along the way!

To be eligible you must:

- have a Centrelink Health Care or a Pensioner Concession Card
- have a child at school or starting next year
- have some form of household income, for example, you or your partner may have casual, part-time, full-time or seasonal employment.

Call or SMS Lindi Jamieson-Brown, your local Saver Plus Coordinator at The Smith Family on 1300 610 355

with ANZ providing matched savings for participants.
Corrimal Public School

CELEBRATES
125 YEARS!
16th & 17th October 2015

Come and join in the festivities!
Families, former students, staff and the community are all welcome.

FRIDAY 16th
Open Day 9am-1pm
Tour of the school, special assembly, lunch & old school activities

P&C Twilight Fete 4pm-8pm
Rides, food, raffles, live music, and kids activities
Entrance via Wilga Street

SATURDAY 17th
125th Anniversary Celebration from 7pm
Finger food, drinks and a night of reminiscing at Woonona Bulli RSL
in the Auditorium room
Tickets for entry $42.50pp
Buy tickets online now or from the school

For more details contact 4224 4281 or visit www.cps125.woolly.com

Road Safety Campaign
Back to School... Safely
...Are we doing all we can?
call: 1300 500 055

Boylan Group

Testimonial:
Our three year @speedcheck system has been working really effectively since our installation about 6 years ago. They were absolutely selected for our school FRP C as our local council and this included speed checks on 10 schools.
This has been extremely effective and has resulted in the reduction of our accident and insurance rates resulting in our saving the community on this basis alone.
We have been active with the Shoalhaven Road Safety team and have contributed to their events and seminars to help to promote the benefits of their initiatives.
Speed Check is available as a permanent or trailer mounted service.

TAFE NSW
I LLAWARRA

The Adult Migrant English Program (AMEP) provides free English Language learning to eligible migrants.

To see if you are eligible please ring 4229 0155.

The AMEP is funded by the Department of Education and Training.
Northern Districts Junior Cricket Club

Registrations are now open for boys and girls aged 5-15 to play cricket in 2015/16 and create your own cricket moment!

This season we will be offering a variety of options including:
- In2Cricket (Milo Cricket)
- In2Cricket (Milo T20Blast)
- Junior teams from U/10 to U/16

Register online at
http://ndcc.nsw.cricket.com.au
or
Email: tndjcc_registration@butcher cricket.com

KIDS CAN CREATE THEIR OWN CRICKET MOMENT
PLAYCRICKET.COM.AU

Number 1 in Sales!

Why are we Number # 1 in the 2517 postcode?

- Est. in Woonona for over 25 years!
- Largest Franchise in Australia
- Largest in the Illawarra with 17 offices
- Local Agency + Local property = Sales!
- Over 50 years combined sales knowledge!
- We undertake regular & extensive training
- Realistic and competitive selling fees
- Compare our fees with other agencies
- Expert marketing of your property
- No additional costs for an Auction!
- We supply honest & reliable information
- A committed sales & support team

Ray White Woonona 4284 8888
Delivering excellence, innovation, opportunity and student success
Self Care  
Strength  
Serenity  
Self Worth

Soul Circle

Self Discovery Weekly Workshop
FOR TEEN GIRLS 13-15YRS
TERM 4 10 WEEK PROGRAM
WEDNESDAYS 3 - 4.30
WOONONA SCHOOL OF ARTS

Connection  
Mindfulness  
Meditation  
Expressive Art & More

LIMITED NUMBERS  
Ph: HELEN 0403267535  
WILDHAWKHEALING@GMAIL.COM

FREE Spirit

Delivering excellence, innovation, opportunity and student success