

WHSPA High Notes



Issue 2
May 2023

From the Principal's desk

Term 2 2023 commenced with our Year 12 cohort completing their O Week experience. This experience was conceived to provide Year 12 with an exam-style experience, without these marks going to formal assessment. The emphasis here was on explicit feedback being provided to Year 12 students before they attempted their Trial Exams later in the year. All students that I have spoken to really appreciated being provided with this experience. I always tell the students that the HSC is a journey and there are many important experiences along the way. O Week is one of those experiences that we hope our Year 12's fully engage with and appreciate.

Over the last school holidays, there have been several large projects take place at the school. WHSPA has been very fortunate to have the entire concrete surface in the Eastern Quad replaced. This has been a long-term goal and we have worked closely with the NSW Department of Education's Asset Management Unit (AMU) to have this work undertaken. We are now at the stage where we are building new garden beds and seating areas for the students. A huge thank you to Lisa Wilkinson from the AMU for her tireless work with this project.

Work is also underway with the roof structure for the new southern basketball courts. It has always been a project that I have wanted to undertake as it will provide an all-weather playing area for the students, and it will also double as a covered evacuation area for the school community. The AMU is also involved in this project and once the roof has been completed, we will be able to add the outdoor gym to the area. When speaking to the students about this initiative, they have mentioned how excited they are with this initiative.

Parents would have heard about the NSW Government's announcement in regard to the mobile phone ban in all high schools. At this stage, we have only received initial advice but as more information becomes available, I will make sure that the community is kept up to date.

Throughout Term 2, WHSPA will stage several performance events for our community. The South Coast Regional Dance Festival is on the horizon, the Drama Company Showcases will be staged on 31 May and 1 June. The Year 11 Drama class will stage the Australian play Ruby Moon on 14 June. I encourage all community members to show their support for these wonderful events.

Paul Ryan
Principal



Year 7 Camp

2023 Year 7 Camp

This year, our Year 7 students went to the beautiful Fitzroy Falls for Camp in week 4.

With the guidance of the Optimum Experiences leaders, students engaged in a variety of outdoor activities and challenges. It was awesome to see students participate in activities which were outside of their comfort zone with a smile. While the temperatures stayed low, energy and positivity were high.

Thank you to Year 7 for embracing the opportunity. We hope you can take some of these lessons with you as you progress through your first year of high school and beyond.



Year 7 Camp



Georgina Leahy
Year 7 Year Advisor

Careers



TAFE Courses for Year 10

This Term Year 10 were given a talk on the TAFE courses available to them to study whilst they are completing their ROSA and HSC.

These courses are a great compliment to a student's pattern of study and are fee exempt whilst the student is still at school.

A big thanks to Ms Williams for organising this session.



Wellbeing

YOUNG MEN OF WHSPA WELLBEING

YR 8 MAN CAVE WORKSHOP

On the 3 May our Year 8 young men completed the Man Cave workshop. The boys were split into 2 groups and completed a number of initiative, problem solving, communication activities before being introduced to the Man Cave. The boys agreed to have each other's backs, listen and respect one another as we explored our emotions and the things that can fill our jar. We then explored how we can check in individually, with our mates and as a collective of young men. The young men understood there is power in sharing as it can help make more room in our jars and they also understood that ***"what's said in the cave stays in the cave"*** as a sign of respect. Through the power of very engaging activities the young men had a revelation of what their peers are going through, that they aren't alone and that there is support amongst their mates. The group explored ways that they can get help and help one another out if needed. I was blown away by the maturity displayed by these incredible young men and am so excited to see these positive strategies continue to flourish. For more on the **Man Cave** click the following link: [LINK to WHSPA Man Cave website](#).

YR 7 MATESHIP WORKSHOP

On the 10 May, the Year 7 young men completed the [Mateship Workshop \(LINK\)](#). A rundown of the workshop is listed below:

- An introduction of the VISION statement for the wellbeing of Young Men of WHSPA (see the bottom of this email for the statement)
- How each of us as individuals can contribute to our shared vision.
- An introduction to the Who's Who at WHSPA to support the year 7 young men: [LINK to Year 7 Supports](#)
- The boys then did initiative games to build their communication, problem solving and team work.
- The boys were then split into 3 groups and went through the following:
- What is Mateship. [LINK](#)
- I Got Ya Back Mate: [LINK](#)
- No One Gets Left Behind: [LINK](#)

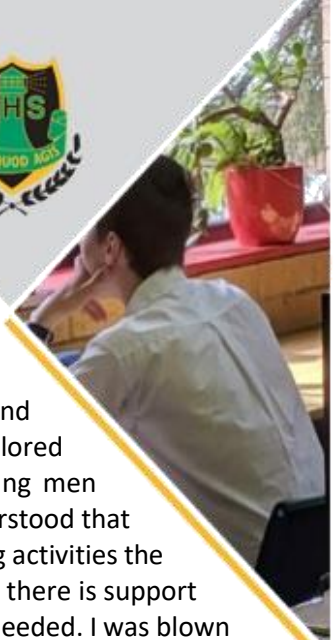
What an awesome group of young men that I'm excited to work with throughout the years.

YR 9 POSITIVE MASCULINITY WORKSHOPS

On the 22.5.23 the Year 9 young men completed the Positive Masculinity workshops facilitated by [Consent Labs](#). The workshop explored:

- What makes a good person as opposed to a good man?
- Stereotypically how is a man "expected" to behave, enjoy, look like, etc.
- What is "Toxic Masculinity"?
- Students then explored a number of statements and what their beliefs are on the topic, for example: "Breakfast is better than lunch", "All males should know how to use the gym", (Agree or Disagree). The activity explored a number of statements, where students needed to hold an opinion and then justify their opinion. The purpose of the activity was to have healthy discussion and to respect others' opinions.
- The young men then participated in a gratitude activity, where they gave praise to someone else in the session.

It was a great workshop that challenged expectations and promoted positive masculinity.



Wellbeing

WORKOUT OF THE WEEK

This week's workout comes straight from our [LIFT program \(functional fitness/wellbeing\)](#) on the 15.5.23. The workout was done in pairs but can easily be adapted to complete individually. Click the links for tips and tricks on the different exercises.

10 Minute EMOM (Every Minute on the Minute)

- 1st minute Each partner completes 10 calories on an [Assault Bike](#) (or any other calorie device, for example a rower).
- 2nd minute and when the calories are completed the pair try and complete as many [Back Squats](#) (50kg-weight to be adjusted based on capabilities) with the remaining time
- Repeat for a total of 10 minutes.

2nd Workout Individual 10 min EMOM

- Every minute on the minute for 10 minutes total complete [6 pull-ups](#) and [6 push-ups](#).

If you get a chance, give these workouts a go!

Braiden Gilbert

Head Teacher Wellbeing

PDHPE Faculty

2023 WHSPA Athletics Carnival

Despite the cold our students braved the testing conditions and gave it their best yesterday at our athletics carnival. There were some fantastic results and it was so good to see so many of our students giving the different disciplines a go. Congratulations to all that attended and those that qualified for Zone.



PDHPE Faculty



PDHPE Faculty



Edith MacDonald
Teacher PDHPE

PDHPE Faculty

2023 Zone Cross Country

On Tuesday 23 May 2023 our School Cross Country team competed at the Zone Cross Country carnival at Nicholson Park, Woonona.

All runners competed with great determination and skill and with such a strong team effort our school placed 2nd of all schools – the best result in recent memory.



While it was a real team effort there were a number of fantastic individual performances including Jayden Simpson who came first in the 18 year boys, Lily Tonge, Poppy Black, Ben Eady, Romany Janssens and Narelle Berlanda who all placed 2nd in their age groups, and Teagan Myers, Tilly Cohen and Sam Peoples who all placed 3rd in their age groups.

Overall, 25 WHSPA students placed in the top 10 and will go on to compete at the South Coast Carnival in Nowra.

A wonderful effort by all WHSPA students.

Trevor Burnett
Teacher PDHPE

Volleyball Championships

Huge congratulations to Mali and Yasmin on taking out a silver medal at the NSW CHSSA Volleyball championships in Port Macquarie last week. Based on their performance both girls gained selection into the NSW CHS team. WHSPA is so proud of your efforts.

David Arthur
Head Teacher PDHPE



PDHPE Faculty

2023 NSW CHS Swimming Championships

Congratulations to our students who participated in the NSW CHS Swimming Championships these past 3 days. We had some great results with Jake McCreadie picking up a silver in the 100 Back.

- Maddi Wood coming 4th in 100 Back, 10th in 200 free and 13th in 100 free.
- 14yrs boys relay coming in 15th and dropping 7 seconds.
- 13yrs girls relay coming in 18th and dropping 4 seconds.

Sadly our 14yrs girls and 13yrs boys relays had to withdraw due to illness.



David Arthur
Head Teacher PDHPE

NSW CHS Netball

Congratulations to Sally Werfel on being selected in the 15yrs NSW CHS Netball team to compete at All Schools this coming Friday. What an amazing achievement. We wish you all the very best.

Luke Cotter
Teacher Science



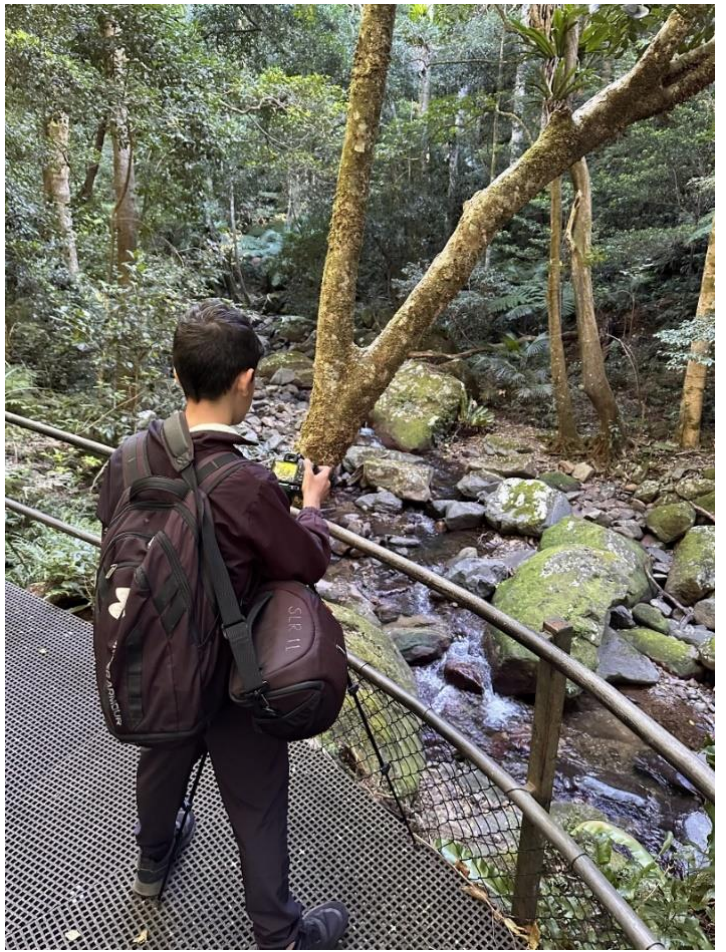
VISUAL ARTS Faculty

Year 10 Photography Excursion

Students are developing their Digital SLR skills and working with manual settings to achieve capturing the experience of a landscape. Students have been studying the art practice of Ansel Adam's and Bernd & Hilla Becher, learning compositional techniques and how to create a photograph. The day started nice and early at Port Kembla outer harbour and then moved to Minnamurra Rainforest for an enjoyable walk and further unique photographic opportunities.



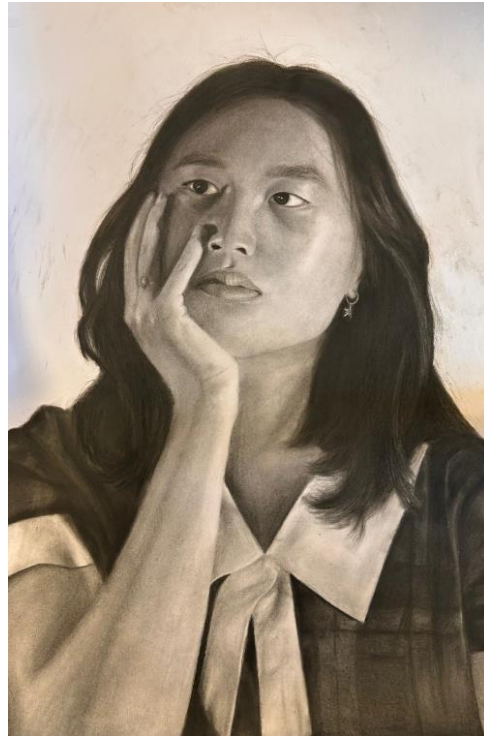
VISUAL ARTS Faculty



Rachael Dunstan
Teacher Visual Arts

VISUAL ARTS Faculty

These stunning self-portraits of Year 11 Visual Arts students are lining the foyer of the front office. The large charcoals can only truly be appreciated in real life to understand the detail and time placed into these amazing likenesses.



Rachael Dunstan
Teacher Visual Arts

VISUAL ARTS Faculty

Youth Photography Week – WCC Why I Love Wollongong Exhibition



We asked Year 9 and 10 photography students from Wollongong High School of the Performing Arts why they love Wollongong. They delivered some amazing photographic responses which are on display at the Wollongong Youth Centre until the end of June.

Wollongong Youth Services ran some art and photography workshops and students were encouraged to go out and take photos around the Youth Week theme of “Connect . Participate . Celebrate.”

Check out the ‘I Love Wollongong Because’ exhibition all along the external walls of the Youth Centre at 85 Burelli Street in Wollongong. We couldn’t be more proud of the students and the amazing photo panels they created.

Another amazing opportunity for our students to showcase their talent. Thank you City of Wollongong for inviting us to participate in this great initiative.

Emily Ireland
Head Teacher Visual Arts

ENGLISH Faculty



Debating and Public Speaking

Poppy Black and Lucy Beale were successful competitors at their local final of the Plain English Speaking Competition held in Week three of this Term. Poppy and Lucy progressed to the Regional Final held on Friday 26 May.

The competition aims to encourage the clear and effective use of spoken English and provides an invaluable opportunity for students to develop their speech writing and public speaking skills.

Poppy and Lucy spoke passionately about their chosen topics and delivered considered and effective impromptu speeches. In a very competitive final our representatives were outstanding. Congratulations to Lucy, who was selected to compete in the State Semi-final and to Poppy who was invited to the position of Chairperson for the Semi-final round.



We wish Lucy and Poppy every success in future speaking competitions.

Renay Grant
English Teacher

TAS Faculty

Strike a pose!

Our Year 11 Textiles and Design class nailed their first assignment – making a buttoned shirt to refine their skills prior to starting their major works.

What a clever bunch of young adults.



Rachael Jospe
Head Teacher TAS

The Year 8 Elective Textiles class have been practising their fundamental sewing skills through the creation of a 'sample snake' project. This project incorporated a variety of techniques such as standard seams, ladder stitch, and attaching buttons for the eyes. The students did a fantastic job and had a lot of fun in the process. They are now working on their next project, a Tote bag, photos to come when they finish that project.



Rachael Jospe
Head Teacher TAS

MUSIC Faculty

2023 Music Camp

Students had a great time immersing themselves in ensemble masterclasses and workshops run by industry professionals. All their hard work was showcased in a 'Camp Concert'.



Nicholas Constantine
Teacher Music

PERFORMING ARTS Faculty



Regional Shakespeare Carnival

On Wednesday 17 May, the Year 9 Drama Extension class competed at the Sport for Jove Regional Shakespeare Carnival at Sydney Girls' High School. They participated in four categories: Duologue scene, Ensemble Scene, Group Devised Performance, and Smart Phone Short Film.

The Duologue and the Ensemble each tied for first in their categories and will progress to the State Finals in June. Both the Group Devised and Smart Phone Short Film were acknowledged with Highly Commended. Well done to all our wonderful performers!



Christopher Richards
Head Teacher PA

HSIE Faculty

Year 11 and 12 History classes went on an excursion to the Australian National Museum and the Australian War memorial in Canberra.



At the museum we saw a special exhibit, Feared and Revered: Feminine Power through the Ages. This celebrated the power and diversity of female spiritual beings in cultural traditions and beliefs across the globe. It explored how goddesses, demons, witches, spirits and saints have shaped our understanding of the world. This complements our study of Boudicca and Agrippina in Ancient History and provided primary research opportunities for the Historical Investigation of Year 11.



HSIE Faculty

After a lovely lunch by Lake Burley Griffin, the students were led through the galleries of the War Memorial and were shown exhibits on the participation of Australians in World War One and Two. This complements our study of Power and Authority and Conflict in Europe in Modern History.

A wonderful day was had by all and we learned a great deal.



Melanie Pantaleo
Teacher HSIE

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Parent Information



WHSPA SENIOR EXECUTIVE STAFF



Paul Ryan **Principal**



Bryce O'Connor **Deputy Principal – 7, 9 & 11**



Kylie Wood **Deputy Principal – Years 8, 10 & 12**

WHSPA EXECUTIVE STAFF



Apple Phasavath **Head Teacher
*English***



Lorien Mackreill **Head Teacher
*Mathematics***



Marc Kates **Head Teacher
*Science***



Vicki Strudwick **Head Teacher
*HSIE***



David Arthur **Head Teacher
*PDHPE***



Rachel Jospe **Head Teacher
*TAS***



Ruth Ellevsen **Head Teacher
*Music***



Chris Richards **Head Teacher
*PA***



Emily Ireland **Head Teacher
*Secondary Studies
& Visual Arts***



Fleur Williams (rel) **Head Teacher
*Administration
Procedures &
Languages***



Heidi Whelan **Head Teacher
*Wellbeing – Girls***



Braiden Gilbert **Head Teacher
*Wellbeing – Boys***

Parent Information

YEAR ADVISORS – 2023

First point of contact for ANY issues concerning students within their year group.



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**Year 12
Year Advisor**

Parent Information

WELL-BEING & LEARNING SUPPORT - 2023



Leanne King
Learning and Support Teacher
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Provide learning and support for students who are having difficulty with their general learning or have diagnosed learning conditions.



Kate Mitchell
Learning and Support Teacher
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Provide learning and support for students who are having difficulty with their general learning or have diagnosed learning conditions.



Emma Davidson
Wellbeing HUB SLSO
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Provide support to students within a safe and quiet environment in order to be able to re-engage with classroom learning as quickly as possible.



Heidi Whelan
Head Teacher Wellbeing – Girls
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Girls mentor. Oversees the team and provides assistance to students, staff and parents when required. Point of contact for multicultural students.



Braiden Gilbert
Head Teacher Wellbeing – Boys
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Boys mentor. Oversees the team and provides assistance to students, staff and parents when required. Point of contact for medical conditions of students.