

# WHSPA - High Notes

## TERM 1 WELFARE TEAM

**Head Teachers Welfare**  
Braiden Gilbert – Boys  
Heidi Whelan - Girls

Year 12 Student Advisor  
Michaela Chaffey

Year 11 Student Advisor  
Teleisia Sakaio

Year 10 Student Advisor  
Molly Moyes

Year 9 Student Advisor  
Kylie Burnard

Year 8 Student Advisors  
Melissa Meafou

Year 7 Student Advisor  
George Broadfoot



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### *From the Principal's desk.....*

A very warm welcome to the 2020 school year at Wollongong High School of the Performing Arts. I would also like to extend a very big welcome to our Year 7 students and their parents/carers to the WHSPA community. We have a number of new staff commencing at the school this year. Mrs Dubois will be working in the Science Faculty, Mr Constantine will be working in the Music Faculty, Mrs Leahy has joined the English Faculty, Mr Stanojevic has joined the HSIE Faculty and Miss Mitchell will be working in the Learning Support area of the school. I know the entire community extends a big WHSPA welcome to these new staff members.

It also gives me a great deal of pleasure to announce that Mrs Whelan has been appointed as a Head Teacher Welfare at the School. She joins Mr Gilbert on the Welfare Team. Mr Gilbert will be working as the Head Teacher – Boys and Mrs Whelan will be working as the Head Teacher - Girls. Both Head Teachers will be based in the Wellbeing Hub.

Each year, the two Deputy Principals continue to supervise their year groups. In 2020, Mr O'Connor will supervise Years 8, 10 and 12. Mrs Wood will supervise Years 7, 9 and 11.

Several staff have returned to WHSPA after secondments in other areas of the Department of Education or after having taken leave. Mr Pirie returns to the English Faculty, Miss Armstrong returns to WHSPA in the Drama Faculty, Miss Valensise returns to the HSIE Faculty, Mrs Pfister has returned as Librarian, Mr Kates has returned and taken up the role of Rel Head Teacher Science and Mrs Pantaleo has returned to the HSIE Faculty.

I would also like to give an update to the community in regards to some of the changes to the WHSPA uniform. The roll out of the skirt has been delayed due to manufacturing problems encountered overseas. I have, however, been advised by Poppets that students wishing to purchase skirts can place a pre-order and be measured at the same time. The skirt will not be replacing the current school dress – both will remain acceptable forms of uniform. The polar fleece jumpers are available from Poppets and these can be worn each day to school when necessary. Students are reminded that they cannot make skirts from current school dresses.

Paul Ryan  
Principal

### *Dates to remember :*

**17 February**  
Yr10 Study Skills Day

**18 February**  
School Swimming  
Carnival

**19 February**  
WHSPA EXPO Evening

**19 February**  
Yr7 Meet the Parents  
Afternoon

**21 February**  
School Photos continue

**24 February**  
Pre-Professional Dance  
Company Auditions

**3 March**  
Zone Swimming Carnival

**5 March**  
Yr7 Immunisations

## DEPUTY PRINCIPAL

### eNEWS – Our way of keeping up to date with what's happening at our school.

You should sign up to our Newsletters and year group subscriptions.

We have included groups for PA Music, PA Dance, PA Drama and Visual Art Collective. If you go to the MEDIA tab on our website you will be able to update your subscriptions to our email feed.

The purpose of this app and email subscription is to improve communications with home. Once you have downloaded the app you will receive push notifications from the school when we list new items.

This will include things like notes about excursions and events happening at WHSPA. This will mean that we will no longer be sending SMS's for these sorts of notifications.

If you follow the instructions below you will be able to download our Wollongong High of the Performing Arts app.

Bryce O'Connor  
Deputy Principal



### How to install your School App

#### iPhone and iPad Users

- 1) Press App Store icon on your device
- 2) Press Search and type in your school name
- 3) Press "Get", the app will download
- 4) Press "Open" and accept "push alerts"

#### Android Users

- 1) Press Play Store icon on your device
- 2) Press magnifying glass and type in your school name
- 3) Press "Install", the app will download
- 4) Press "Open"

#### Configure Push Alerts

- 1) Press "Settings / Cog" icon
- 2) Turn off the lists you don't want

#### Other Smartphones and Tablets

Visit <http://app.schoolenews.com> for more apps

*School Enews delivers news directly to parents and students!*



### Subscribe for Email Updates

- 1) Visit your school website
- 2) Click "School Enews" or "Newsletters & Notes" top heading (might differ slightly)
- 3) Under the "Subscribe" heading, tick on appropriate lists
- 4) Enter in your name and email address.
- 5) Click Subscribe (IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you)



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Find out more at [www.schoolenews.com](http://www.schoolenews.com)

## WELLBEING

### Wellbeing In 2020

We hope that the school year has started well for you and your child/family. We would like to inform you of our Wellbeing structure for 2020. Your child's welfare and education are of the highest importance to the teaching staff of WHSPA. We are pleased to announce that in 2020 we have two Head Teacher's Wellbeing to oversee the holistic wellbeing of the student body. Heidi Whelan will oversee Girls welfare and Braiden Gilbert will oversee Boys welfare. We're looking forward to a fantastic 2020.



*Mrs Heidi Whelan*

*Mr Braiden Gilbert*

### Welcome Year 7

We welcomed our wonderful Year 7 cohort into the WHSPA community. The Year 7 cohort have made a wonderful transition to high school and are thriving in their new environment. Our Year 10 Peer Support leaders have done an incredible job in making our newest students feel welcomed and included.

<https://sites.google.com/education.nsw.gov.au/whspa-student-parent-2019/home>

### Yam

Our Year 9 cohort have been undertaking the Youth Aware of Mental Health program. YAM is a mental health program for young people aged 14 – 16 years. It is a universal program delivered by accredited instructors. YAM uses role play and lectures to promote increased discussion and knowledge about mental health as well as developing emotional intelligence and problem-solving skills. Our Year 9 cohort have embraced the message of positive mental health strategies and have been empowered to look after their own mental health and wellbeing. For more information please access the link below:

<https://www.blackdoginstitute.org.au/research/lifespan/lifespan-strategies-and-components/strategy-5>

### YEAR 7 CAMP

Our Year 7 students have their camp in week 10 (30.3.20-1.4.20). Parents/carers are encouraged to make regular payments in the lead up to the camp. The camp is going to be a fantastic opportunity for our Year 7 students to strengthen their relationships with their peers and enjoy the great activities on offer.

## Yr 7 Immunisations:

Year 7 immunisations are fast approaching on Thursday 5 March. Year 7 are to wear their sport uniform on the day. All parents/carers received an immunisation consent card on Orientation Day in 2019. If you wish for your child to be immunised, please fill in the form and send it back into school where your child can deliver it to Student Central Services. Immunisations are free. The vaccination is not compulsory. For more information on the immunisations on offer and how to prepare your child for immunisations please read the letter from the Director of NSW Health included below.



## NSW School Vaccination Program 2020

Each year NSW Health works with schools to offer the vaccines recommended and funded for adolescents by the National Health and Medical Research Council (NHMRC).

In 2020, the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

A record of vaccination will be given after vaccination as a physical card or as a text message to the mobile number provided by the parent/guardian on the consent form.

To improve vaccination completion, students will be opportunistically offered any missed doses during Year 7 or 8 (for HPV and dTpa vaccination) and during Year 10 or 11 (for Meningococcal ACWY vaccination).

Parental/guardian consent is required for students to be vaccinated. Parents/guardians who wish to withdraw their consent for any reason may do so by writing or calling the school. It is very important that the school provides the Public Health Unit with any notifications of withdrawn consent prior to the commencement of clinics to ensure that the wishes of parents/guardians are respected – these notifications should include the student's name and school grade, the date and time that consent was withdrawn, and those vaccines the withdrawn consent applies to. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation). Consent forms will only be accepted if they are completed using blue or black pen and are original (photocopied or faxed consent forms will not be accepted).

The Parent Information Kits have been translated for parents/guardians into 26 community languages and are available on the NSW Health website at [www.health.nsw.gov.au/schooltranslations](http://www.health.nsw.gov.au/schooltranslations) and you may wish to distribute this information to parents/guardians. However, only the English-language consent form should be completed. Please do not permit parents/guardians to come to the school on the day of the clinic.

Thank you for your assistance and support to ensure the success of this important public health program. If you have any queries, please do not hesitate to contact Wollongong High on 4229 6844.

Below are the links for the videos:

<https://www.health.gov.au/resources/videos/getting-your-human-papillomavirus-hpv-vaccination-at-school-what-to-expect>

<https://www.health.gov.au/resources/videos/getting-your-diphtheria-tetanus-pertussis-dtpa-vaccination-at-school-what-to-expect>

<https://www.health.gov.au/resources/videos/getting-your-meningococcal-acwy-vaccination-at-school-what-to-expect>

Yours sincerely

**Director, Public Health Unit**

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Braiden Gilbert  
HT Wellbeing - Boys

## VISUAL ARTS FACULTY



### Year 10 Visual Arts Collective

Students have been introduced to studio lighting and lighting effects in order to create their own composition for a Still Life Drawing this term. Students have been exploring personal symbolism in order to select and draw objects which reflect aspects of their own world experiences. As part of the collective program students are continually provided extension opportunities to develop their art practice.

*Photographs by Matilda Dickson*



### Year 6 Auditions For Visual Arts Collective 2021

Auditions are now open for students who are interested in joining the Visual Arts Collective Class for 2021. As part of the program students will be engaged in a four year program of study from Years 7 to 10, culminating in a group exhibition at the end of the program, usually at Contemporary Art Space, Wollongong. Interested students are asked to complete the audition package found on the WHSPA homepage and submit it by the due date. Following this, students are asked to attend an audition whereby they will participate in workshop activities and present a portfolio, containing 8-10 works, as part of the audition process. Students who exhibit a passion and talent in the Visual Arts are encouraged to apply. Applications close on the 4 March.

Anna Peterson  
Teacher Visual Arts

## LIBRARY NEWS

### Welcome to 2020 in the WHSPA Library

We have made some big changes in the Library this year, but it is still a work in progress. Pop up and have a look!

Welcome to our new Library Assistant, Ms Smith.

If you need any help with research for an assignment or even just finding a great book to read – come and see us. I will be working Mondays-Thursdays in the Library and Ms Cattle will be working Fridays.

#### **Here is some basic info for you to remember:**

**Opening times:** 8:30am, recess and lunch.

**Borrowing:** Yrs 7-10, 3 books,  
Yrs 11-12, 5 books

**Services:** Research/assignment assistance, reading, recommended reading lists, magazines, newspapers, computers, printing, photocopying, laminating, binding.

**Seniors:** Welcome to **study** during study and free periods – sign in at circulation desk.



Don't forget to check out the library section on the school's website. It is full of news, information and helpful links.

**Mrs L Pfister**  
**Teacher Librarian**

**PDHPE FACULTY**

**Welcome to 2020 Sport at WHSPA**

Outlined below is some important information regarding sport and carnivals at WHSPA.

**Tuesday afternoon Sport**

All students in Years 7-10 (except those with PA commitments during sport time) participate in sport on Tuesday afternoons. Students must wear their "sport" uniform to school every Tuesday and are to meet in the designated area with sun protection, water bottle and any necessary medication.

**Year 8-10 students:** continue participating in their Summer Sport from Term 4. Students must have a completed sport permission note to leave the school for sport and return to the relevant sport teacher.

**Year 7 students:** participate in a round robin, house vs house sporting competition at school during term 1. Rolls are marked in the quad and students are directed to the courts or fields for a variety of fun sports.

At the end of Term 1, Year 7-10 students will have the opportunity to choose a Winter Sport for Terms 2 & 3.

**Carnivals**

All WHSPA sporting carnivals - Swimming, Athletics and Cross Country, will be held in Term 1, and are **COMPULSORY** for all staff and students to attend. Students are encouraged to wear their "house" colours and participate in as many events as possible. Family members are welcome to attend. The swimming carnival permission notes are due to Student Central by Friday 14 Feb. See the sporting calendar for dates & venues.

**House groups**

A house system is a tradition that operates at WHSPA. Our houses are:

<b>House</b>	<b>Belmore</b>	<b>Bombora</b>	<b>Dharawal</b>	<b>Flame</b>
<b>Colour</b>	<b>Green</b>	<b>Blue</b>	<b>Yellow</b>	<b>Red</b>
<b>Surname</b>	<b>A-D</b>	<b>E-K</b>	<b>L-P</b>	<b>Q-Z</b>

**NSW CHS State-wide Sport Competition (formerly known as Knockouts)**

WHSPA has many sporting teams participate in the NSW Combined High Schools (CHS) State-wide Competition (Knockouts). In the past we have had some very successful results. These sports are on offer for students to trial for this year: AFL, Baseball, Basketball, Cricket, Football (Soccer), Hockey, Netball, OzTag, Softball, Tennis, Touch & Volleyball. Our dedicated teachers are coaches of these teams and will announce trial dates and times at Monday morning assemblies and in roll call notices:

- AFL 15s & under (boys) – Mr Burnett (PDHPE)
- Baseball (boys) – Mrs MacDonald (PDHPE)
- Basketball 15s & Opens – Mr Cotter (Science)
- Cricket 15s & Opens (boys) – Mrs Cattle (PDHPE)
- Football (Soccer) – Mr Saunder (PDHPE)
- Hockey – Mrs Johnston (Languages) & Ms Andersen (HSIE)
- Netball 15s & Opens – Mrs Betts (English)
- OzTag 7/8, 9/10 & 11/12 – Ms Lampe (PDHPE), Mr Burnett (Burnett) & Mr Bosco (Languages/Science)
- Softball (boys) - Mrs MacDonald (PDHPE)
- Tennis – TBA
- Touch – Mr Bosco (Languages/Science)
- Volleyball – Ms Sakaio (HSIE) & Mr McKenzie (HSIE)

## South Coast Region Sporting Trials

South Coast Region trials will be held for Cricket, Tennis, Touch, Rugby Union, Netball, Hockey, Football (Soccer), Golf, AFL, Volleyball & Baseball.

Reminders for these trials will be announced during Monday morning assemblies, roll call, Facebook, WHSPA app and Sport google classroom page. You can check the calendar and event information on the South Coast Schools Sports Association webpage:

<https://app.education.nsw.gov.au/sport/SouthCoast>

## Sport information & permission notes

To access **digital** Sport information and permission notes:

- Logon to *Google Classroom* and enter code – 1533w5a (“1” for lettuce)
- Download the *WHSPA app* from the App Store
- Search & “Like” Wollongong High School of the Performing Arts on *Facebook*

Please send any sport related achievements, photos and/or information to Mrs Williams:  
[fleur.williams@det.nsw.edu.au](mailto:fleur.williams@det.nsw.edu.au)

## 2020 Sporting Calendar

Week	Date	Event	Venue
<i>Term 1, 2020:</i>			
4A	Tues 18 Feb	WHSPA Swimming Carnival	Corrimal Pool
6A	Tues 3 Mar	Zone Swimming Carnival	Corrimal Pool
7B	Tues 10 Mar	Regional Swimming Championships	Dapto Pool
7B	Tues 10 Mar	South Coast Reg OzTag Tournament	Fairy Meadow
10A	1/2/3 Apr	State Swimming Championships	Homebush
10A	Fri 3 April	WHSPA Athletics Carnival	Beaton Park
11B	Tues 7 April	WHSPA Cross Country	WHSPA
<i>Term 2, 2020:</i>			
4	Fri 22 May	Zone Cross Country	Kembla Joggers
7	Fri 12 June	Regional Cross Country	Nowra
9	Fri 26 June	Zone Athletics Carnival	Beaton Park
<i>Term 3, 2020:</i>			
1	Thu 23 July (not Fri 24)	State Cross Country	Eastern Creek
2	Fri 31 July	Regional Athletics Championships	Canberra
7	2/3/4 Sept	State Athletics Championships	Homebush
<i>Term 4, 2020:</i>			
6	Tues 17 Nov	Zone Blues Presentation	WHSPA Hall
	TBA	Sporting Stars Achievement Excursion	Jamberoo Action Park

Fleur Williams  
Teacher PDHPE  
Sport Coordinator

**STUDENT NOTICES**



**KEIRA HIGH SCHOOL**

**Address:** Lysaght Street, Fairy Meadow, NSW 2519

**Postal:** PO Box 19, Fairy Meadow, NSW 2519

**Website:** [www.keira-h.schools.nsw.edu.au](http://www.keira-h.schools.nsw.edu.au)

**Telephone:** (02) 4229 4644

**Facsimile:** (02) 4226 9983

**Email:** [keira-h.school@det.nsw.edu.au](mailto:keira-h.school@det.nsw.edu.au)

13 February 2020

**Supporting Student Learning**  
*Homework Centre*

Every Monday  
2:45 - 4:45pm  
LIBRARY  
Keira High School



Dear Parents and Caregivers,

The Homework Centre will provide extra support for students across ALL subjects and allow access to more assistance with their English.

**Information about the *English as an Additional Language or Dialect (EAL/D) Homework Centre:***

- The homework centre is funded by the Department of Education
- An experienced EAL/D teacher will coordinate each session and assist students
- The starting date for the homework centre is **Monday 17 February 2020**
- A bilingual School Learning Support Officer will attend to assist students
- Afternoon tea will be provided

This support is being offered to EAL/D students of all language levels.

For further information, please contact the school.

We hope your child will be able to take up this wonderful opportunity.

Kind regards

Ms S Blackstock  
Head Teacher English and EAL/D

COMMUNITY NOTICES



# Yoga 2020

TUESDAYS 3:30 – 4:30

SCHOOL TERM

**For Every BODY and mind**

*Interested in learning about how the body and breath can improve mental health in a non-judgemental space of encouragement and support?*

**Class will include:**

Gentle body movement to your own capabilities and comfort level  
No handstands/Backbends  
Breathe work for energy (depressive thoughts) or relaxation (anxious thoughts)  
Breathe work for improved sleep  
Yogic Philosophy – Learning about intention (goal) for living each moment/day/week with more meaning

**What to bring:**

Loose comfortable clothing  
No Lycra required.

**No Cost**

**No previous experience needed**

***If you can breathe you can do yoga.***

**Where:** headspace Wollongong  
**When:** Tuesdays 3:30 – 4:30pm  
**Contact:** Places Limited  
Book your spot  
Call us on 02 4220 7660





**Fit for Life** is an entry level activity using boxing, incidental education and consistent mentoring to encourage youth at-risk to connect and remain engaged with PCYC NSW club offerings in a youth friendly, physically and culturally safe environment. It is a foundational activity along the Youth & Crime Prevention Command RISEUP pathway with the potential to lead participants into more structured programs such as Fit 4 Work and Blue Star leadership programs.

The activity aims to improve physical fitness and overall wellbeing and introduce participants to the PCYC NSW Star Values.

**Fit for Life** is a core, entry-level activity which is offered continuously. The program provides an ongoing safe and positive mentoring environment.

**Fit for Life scheduled activities include the following:**

1. A boxing, or fitness, group work activity that provides opportunities for one-to-one mentoring engagement
2. Healthy breakfast/meal that encourages participants to learn about good nutrition and simple life skills (cleanliness/washing-up/safe food storage)
3. Personal Hygiene learning such as opportunities to shower or was at the Club and free hygiene packs
4. Transport to/from school to allow opportunities for ongoing incidental learning and reduce school absenteeism
5. A well-balanced rewards/incentive scheme to encourage ongoing participation and build additional life skills and attitudinal change (effort and commitment result in success, confidence, rewards and acknowledgement)

## PARENT INFORMATION

### Head Teachers for Term 1 — 2020

<b>Head Teacher <i>English</i></b>	<b>Apple Phasavath</b>
<b>Head Teacher <i>Mathematics</i></b>	<b>Phillip Roxby</b>
<b>Head Teacher <i>Science (rel)</i></b>	<b>Marc Kates</b>
<b>Head Teacher <i>HSIE</i></b>	<b>Vicki Strudwick</b>
<b>Head Teacher <i>PDHPE</i></b>	<b>David Arthur</b>
<b>Head Teacher <i>TAS</i></b>	<b>Rachel Jospe</b>
<b>Head Teacher <i>Music</i></b>	<b>Ruth Ellevsen</b>
<b>Head Teacher <i>PA</i></b>	<b>Chris Richards</b>
<b>Head Teacher <i>Secondary Studies &amp; Visual Arts</i></b>	<b>Emily Ireland</b>
<b>Head Teacher <i>Administration Procedures &amp; Languages</i></b>	<b>David Boscoscuro</b>
<b>Head Teacher <i>Wellbeing – Girls</i></b>	<b>Heidi Whelan</b>
<b>Head Teacher <i>Wellbeing – Boys</i></b>	<b>Braiden Gilbert</b>

YEAR ADVISORS & WELLBEING — 2020		RESPONSIBILITY
Year 7 Year Advisor	George Broadfoot <a href="mailto:george.broadfoot4@det.nsw.edu.au">george.broadfoot4@det.nsw.edu.au</a>	First point of contact for ANY issues concerning students within their year group.
Year 8 Year Advisor	Melissa Meafou <a href="mailto:melissa.meafou1@det.nsw.edu.au">melissa.meafou1@det.nsw.edu.au</a>	First point of contact for ANY issues concerning students within their year group.
Year 9 Year Advisor	Kylie Burnard <a href="mailto:kylie.burnard@det.nsw.edu.au">kylie.burnard@det.nsw.edu.au</a>	First point of contact for ANY issues concerning students within their year group.
Year 10 Year Advisor	Molly Moyes <a href="mailto:molly.moyes1@det.nsw.edu.au">molly.moyes1@det.nsw.edu.au</a>	First point of contact for ANY issues concerning students within their year group.
Year 11 Year Advisor	Telesia Sakaio <a href="mailto:telesia.sakaio2@det.nsw.edu.au">telesia.sakaio2@det.nsw.edu.au</a>	First point of contact for ANY issues concerning students within their year group.
Year 12 Year Advisor	Michaela Chaffey <a href="mailto:michaela.chaffey3@det.nsw.edu.au">michaela.chaffey3@det.nsw.edu.au</a>	First point of contact for ANY issues concerning students within their year group.
School Counsellors	Emma Sharland <a href="mailto:emma.sharland1@det.nsw.edu.au">emma.sharland1@det.nsw.edu.au</a> Bronwyn Philps <a href="mailto:bronwyn.philps@det.nsw.edu.au">bronwyn.philps@det.nsw.edu.au</a>	Provide counselling within school for students who wish to engage in support.
Learning and Support Teacher	Leanne King <a href="mailto:leanne.king1@det.nsw.edu.au">leanne.king1@det.nsw.edu.au</a>	Provide learning and support for students who are having difficulty with their general learning or have diagnosed learning conditions.
Homework Club Co-Ordinator	Jo Graydon <a href="mailto:joanne.graydon@det.nsw.edu.au">joanne.graydon@det.nsw.edu.au</a>	Co-ordinates the homework club and provides some 'one to one contact' with students needing assistance with their homework or assessment tasks.
Head Teacher Wellbeing – Girls	Heidi Whelan <a href="mailto:heidi.whelan@det.nsw.edu.au">heidi.whelan@det.nsw.edu.au</a>	Girls mentor. Oversees the team and provides assistance to students, staff and parents when required. Point of contact for multicultural students.
Head Teacher Wellbeing – Boys	Braiden Gilbert <a href="mailto:braiden.gilbert1@det.nsw.edu.au">braiden.gilbert1@det.nsw.edu.au</a>	Boys mentor. Oversees the team and provides assistance to students, staff and parents when required. Point of contact for medical conditions of students.
Teacher-Librarian & School Media Liaison	Liane Pfister <a href="mailto:liane.pfister@det.nsw.edu.au">liane.pfister@det.nsw.edu.au</a>	Oversees the Library and provides assistance to students, staff and parents with all library related support. Co-ordinates media and publicity.