Proud to be Public

Issue 10
November 2019

WHSPA - High Notes

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TERM 3 WELFARE TEAM

Head Teacher Welfare :
Braiden Gilbert

Year 12 Student Advisor
Caitlin Griffiths

Year 11 Student Advisor
Michaela Chaffey

Year 10 Student Advisor
Laura Cram

Year 9 Student Advisor
Rosie Goderie

Year 8 Student Advisors
Kylie Burnard
Rae-Li Forrest

Year 7 Student Advisor
Melissa Meafou

Dates to remember :

4-8 November
Yr8 VALID Science

7-9 November
"13" Production

11 November
P&C Meeting

11 November
Remembrance Day Ceremony

13 November
Yr7 PA Music Showcase

14 November
Elective Music Showcase

15 November
Music Ensemble Showcase

20-23 November
School Spectacular

From the Principal's desk……...

On Friday 19 Oct, the school presented Impressions – the final product in the Pre-Professional Dance program that is run at the school. The audience was presented with four pieces that were developed in collaboration with different choreographers throughout Term 3. These exciting contemporary dance works were choreographed by Alison McKellar, Emily Ireland, Sarah Boulter and Omer Astrachan. Mrs Ireland spoke on the night about how important the creative process is when constructing works such as these. Students learn to share ideas and work collaboratively to realise a shared vision. The audience sat spellbound and the WHSPA students and teachers really need to be congratulated on their efforts in regards to the show.

Currently Year 12 are sitting their HSC exams. I know that the entire WHSPA community comes together to wish our Year 12's all the best with these exams. The graduation that was held at the end of last term was a celebration of their achievements throughout their HSC course. A very big thank you to Mrs Wood, Mrs Haggar and Miss Griffiths for all their work organising the graduation.

Paul Ryan
Principal

PDHPE FACULTY

Christmas Hampers 2019

This year WHSPA is providing Christmas gift hampers to 49 disadvantaged individuals and families in our local community. These hampers will support families, adults and individuals who have no one else to turn to.

Each Roll Call will help by donating food items that will go towards building a gift hamper for someone in need. Through your support, we can help make Christmas a very special time of year for those who are less fortunate in the Illawarra.

Some of the food and gifts we welcome include: Christmas Cake, Mince Pies, Puddings, Tinned Ham and Tuna, Baked Beans & Spaghetti, Coffee, Milo & Tea, Pretzels, Chips, Twisties & Cheezels, Canned vegetables, Canned beetroot, Canned fruit, Christmas Treats and Snacks, Nuts & Dried Fruit, Breakfast cereals, Long life full cream milk & cream, Pasta and Simmer Sauces, Spreads & Jams.

Students please give your donations to your Roll Call Teachers each morning

during weeks 2 to 8.

Edith MacDonald
Teacher PDHPE

E.S.L. FACULTY

Graduation Celebration for EALD Year 12 2019

On 20 September 2019 Year 12 EALD celebrated with a graduation party catered by the TAS department. Some of the students are shown here preparing the meal. Ms Furney is also visible, cheering them on. Many thanks to Mr Dempsey for his organisation and expert management of the event. Also thanks to Mr Phasavath who provided funds to mark the important occasion.

EALD students preparing the meal

Parents and other family members from the multicultural community joined in the festivities. Students were awarded two certificates of achievement, mortar board hats and commemorative pins. It is a great triumph to complete Year Twelve in English, a language that had to be mastered because it was not the first language of the students.

Class of 2019 in their caps

Congratulations to all for a good year and a good event.

Lori Lebow
Teacher EAL/D

VISUAL ARTS FACULTY

Our talented Year 7 Art Collective class participated in a Claymation Workshop. The students enjoyed the process and created excellent and imaginative animations which can be viewed at the Golden Gong film event.

Erika Mayer
Teacher VA

STUDENT WELLBEING

TEAM PROFILE

Being part of the wellbeing team at WHSPA gives me the opportunity to witness the resilience and incredibly potential of our students as they navigate through our ever changing world.

In my role in the HUB, I love being a part of creating a safe space where students are encouraged to learn and grow at their own pace, in a way that caters for them as individuals. As young people spend such a significant amount of time at school, it is so important to cater for the holistic needs of students. I am passionate about seeing young people from our community equipped to thrive in life.

Cat Haggar
Teacher English
Well-Being HUB

WELLBEING PROGRAMS

At WHSPA we have so many programs running to support students pursuits. We're pushing just a few of these into the spotlight for this edition of High Notes.

NRL IN LEAGUE IN HARMONY YOUTH ADVOCACY PROGRAM

In Term 3 the NRL In League In Harmony ran with 20 of our awesome young men in Years 8-10. At the end of the program four students were chosen to represent WHSPA in the NRL Youth Advocacy Program to assist in running the program for other students and being an ambassador within their local community promoting the values of respect, responsibility and inclusiveness. Joe Galuvao, our 'In League in Harmony' facilitator who played in the NRL for 15 years ran the Youth Advocacy program at the incredible NSW Rugby League Centre for Excellence. Sonny Browne (Year 8), Jarrod McWilliams (Year 9), Kynan Baes (Year 10) and Blake Ramsay (Year 10) represented WHSPA with excellence.

PEER SUPPORT

On Wednesday 13 November, 70 of our incredible Year 9 students will partake in Peer Support Leadership training.

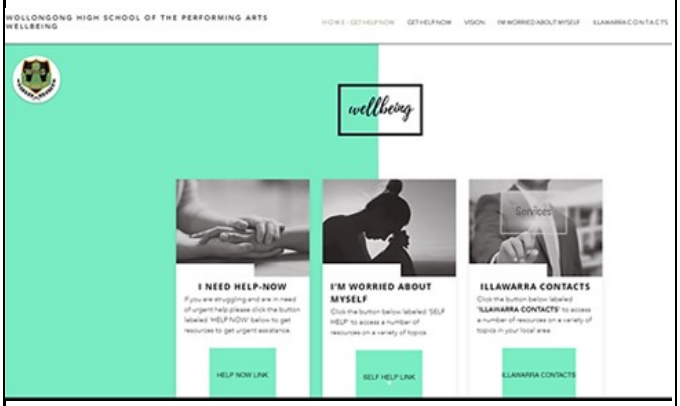
The ***Peer Support Leadership Program*** is a dynamic peer leadership program which fosters the physical, social, mental and emotional wellbeing of young people and their community. Peer Support gives young people the opportunity to be personally responsible for their own well-being; able to manage their lives positively and safely; and be involved in and supported by the school community.

Peer Support is based around developing the following skills:

- Effective communication
- Enhancing self esteem
- Values and decision-making
- Leadership
- Conflict resolution

We are delighted and grateful that so many of our Year 9 students displayed dedication and initiative to go through the application process with the goal to help our youngest WHSPA community members in their transition to high school. We applaud them on their efforts and can't wait to see them excel in their leadership and support of our 2020 Year 7 cohort. Watch the socials for updates!

ACCESS THE WHSPA WELLBEING WEBSITE



The website below has resources, information, contacts, etc. for a diverse range of wellbeing needs. The site is also packed full of Illawarra contacts to assist students diverse needs.

https://wollongonghs.wixsite.com/wellbeingwhspa

FIND INFORMATION ON

Emergency Services, online and phone counselling services, etc.

- Important contacts across the Illawarra for crisis situations that include: Counselling, accommodation/food/support, Aboriginal and multicultural services, employment and training, police/legal help, youth services and centres

TOPICS SUCH AS

The website includes detailed information and support networks that address the following topics:

Anxiety, abuse and safety, anger, body image and self-esteem, bullying, depression, drugs and alcohol, family, grief and loss, identity and gender, relationships/friendships, self-harm, stress, suicide.

Braiden Gilbert
Teacher PDHPE
HT Well-Being

PDHPE FACULTY

Girls State Basketball Final

The Girls 15 Basketball Team played outstanding team basketball to reach the finals undefeated. Accounting for Narrabeen Sports High, Rouse Hill High, West Wyalong High and Alexandra Park Community School, the girls met a formidable Westfield Sports High team and were beaten but not without giving up a good fight, showing great pride and effort until the final whistle.

Big thanks to Edith MacDonald for all her help in

getting the girls to this point. Also huge thanks to Mr Ryan and Mrs Culley for all of their support.

Luke Cotter, Amelia Cotter, Yasmin Laudato, Mali Towers, Yazmin Cotter, Phoebe Green, Chelsea Ahio, Phoenix Valledor, Teagan Myers, Yasmin Butler, Kelsi Elliott

Luke Cotter
Teacher Science/Sport
(Team Coach)

COMMUNITY NOTICE

WHSPA 40th Reunion

Ex-students of WHS are holding their 40th Reunion (1974 to 1979) at Collegians Wollongong (Bar 67) on Saturday 2 November.

For further information please call Elaine on 0418 497 758.

Elaine Milnes
Co-ordinator

STUDENT WELLBEING

NSW School-Link
Health and Education Working Together

Students & Parents Page

Self-care at home

As it nears the end of another big year, everybody can begin to get tired and run-down at school and at home. To give our children and young people a chance to finish off the year as best they can look at ways to get rid of stress at home.

How parents can help at home.

- Help your child set up a study space and make sure the family understands their need for space.
- Encourage your child to keep doing the activities they did before exams.
- Chat to your child about what they want to do in the holidays.
- Remind your child to go to bed, and help them to wake up at reasonable hours.
- Go on study break walks with your child and try to cook them wholesome meals.
- Make time to chat with your child and let them vent.
- No electronics ideally an hour before bed.
- Give your child time off some chores and non-urgent family stuff.

Self-care and what feels good, is different for everyone. Here are some ideas to get your children started.

- Prioritise chill-out time, away from electronics.
- Keep up with hobbies.
- Spend time with your family and friends.
- Find a way to manage your time—Try the useful scheduling app below.
- Eat healthy food.
- Find exercise that you like doing.
- Make sure you are taking regular, short breaks from study.
- Keep a healthy sleep schedule.
- Listen to music you like.
- Give Meditation or yoga a try. It's can be relaxing and helpful for reducing stress.

Parents, here is a quick way to help your children to understand their stress.

- **Talk:** What are the things causing your child stress?
- **Perspective:** Are these things within your child's control? (E.g. Not prepared for an upcoming exam).
- **Offer assurance:** If the stress is within their control, tell your child that there are things that your child can do, and that you'll be there to help with these things.
- **Plan:** Encourage your child to write down the things that are within their control, talk about them together and discuss what might make a difference.
- **Seek:** Get extra support if needed by contacting the school counsellor, or GP if needed.

Apps and more information

'Recharge' App
A six week program to improve sleep and health through a focus on sleeping patterns and creating healthy morning routines.
More Info: https://au.reachout.com/tools-and-apps/recharge

'My Study Life' App
A study tool to assist managing study responsibilities to reduce stress throughout the school term.
More Info: https://schools.au.reachout.com/articles/my-study-life

'Get some Headspace' App
A beginners guide to mindfulness through a 10-part series on meditation.
More info: https://www.headspace.com/

All apps can be accessed for FREE and are available for download on your iOS or Android devices via your preferred app store, or their websites.

References:
All Information found via the ReachOut Website: https://au.reachout.com/
Tool for understanding stress found at: https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/help-your-child-develop-coping-skills-for-stress

WHSPA 2019 St Vincent De Paul Christmas Hampers

Merry Christmas

Can you join us in bringing hope to those who need it most this festive season?

This year WHSPA is providing Christmas gift hampers to 49 disadvantaged individuals and families in our local community.

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Students: Please give your donations to your Roll Call Teachers each morning during weeks 2-8. Teachers: Please collect items every day during weeks 2-8. I will collect all items during week 8.

Thanks everyone!
Mrs MacDonald

COMMUNITY NOTICES

SOUTH COAST NSW
18NOV - 22NOV

FREE DYSLEXIA SEMINAR

CHECK THIS OUT!

ATTENTION!

Parents is this your child...

- Struggles with Reading
- Lacks Comprehension
- Can not focus in Class
- Confuses letters like b & d
- Has problems with sight words
- Is very creative and hands on
- Struggles with Writing

If YES, then you should come.

Registration Essential!
Online www.dyslexia.com.au/register
or email - support@dyslexia.com.au

Organised by:
dyslexia.com.au

90 minute Seminar:

Dyslexia is a disorder that involves difficulty in learning to read or interpret words, letters & other symbols. Many people go un-diagnosed & struggle through school & later life. Recent studies show that up to 15% of the population are affected by it.

This Dyslexia Seminar will be 90 minutes of tips, insight & practical knowledge about what dyslexia is & how you can go about remediation.

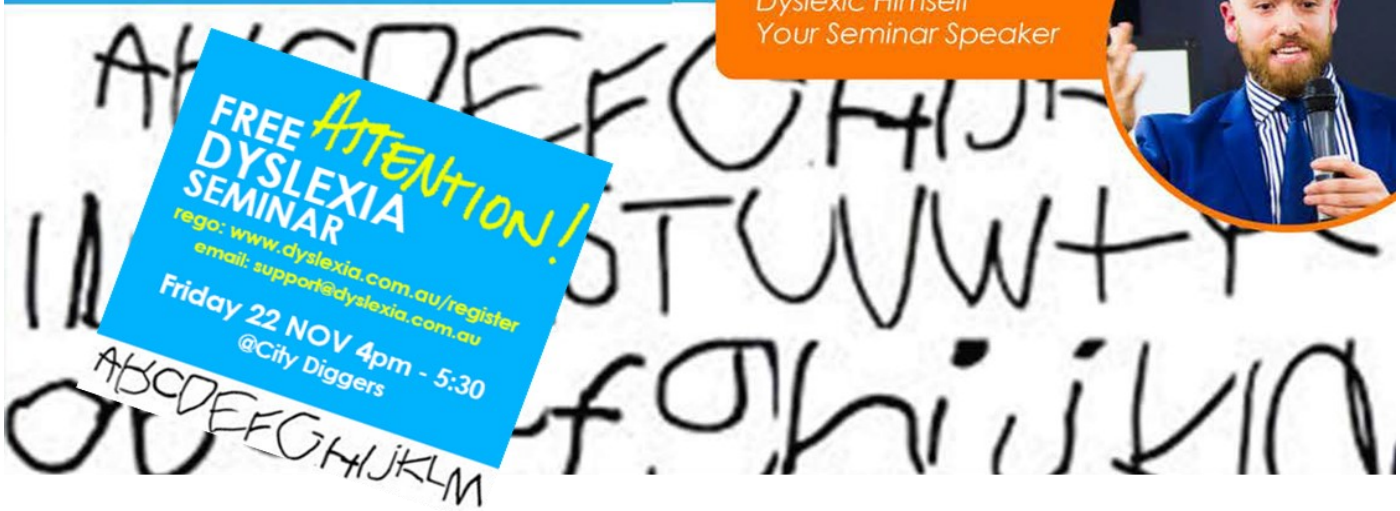
Learn How...

You can finally break free from the cycle of reading failure & learn how to help your child read.

Learn why it is that dyslexia occurs. Understand what's happening in the classroom & how to accelerate your child's reading quicker than you thought possible - all at an affordable price, in the comfort of your own home, at a time that works with the family commitments.

You will see that small adjustments can make big changes to your child's learning and you'll gain powerful insight on how to support your child to ensure their promising future.

Tom Mullally
Dyslexic Himself
Your Seminar Speaker



Head Teachers for Term 4 — 2018	
Head Teacher *English*	**Apple Phasavath**
Head Teacher *Mathematics*	**Phillip Roxby**
Head Teacher *Science*	**Julie Gosper**
Head Teacher *HSIE*	**Vicki Strudwick**
Head Teacher *PDHPE*	**David Arthur**
Head Teacher *TAS*	**Rachel Jospe**
Head Teacher *Music*	**Ruth Ellevsen**
Head Teacher *CAPA*	**Chris Richards**
Head Teacher Secondary Studies & *Visual Arts*	**Emily Ireland**
Head Teacher Administration Procedures & *Languages*	**David Boscoscuro**

YEAR ADVISORS — 2019		RESPONSIBILITY
Year 7 Year Advisor	Melissa Meafou melissa.meafou1@det.nsw.edu.au	First point of contact for ANY issues concerning students within their year group.
Year 8 Year Advisor	Kylie Burnard kylie.burnard@det.nsw.edu.au Rae-Li Forrest rae-li.forrest2@det.nsw.edu.au	First point of contact for ANY issues concerning students within their year group.
Year 9 Year Advisor	Rosie Goderie rosanna.goderie2@det.nsw.edu.au	First point of contact for ANY issues concerning students within their year group.
Year 10 Year Advisor	Laura Cram laura.bingham8@det.nsw.edu.au	First point of contact for ANY issues concerning students within their year group.
Year 11 Year Advisor	Michaela Chaffey michaela.chaffey3@det.nsw.edu.au	First point of contact for ANY issues concerning students within their year group.
Year 12 Year Advisor	Caitlin Griffiths caitlin.griffiths8@det.nsw.edu.au	First point of contact for ANY issues concerning students within their year group.
School Counsellors	Tanya Bertapelle tanya.bertapelle1@det.nsw.edu.au Bronwyn Philps bronwyn.philps@det.nsw.edu.au	Provide counselling within school for students who wish to engage in support.
Learning and Support Teacher	Leanne King leanne.king1@det.nsw.edu.au	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 joanne.graydon@det.nsw.edu.au	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	Braiden Gillbert braiden.gilbert1@det.nsw.edu.au	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	Kellie Cattle kellie.cattle@det.nsw.edu.au	Oversees the Library and provides assistance to students, staff and parents with all library related support. Co-ordinates media and publicity.

TERM 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 A	14 OCT 2019 Meeting Faculty Pre-Prof Dance Showcase Staff and Students return to School Yr 11 Crossroads	15 OCT 2019 Pre-Prof Dance Showcase Yr 11 Crossroads	16 OCT 2019 Pre-Prof Dance Showcase Yr 11 Crossroads Links To Learning	17 OCT 2019 Pre-Prof Dance Showcase HSC BEGINS	18 OCT 2019 Pre-Prof Dance Showcase Year 11 NESA Grades due to Jenny C Youth Frontiers
Week 2 B	21 OCT 2019 Drama Showcase Meeting Faculty	22 OCT 2019 Drama Showcase Year 11 Reports to HT	23 OCT 2019 Drama Showcase Year 11 into 12 Interviews Links To Learning	24 OCT 2019 Drama Showcase Year 11 into 12 Interviews	25 OCT 2019 Drama Showcase Year 11 into 12 Interviews Yr 11 Reports Finalised by HT Youth Frontiers
Week 3 A	28 OCT 2019 Meeting Faculty Year 11 into 12 Interviews Year 8 Music Production Bumpin Yr12 GBR Excursion Yr8 VALID Science	29 OCT 2019 Music Ensemble Showcase Year 11 into 12 Interviews Year 11 Sign-out into Year 12 Year 8 Music Production Bumpin Yr12 GBR Excursion Yr8 VALID Science	30 OCT 2019 Music Showcase Year 11 into 12 Interviews Year 8 Music Production Bumpin Yr12 GBR Excursion Yr8 VALID Science Links To Learning	31 OCT 2019 Music Showcase Year 11 into 12 Interviews Year 8 Music Production Bumpin Yr12 GBR Excursion Yr8 VALID Science	1 NOV 2019 High Notes Published Music Showcase The Rocks Sydney Yr9 Hist Year 11 into 12 Interviews Year 8 Music Production Bumpin Yr12 GBR Excursion Yr8 VALID Science Youth Frontiers
Week 4 B	4 NOV 2019 Meeting Faculty WH&S Committee Meeting Year 8 Music Production Bumpin Year Meetings Yr8 VALID Science	5 NOV 2019 7VAC Claymation Incursion Finance Meeting Year 8 Music Production Bumpin Yr8 VALID Science	6 NOV 2019 Year 8 Music Production Bumpin Yr8 VALID Science Links To Learning	7 NOV 2019 "13" Production Yr8 VALID Science	8 NOV 2019 "13" Production Year 10 NESA Grades due to Jenny C Yr8 VALID Science Youth Frontiers
Week 5 A	11 NOV 2019 Meeting Faculty Music Showcase Bumpin P&C Meeting Remembrance Day Ceremony HSC ENDS	12 NOV 2019 Music Showcase Rehearsals Year 10 Reports Due to HT	13 NOV 2019 Year 7 PA Music Showcase Links To Learning	14 NOV 2019 Elective Music Showcase	15 NOV 2019 Music Ensemble Showcase Yr 10 Reports Finalised by HT Youth Frontiers
Week 6 B	18 NOV 2019 Meeting Faculty Music Showcase Bumpout	19 NOV 2019 Year 7 Reports due to HT	20 NOV 2019 School Spectacular VA Big Day Out Excursion Links To Learning	21 NOV 2019 School Spectacular	22 NOV 2019 High Notes Published School Spectacular Yr 7Reports Finalised by HT Youth Frontiers
Week 7 A	25 NOV 2019 Hang VA Photography Prize Meeting Faculty	26 NOV 2019 Sports Presentation Photography Prize VA Golden Gongs Film Night Year 8 Reports due to HT	27 NOV 2019 Yr 9 Surf Camp Links To Learning	28 NOV 2019 Yr 9 Surf Camp	29 NOV 2019 Year 8 Reports Finalised by HT Yr 9 Surf Camp Youth Frontiers
Week 8 B	2 DEC 2019 Dance Showcase Meeting Faculty Year Meetings	3 DEC 2019 Yr 6 into 7 Orientation Day Dance Showcase Finance Meeting Year 9 Reports due to HT	4 DEC 2019 Dance Showcase VA Bundanon Excursion Links To Learning	5 DEC 2019 Certificate of Achievement Dance Showcase	6 DEC 2019 Dance Showcase Yr 9 Reports Finalised by HT Youth Frontiers
Week 9 A	9 DEC 2019 Drama Company Showcase Meeting Faculty P&C Meeting	10 DEC 2019 Presentation Night Drama Company Showcase Matinee	11 DEC 2019 Drama & Music Theatre Showcase Links To Learning	12 DEC 2019 Drama & Music Theatre Showcase	13 DEC 2019 Drama & Music Theatre Showcase High Notes Published Yr 7 to 10 Sign-out Youth Frontiers
Week 10 B	16 DEC 2019 WHSPA's Meeting Faculty	17 DEC 2019 Reports Issued	18 DEC 2019 Links To Learning	19 DEC 2019 STAFF DEVELOPMENT DAY School Development Day	20 DEC 2019 STAFF DEVELOPMENT DAY Staff Luncheon - English SDDay