

# WHSPA High Notes



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Issue 1  
March 2022

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

Firstly, I would like to express my sincere thanks to all our parents and carers for their support in the opening weeks of the 2022 school year. The first two stages of the distribution of RAT kits have been completed and we are now moving into the third and final stage of delivering these kits to families. Individual year groups will be provided with kits and parents will be notified via the WHSPA App when to expect their child's delivery. Our SASS team has done an incredible job organising the distribution of the kits and I know you will join me in thanking them for their efforts.

The WHSPA P & C has done an amazing job of securing two grants for the school. The first grant was for the final stage of the outdoor deck area where students can relax during recess and lunch. A special thank you to Ryan Park and the Community Building Partnership Program.

The second grant is for an outdoor gym area for the students. Plans are underway for the gym to be placed adjacent to the new basketball courts on the southern oval. When completed, this will provide students at WHSPA with an outdoor fitness area that can be used during breaks in class time.

One of the main focus areas for 2022 is the WHSPA Literacy and Numeracy initiative. All staff are currently participating in the Literacy for Learning Professional Development opportunity. This professional learning feeds directly back into classroom practice where teachers can build on Literacy and Numeracy skills. This focus forms an integral part of the current School Improvement Plan and represents an exciting direction which will fully support ongoing improvement of student achievements.

Finally, a huge thank you to the community during these unprecedented weather events. The WHSPA students have been amazing in the way they have been moving to new supervision areas during the cohorting stage of the Covid safe return to school. The wonderful thing about the WHSPA community is that the staff and students work together to achieve some incredible results.

**Paul Ryan**  
Principal





**Outdoor Deck Area**



**New Basketball Courts**

## WHSPA SRC .....



Congratulations to our WHSPA Student Representative Council (SRC) for 2022.

Our newly elected SRC were presented with their badges from Principal Mr Paul Ryan at a special SRC Induction Ceremony.

### Year 12 Leadership Team –

Paris Grozdanovski (Prefect), Velvet Martino Zlojutro (Vice Captain), Will Skarpona (Captain), Eva Loxley (Captain) & Emmy Huxham (Vice Captain). Absent: Veronica Simmons-Curcio (Prefect).



### Year 11 SRC –

Jen Le, Lucy Beale, Jack Lysaght-Coster & Kiki Cuda-Coops.



### Year 10 SRC –

Lilli Yewen, Billie Prescott, Chela Galvin, Arne Castles & Patrice Toomey-Smith.



# WHSPA SRC .....

## Year 9 SRC –

Georgie Peoples, Chloe Wilkinson & Quaylah Davey. Absent: Audrey Salmon.



## Year 8 SRC –

Maeve Steller Rich, Tilly Cohen, Ellise Ball & Stella Rigby.



## Year 7 -

Max Radburn, Allee Reynolds, Grace Johnson & Bonni Bolam.



**Mrs Fleur Williams**  
SRC Coordinator

## TAS Faculty .....



### **Cooking up a storm in the New Kitchen!**

Air conditioned, *Industry Standard*, cutting edge facilities ... and absolutely wonderful! If you want to see the happiest teachers and classes in town, come on down to the beautiful new Kitchen in the TAS department. Food Technology is a hugely popular course at WHSPA. Our Mandatory Junior Food Technology courses are always a favourite with the students, and it is exciting to watch them building their confidences to plan, prepare and present a range of simple recipes in the new facilities. The amazing new kitchen has been completed just in the nick of time to coincide with an unprecedented number of Stage 5 elective classes.



With the completion of this incredible facility, it seems that 'too much Food Technology is never enough' and we are thrilled to embark on our new Stage 6 Food Technology courses in both Years 11 and 12. Combining this with the Hospitality programs ... it's a veritable feast down this end of the school!

## TAS Faculty .....

Thank you so much to Mr Ryan and Ms Jospe for their drive and determination to provide our school community with the best!



**Ms Furney & Ms Tobin**  
Teachers TAS

# Visual Arts Faculty .....



## Visual Arts Collective

Velvet Martino-Zlutjoro was awarded the 'Emerging Young Artist Award' at the recent Still-Life Painting Prize at Project Contemporary Artspace. Her highly realistic oil painting captivated and amazed the audience, demonstrating her skilful talents. The team at Project remembered Velvet's work from her Graduating Exhibition as part of the Visual Arts Collective in 2021 and was delighted to exhibit her work again. We look forward to seeing more of Velvet's artworks in future exhibitions.



## Anna Peterson

Teacher Visual Arts



### WHSPA girls open Basketball - Northern Illawarra Zone KO

The girls began their tournament with an impressive 80 point win over Bulli High. They then played Woonona High winning by 50 points meaning they had qualified for the Regional Finals in Goulburn. The girls played the final of the tournament against Figtree High and won by 50 points to secure the championship title. All the girls played brilliantly, showing real school spirit and playing the game in the right manner at all times.



### Team Members –

Annika Purvis, Tegan Myers, Olivia Pupovac, Amelia Cotter, Scout Evans,  
Zara Whittemore, Yasmin Laudato, Denali Rowley and Shae Clark.



## PDHPE Faculty .....



### WHSPA Swimming Carnival 2022

In February WHSPA held its annual Swimming Carnival at Corrimal Pool and as always it lived up to expectations with wonderful achievements, sunshine, and good times. Congratulations to all students who competed on the day, and we wish those who were successful in making it to the Zone Swimming Carnival the best of luck.

A huge thank you to the Carnival organiser Mrs Macdonald, to all WHSPA staff and a special shout out to our amazing Sports Committee students who helped on the day.





## Zone Swimming Carnival 2022

On Tuesday 22 Feb, 45 students represented WHSPA at the Northern Illawarra Zone Swimming Carnival at Corrimal Pool. The day lived up to expectations with wonderful achievements and smiling faces all round. WHSPA finished 3rd overall out of 7 schools in the Zone with only Woonona and Smiths Hill in front on the points score.

Congratulations to all the students who competed on the day, and we wish those who were successful in making it to the South Coast Region Secondary Swimming Championships, to be held at Dapto Olympic Pool on Tuesday 8 March, all the best of luck.

## Our Zone Champions

- Year 7 –** Jacob Donev, Yolanda Figgis, Charlotte Jones, Heidi Kolenda, Noah Kovacs, Ethan Lappan, Eden Lawrence, Noah Luu, Mayana Lonergan, Xavier English-Nelson, Jed Phillips, Olivia Pupovac, Abigail Woods, Albert Wollen
- Year 8 –** Wade Bower, Flynn Lawrence, Jake McCreadie, Ruby Phillips, Maddison Wood
- Year 9 –** Zane Giaron, Isabella Jones
- Year 10 –** Rojan Fernandez, Jonah Hackett
- Year 11 –** Elise Blackwell-Collins, Hayley Crisp, Lillian Joy, Teagan Myers
- Year 12 –** Veronica Simmons-Curcio.



**Fleur Williams**  
PDHPE Teacher  
WHSPA Swim Team Manager

# PDHPE Faculty .....



## NSW Beach Volleyball Schools Cup

Last week Yasmim De Oliveira Ramos and Mali Towers played in the open, division one NSW Beach Volleyball Schools Cup against teams from Nowra to Port Macquarie. Despite losing a round game, they won their semi-final to progress to the final where they won the Silver Medal.

In trying conditions that included torrential downpours throughout the day, both girls played really well in their first schools competition together.



**Edith MacDonald**  
PDHPE Teacher

# 2022 WELLBEING AT WHSPA - CLUBS



What is coming! Check Daily Notices for when it is up and running.

## Monday

**Monday Mix Up**  
- Main Quad  
(Weeks A and B)



**Spill The Tea**  
- Current  
Affairs B14  
Ms Wall



**Dungeons and  
Dragons**

B13

Ms Nairn



**Relaxation**  
**4 Seniors**

B10

**Ms Furney**  
(Week B only)

## Thursday

**Breakfast Club**  
(from Term 2)  
Mr Burnett



**Crafternoon  
Delights**

The Hub



**Not so Board  
Games**  
Library

## Friday

**Not so Board  
Games**  
Library



## Tuesday

**Breakfast Club**  
(from Term 2)  
Mr Burnett



## ALL WEEK:

**Weights and Fitness at  
Lunchtimes - GYM**  
Mr Gilbert (\$1 per session)





NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

[education.nsw.gov.au](http://education.nsw.gov.au)



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight



=

**4** weeks



=

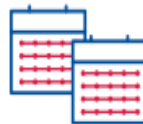
Over **1** year missed

**1** day per week



=

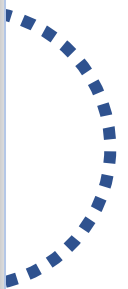
**8** weeks



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Over **2.5** years missed

[education.nsw.gov.au](http://education.nsw.gov.au)



## Wellbeing .....



### WHSPA Aboriginal and Torres Strait Islander Education News

We have had a busy start to the year and we are so proud of all our Aboriginal and Torres Strait Islander students for making such a great start to their studies and sporting achievements. A special mention should go out to all our new year 7 students who have adjusted to the hustle and bustle of high school life so well. With cohorting rules now relaxed we look forward to getting together as a group again to continue to build the bonds between the WHSPA Aboriginal and Torres Strait Islander students.

Aboriginal and Torres Strait Islander Education Coordinator

We are pleased to announce that Erika Lampe has taken on the role of WHSPA Aboriginal and Torres Strait Islander Education Coordinator. Telesia Sakaio has taken up a Head Teacher Wellbeing role in Wagga and we wish her all the best with her new endeavours.

Erika is a huge asset to the team and I know she will work tirelessly to support our Aboriginal and Torres Strait Islander students.



My name is **Erika Lampe** and I have been a PDHPE Teacher here at WHSPA since 2018. Previous to my move to WHSPA I spent 11 years at Walgett Community College, of which I spent 7 years as a Head Teacher Wellbeing. Walgett is a Connected Community school with a 95% Aboriginal student population. My Husband is a proud Gamilaraay man from Walgett with many family connections here in the Illawarra. We have 2 children who are equally proud of their Aboriginality and strongly connected to their culture. I am passionate about Aboriginal education and look forward to working with the students, parents, and community to achieve shared goals.



## Wellbeing .....

We have lots of exciting objectives/plans for the year ahead including;

- Working with families and carers to write effective PLP's.
- Employing an Aboriginal SLSO to help students with their assignments and classwork so they can achieve their learning goals.
- Community Engagement Day - this year we are planning a 'Big Day Out' to Sydney to visit the Harbour and museums. Parents, carers and primary students from our feeder schools are encouraged to come along.
- Finishing off the art mural with Daren Dunn and extending sale of the shirts to all students as part of the PE uniform.
- Bangarra Dance Company workshops.
- National Sorry Day, Reconciliation Week, NAIDOC Week
- Staff training that focuses on Aboriginal and Torres Strait Islander Education goals.



## Wellbeing .....



### **PLP's**

The Aboriginal Education Team mentors will begin writing PLP's with your children on 21-22 March. Erika is currently working on allocating times and teachers.

All Aboriginal and Torres Strait Islander students at Wollongong High School of the Performing Arts have a PLP (Personalised Learning Pathway) that is tailored to the student and is regularly reviewed and updated. PLP's are an active process. They are developed in a consultation process between the student, parents/carers, and teachers, to identify, organise and apply personal approaches to learning and engagement. A Literacy and Numeracy goal will be devised and this year students will select a cultural goal. Aboriginal students and their parents/carers are encouraged to be actively engaged in meaningful planning and the decision-making in education. PLP conversations are of great importance as they identify and strengthen shared understanding of goals, expectations, and responsibilities. This year teacher mentors will meet with students to discuss their aspirations and devise appropriate goals in literacy, numeracy, and culture.

If you would like to attend that meeting in person or via zoom please let Erika know as soon as possible via the email address below. If you cannot attend you will be provided with a copy of your child's PLP for your consultation and input at home. We look forward to your suggestions.

### **Communication/Careers News**

Please check the WHSPA app regularly for information about upcoming events and programs. There is a separate tab for Aboriginal and Torres Strait Islander Education.

We also have a google classroom. The code is [jpsytxa](#). Our new Careers Adviser Mrs Thompson has been posting lots of information about careers and further educational opportunities for our Aboriginal students.

We look forward to continuing to work with you and your children in 2022. We welcome your input and ideas and encourage you to email us or call the school if you have any questions or suggestions about how to better cater for their needs.

### **Heidi Whelan**

Head Teacher Wellbeing

# Wellbeing .....



## Student Diaries and Organisation and Resilience

Starting (and doing) high school can be a big change for lots of students. One thing Year 7 and Year 8 students received at the beginning of the year was student diaries. These are designed to assist students with their organisation as well as help centre concepts of resilience and wellbeing in their daily lives. They are designed by an organisation called The Resilience Project, and the three key concepts emphasised throughout are: Gratitude, Empathy and Mindfulness.

- Gratitude: Paying attention to the things and moments occurring in our lives and noticing the positives that exist around us, being aware and thankful for the good things, big and small
- Empathy: Putting ourselves in the 'shoes' of another person, to take into consideration perspectives and points of view other than our own. This allows us to be more consciously kind and caring of others.
- Mindfulness: Activities that help direct our mind's focus to the moment and create a feeling of calm, such as meditation, flow states, colouring

### THE RESILIENCE PROJECT

#### G.E.M.

##### GRATITUDE

*Paying attention to what you have and not worrying about the things you don't have.*

What are you **looking forward** to this month?

##### MINDFULNESS

*Being in the moment and feeling calm and relaxed.*

What are you going to do this month to help you **feel calm and relaxed**?

##### EMPATHY

*Understanding how other people feel and being kind.*

Who are you going to be extra **kind** to this month?

Don't write the answer to this question. Think about someone who needs some extra support and what you will do to help them?



# Wellbeing .....

## Gratitude Statements About Starting High School

We asked Year 7 to have a go at practising gratitude and think of their highlight of starting school. Here are some examples of what some of the students came up with:

### GRATITUDE STATEMENTS ABOUT STARTING HIGH SCHOOL



One of the biggest highlights of high school is how much independence I get compared to primary school.

Trying different subjects that we didn't do in primary school (eg. textiles)

Lighting a Bunsen burner.

Getting to start a new part of my life and meeting new teachers and friends. Having more opportunities to learn new subjects and do things that I could never do at primary school.

One of the biggest highlights of high school is how much independence I get compared to primary school.

Learning French and my P.A classes

Heidi Whelan




Head Teacher Wellbeing















# Parent Information .....



## WHSPA SENIOR EXECUTIVE STAFF

	<b>Paul Ryan</b>	<b>Principal</b>
	<b>Bryce O'Connor</b>	<b>Deputy Principal – Years 8, 10 &amp; 12</b>
	<b>Kylie Wood</b>	<b>Deputy Principal – Years 7, 9 &amp; 11</b>

## WHSPA EXECUTIVE STAFF

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

# Parent Information .....



## YEAR ADVISORS – 2022

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



Nicholas Stanojevic

[nicholas.stanojevic4@det.nsw.edu.au](mailto:nicholas.stanojevic4@det.nsw.edu.au)

Year 7  
Year Advisor



Armi Wilson

[armi.wilson1@det.nsw.edu.au](mailto:armi.wilson1@det.nsw.edu.au)

Year 8  
Year Advisors



Kirsty Andersen

[kirsty.andersen@det.nsw.edu.au](mailto:kirsty.andersen@det.nsw.edu.au)



George Broadfoot

[george.broadfoot4@det.nsw.edu.au](mailto:george.broadfoot4@det.nsw.edu.au)

Year 9  
Year Advisor



Melissa Meafou

[melissa.meafou1@det.nsw.edu.au](mailto:melissa.meafou1@det.nsw.edu.au)

Year 10  
Year Advisor



Kylie Burnard

[kylie.burnard@det.nsw.edu.au](mailto:kylie.burnard@det.nsw.edu.au)

Year 11  
Year Advisors



Molly Moyes

[molly.moyes1@det.nsw.edu.au](mailto:molly.moyes1@det.nsw.edu.au)

Year 12  
Year Advisor

# Parent Information .....



## WELL-BEING & LEARNING SUPPORT - 2022



**Leanne King**  
*Learning and Support Teacher*  
[leanne.king1@det.nsw.edu.au](mailto: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.



**Kate Mitchell**  
*Learning and Support Teacher*  
[kate.mitchell52@det.nsw.edu.au](mailto:kate.mitchell52@det.nsw.edu.au)

Provide learning and support for students who are having difficulty with their general learning or have diagnosed learning conditions.



**Emma Davidson**  
*Wellbeing HUB SLSO*  
[emma.davidson1@det.nsw.edu.au](mailto:emma.davidson1@det.nsw.edu.au)

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*  
[heidi.whelan@det.nsw.edu.au](mailto:heidi.whelan@det.nsw.edu.au)

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*  
[braiden.gilbert1@det.nsw.edu.au](mailto:braiden.gilbert1@det.nsw.edu.au)

Boys mentor. Oversees the team and provides assistance to students, staff and parents when required. Point of contact for medical conditions of students.



**Liane Pfister**  
*Teacher-Librarian & School Media Liaison*  
[liane.pfister1@det.nsw.edu.au](mailto:liane.pfister1@det.nsw.edu.au)

Oversees the Library and provides assistance to students, staff and parents with all library related support. Coordinates media and publicity.

# Parent Information ....



## DATES TO REMEMBER

<b>MARCH</b>	<b>10</b>	<b>Immunisations Years 8 &amp; 11</b>
	<b>14</b>	<b>P&amp;C Meeting</b>
	<b>14 - 8 Apr</b>	<b>Year 6 into 7 PA Auditions</b>
	<b>15</b>	<b>South Coast Swimming</b>
	<b>18</b>	<b>EALD Annual Survey</b>
	<b>21</b>	<b>Harmony Day</b>
	<b>22</b>	<b>School Cross Country</b>
	<b>30 -1 Apr</b>	<b>NSW CHS Swimming</b>

<b>APRIL</b>	<b>4 - 6</b>	<b>Year 7 Camp - Yarramundi</b>
	<b>4</b>	<b>Yrs 11 &amp; 12 Parent/Teacher Interviews</b>
	<b>26 - 29</b>	<b>O Week Year 12</b>

<b>MAY</b>	<b>5</b>	<b>Zone Cross Country</b>
	<b>9</b>	<b>P&amp;C Meeting</b>
	<b>10 - 11</b>	<b>Careers Expo</b>
	<b>10 - 20</b>	<b>NAPLAN</b>
	<b>23 -27</b>	<b>Reconciliation Week</b>