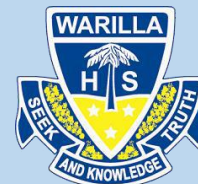


Warilla High School Newsletter

KALORI



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28 July 2014

Issue 1 – Term 3 – Week 3

Principal's Message

It is with much sadness that I reflect on the tragic loss of a recently retired colleague in the Malaysian Airline disaster in the Ukraine recently. Mr Michael Clancy and his wife Carol lost their life while travelling on a holiday they had been planning as the start of a long and happy retirement. Michael had spent many years as the Deputy Principal of Albion Park Primary School, and I had the distinct pleasure of working with him on many leadership initiatives. Michael was a compassionate, sincere man who was absolutely devoted to his family and those students he taught in a range of schools. Indeed, the impact Michael's career had on the lives of the kids in his care was overwhelming, as evidenced by the many tributes that flowed in the electronic and print media. I hope that Michael's legacy will serve as a reminder for those kids who will shape the world as leaders of the future. To this end, the values of public education which emphasise non-violent dispute resolution, harmony, respect, courtesy and empathy for our fellow man would be a very useful starting point. Vale Michael and Carol Clancy.

Our Open Boys Soccer team has progressed to the State Final with a memorable 2-1 win over one of the Sydney powerhouses- Liverpool Boys High School. This was a win which showcased class, dogged determination and a relentless approach to the game plan. The boys played with distinction and showed once again that you can do it all from Warilla High! We are extremely proud of this wonderful achievement, but more so in the manner in which it was done. The sportsmanship, skill and values of fair play every member of the team displayed on the pitch are what we expect as our students going into adult life. Take a bow boys...in the words of Jack Gibson; *"You played strong and done fine."*

Our Parent Teacher evening was well attended, and from the conversations that I was privy to, it would appear that the teacher commentaries and feedback resonated with parents seeking to support improvements in a range of areas. These meetings are critical in establishing the strong partnership between your child's teachers and the home so that communication is strong and areas of concern can be addressed as they arise. I hope this year's meetings have helped plot a path for the remainder of the semester and into 2015.

A significant part of this path for some will be the selection of subjects at critical transition points. The most significant of these is for Year 10 moving into Year 11 in 2015. Initial parent briefings have taken place and students should be following these up with discussion with their teachers and the Careers Transition Advisory Team. It is critical that decisions about subjects to be studied in the senior school are made with all of the relevant information that is needed when pathways which may include University, are considered. Our LEAP program continues to gather momentum with student applications supported by parent interviews to be assessed as part of the process to offer positions in this highly regarded course for next year. The school is aiming to have all subject selection processes concluded well before years end with a timetable for 2015 developed and in place as early as possible.

Again I thank you for your support of our position as a non-violent school where bullying and harassment have no place in how we conduct ourselves. I am sure this united front between school and home will further strengthen our stance on this socially unacceptable practice.

With my kind regards
John Hambly

Our School's Core Values:

Care for your environment
Embrace honesty
Respect others and value yourself
Seek knowledge

Page 1

Deputies Report

Well Term three has begun and before we have time to take a breath we will be talking about holidays again. The pace of our school life is hectic and at times this adds to the stress that the staff and students feel. With next week being the start of our Year 12 Trial exams we have more stressed students than usual and this is a topic worth considering.

Did you know that 91% of Australian's feel stressed due to work and that 98% also agreed that laughter and humour have a large impact in reducing stress (Newspoll, 2014). Stress is the body's way of dealing with pressure. Stress can be a positive thing, helping us strive for results during competitive or demanding situations, such as exams and assessment tasks. However, prolonged, chronic stress can be detrimental to our physical, emotional and social wellbeing.

Stress can impact on you in a variety of different ways, such as

- Uncharacteristic mood swings
- Unusual sleeping patterns – feeling tired all the time or not getting enough sleep
- Changes in appetite and diet – loss off appetite or eating more frequently or more unhealthily
- Loss of interest in activities such as hobbies, sport or socialising
- Feelings of panic or anxiety and a sense of not coping
- Effects on mental health – feeling down or depressed most of the time

If you experience prolonged stress ask someone for help.... Here are some **simple tips for coping with stress**

- Talk to someone you trust and share your feelings
- Take time to look after yourself physically with exercise, a balanced diet and stay healthy
- Allocate time for things you enjoy and that make you happy
- Don't place unrealistic pressure or expectations on yourself
- Make time for family despite all of these other priorities
- Try taking a few minutes of time out and simply breathe deeply and relax
- Plan and work ahead to manage situations that you know are going to be stressful

We wish Year 12 all the very best for their Trials and wish everyone a stress free time!!!

Deputy Principals
Mr Stanizzo & Ms Brook

P & C

Kate Brewer will be our guest speaker at the next P & C meeting on Tuesday 12th August.

Kate is a highly valued member of the Creative Arts faculty and has developed a project involving Art students in the community. If you would like to learn more, come along to the next meeting!

At our last meeting in June, we invited Craig Harrison, Tracy Hicks and John Berry to come along and outline all the opportunities that are available to your children in the way of scholarships, apprenticeships, VET courses, TVET courses, SBAT courses to name a few. If you were unable to come along and would like to speak to one of our careers people you can telephone the school and make an appointment.

A couple of months ago we invited Micheal Stanizzo to outline the many opportunities that are available for our students to access through the Welfare Hub. Michael and his team offer a huge range of initiatives to help our students realise their full potential. Whether it is help them deal with bullying, peer pressure or the many workshops that Michael and his team offer to help our kids succeed.

This school is second to none when it comes to opportunities that are available to our kids!

I look forward to meeting you at our next meeting on **12th August at 7pm.**

Julie Holloway

Coming Events

Week 3A

29 July	<ul style="list-style-type: none"> Years 7 – 10 Parent Teacher Afternoon 4 to 7pm Southern Stars Rehearsal
30 July	<ul style="list-style-type: none"> Medibank Careers Day
1 August	<ul style="list-style-type: none"> Regional Athletics Carnival - Canberra

Week 4B

4 – 8 August	<ul style="list-style-type: none"> Year 12 Trial HSC Exams Year 11 Work Placement
5 August	<ul style="list-style-type: none"> Southern Stars Rehearsal

Week 5A

11 – 15 August	<ul style="list-style-type: none"> Education Week
13 August	<ul style="list-style-type: none"> Southern Stars Rehearsal
15 August	<ul style="list-style-type: none"> Rainbow Day – MUFTI & bake sale

Week 6A

18 – 20 August	<ul style="list-style-type: none"> Year 11 PDHPE Ski Trip - Jindabyne
19 August	<ul style="list-style-type: none"> Year 8 Leadership Activity – Amazing Race - Killalea Street Art Workshop
20 August	<ul style="list-style-type: none"> Southern Stars Rehearsal
21 August	<ul style="list-style-type: none"> Southern Stars Rehearsal
22 August	<ul style="list-style-type: none"> Shellharbour Shield AFL Day at Myanbar Oval Years 10,11 &12

Week 7B

25 - 29 August	<ul style="list-style-type: none"> NASCA Camp Years 9 – 12 Redfern Koori students
26 August	<ul style="list-style-type: none"> Year 8 Leadership Activity – Amazing Race – Killalea
27 August	<ul style="list-style-type: none"> Cyber Safety Presentation
27 – 30 August	<ul style="list-style-type: none"> Southern Stars Show Week
29 August	<ul style="list-style-type: none"> Southern Stars Schools Performance

Vaccinations

As reported in the last newsletter Vaccinations will occur during this term. These are both the regularly scheduled **Yr 7 (boys and girls) and Yr 9 boys vaccinations**

AS WELL AS

Measles, Mumps and Rubella vaccination available to all students.

These vaccination forms were distributed in the last week of term 2 and should have been collected by all students and taken home for decisions to occur about whether the student was in need of them. These vaccinations should have been obtained as an infant however they are now being provided to the students due to recent cases of , in particular, measles when young adults have been exposed to the illness- often when travelling overseas. Can forms please be returned asap. To obtain a form the student can come and see Mrs. Potts or Mrs Orton in B10.

Mrs Potts

Head Teacher Home Economics

Make Online Payments

From the 21st of July it will be possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting [\\$ Make a payment](#)

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called "other", this to cover items not covered in the previous heading. Other can be used to make a complete payment of a school invoice.

When you access the [\\$ Make a payment](#) you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner and these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the office staff on 02 4296 3055 or alternately email; warilla-h.school@det.nsw.edu.au

The Office Staff

Sport Absences

Sport is an integral part of the school curriculum, and a mandatory subject. As with all subjects, the Board of Studies requires students from Year 7 – 11 to participate in school sport, and complete at least 85% attendance, to successfully meet their requirements in the subject.

We ask that where possible, appointments for students be made out of school time, and if a student must attend appointments, that the permission to leave request is accompanied by an appointment card.

Requests from parents for their children to attend work commitments during school time are unable to be approved as a leave from school.

Parents are reminded that if they need to remove students from school at short notice on any day, that they are required to sign the student out of the school through the front office. This will avoid the student being marked with an unjustified absence.

Miss Vojkovic & Miss Fotheringham
Sports Organiser

CAPA NEWS (Creative and Performing Arts)

The Creative and Performing Arts faculty has been busy celebrating the talent of our students and working towards new programs and initiatives to be offered.

ISER Performance 2014

On Tuesday the 22nd of July the Regional Performing Ensemble invited Year 7, Year 8 and CAPA elective students to watch their annual performance. This ensemble is formed by students across the region that have auditioned to be involved in the extra-curricular program. The quality of the performance was exceptional and staff and students really enjoyed the interaction of the performers with the audience. This production was extremely professional and a great way for our students to be inspired to get involved with Music, Dance and Singing opportunities at Warilla High School. A special thank you to Jayden Belsito for his 'Welcome to Country', Ashleigh Fahey and Wade Duncan for sharing our gratitude, Daniel Perez our resident photographer from Year 10 Photography and a BIG thank you to our very capable "Roadies" Dylan Perek and Jack Wilson from Year 10 Music. There were a number of students who stood out on the day; however a special mention must be made for Rachel Holland from Year 10 who performed as a dancer in the group. Rachel also performed a solo contemporary dance which had the audience in complete silence. Rachel is an exceptionally talented student and we are proud of her efforts beyond the school grounds representing us in both the Regional Performance Ensemble and Southern Stars. Congratulations Rachel.





WORKSHOP OPPORTUNITIES

VOCAL ENSEMBLE: This group continues to meet during break on a Wednesday in CAP1. They are working toward a performance for the Talent Show and performances later in the year. Students are welcome to join this ensemble.

PHOTOGRAPHY AND DIGITAL MEDIA: This workshop is offered on Wednesday afternoons from 3- 4:30pm with Miss Brewer. We have a small number of spots available, see the CAPA staffroom for information. This course will see students exploring digital photography, the dark room and developing a collaborative animation.

PAINTING AND DRAWING: These students meet on a Monday afternoon from 3-4:30pm with Miss Brewer. Whilst this workshop is at capacity be sure to keep an eye out for the Paintings and Drawings. This group is developing for exhibition later in the year.

CAPA DATES FOR THE DIARY:

Please note the following dates in your Diaries! The CAPA Committee will be sending out more information relating to these events soon.

- Week 7 29th August: Southern Stars Performance for students at Wollongong Entertainment Centre
- Week 8: 'Splendour in the Hall' Talent Show
- Sunday 7th September: CAPA Committee **Fundraising BBQ, Shellharbour Bunnings** between 9am and 4pm!



TELSTRA PROJECT 2014

METRE boxes on the roadside are all but a blank canvas for Warilla High School art students. The plain, symmetrical surfaces of meter boxes have been brought to life by the students who have created their own artworks that reflect the natural beauty of the region. The RTA Box Art project was a partnership between Warilla High and Shellharbour Youth Services staff. Students from Warilla High School have designed the art works to reflect the natural beauty of the area on the six boxes installed along Shellharbour Road. Please follow the link for more information on this story.

<http://www.kiama-independent.com.au/story/2378033/students-take-art-to-the-streets-video/?cs=1208>

The following students are to be congratulated on their commitment to this project.

YEAR 7:

Taylor Cattanach	Isabella Krstevski
Piper Rye	Lauren Jamieson
Chelsea Hicks	Holly Carmody
Paris Feenstra	Liam Bromwich
Jack Muscat	Hayden Shoebridge
Sage Langlands	

YEAR 8:

Lachlan Gromek LEAD DESIGNER
Chanel Lome LEAD DESIGNER
Khadijah Hairuddin

YEAR 9

Seek knowledge

Our School's Core Values:

Care for your environment
Embrace honesty
Respect others and value yourself
Seek knowledge

Lily Archer
Nicole Papadimous
Kayleigh Falconer
Emily Sims

YEAR 10

Aimee Braithwaite - LEAD DESIGNER	Brendan Muscat - LEAD DESIGNER AND MENTOR Year 7 Boys Group
Helena Powderly Fragogianni	Jack Dallimore
Vera Radjocic	Coen Gaddes
Elise Bright	

YEAR 11

Brooke Wightman LEAD DESIGNER AND MENTOR Year 7 Girls Group

Miss K. Brewer
Creative Arts

BE PREPARED TO BELIEVE IN SOUTHERN STARS 2014

With the recent media launch of Southern Stars for 2014 we are happy to announce the theme for this year's show is **#webelieve2014**.

The show's theme is about a child's journey through to adulthood – believing in magic and fantasy in the early years, believing in themselves, and through education, believing in a better world.

The show is divided into three segments and each investigates a different aspect of believing, starting with childhood then working through the turbulent teenage years to adulthood.

Again almost 2,800 students will take part in the show which will be full of music, dancing, colour and emotion.

Community support of Southern Stars is vital to ensure its success and future and with that in mind we encourage everyone to support Southern Stars by going to see one of the shows.

It doesn't matter if you know anyone performing in the show or not – Southern Stars is a high energy arena style show which provides great entertainment for people of all ages.

Over 12,000 people are expected to attend the four performances at the WIN Entertainment Centre on Friday August 29 and Saturday August 30 - make sure you are one of them!

Get together a group of friends, or your family, and make sure you get to the show.

Tickets are on sale through Ticketmaster priced as follows: Adult \$48, Pensioner and student over 12 \$38, Student/Child under 12 \$27 and Family pass \$140.

Tickets: <http://www.ticketmaster.com.au/Southern-Stars-tickets/artist/2017467>

Creating Opportunity for Young People

Are you are an employer or do you know an employer in these;

Industries?
Business Services
Construction
Hospitality
Retail

Seek knowledge

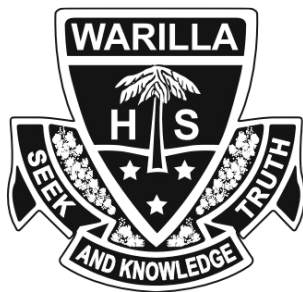
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In 2014, Year 11 & 12 students from Warilla High School require work placements in the above industries.

Work placement is unpaid practical skills industry training and is an integral part of the vocational course these students are studying for their HSC.

If you can help, or you know somebody who can, contact Abbey Hartgrove at Workplace Learning Illawarra on 02 4225 2526 or email abbey@iswlp.org.au to find out more.



WARILLA HIGH SCHOOL

PRINCIPAL: Mr J Hambly BA Dip Ed M Ed MACEA JP
DEPUTY PRINCIPAL: Ms M Brook BA Dip Ed JP
DEPUTY PRINCIPAL: Mr M Stanizzo BA Dip Ed
DEPUTY PRINCIPAL: Mrs J Raison B Ed M Ed

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23 July 2014

Dear Parent and Caregivers

Welcome back to Term 3 at Warilla High School. There are number of important upcoming events that the school would like to bring to your attention:

Year 7-10 Parent/Teacher Evening

On Tuesday 29 July Warilla High School will be holding our Year 7 – Year 10 Parent Teacher Meetings. These meetings will occur between 4.00pm and 7.00pm in the Library and 'A' Block. Students have been issued with a booking form that they should use to make appointments for their parents and respective class teachers.

Year 12 Trial HSC Exams

The Trial HSC Examinations will occur for Year 12 between the 28 July and 8 August. This year the Trial HSC exams will be supervised by a team of exam supervisors similar to those that will oversee the HSC exams in October and November. The Trial HSC exams will be run as closely as possible to the HSC exams to allow students to become familiar with HSC processes and procedures.

This year our exam timetable has the morning exams starting at 8.00am. The early start is due to the three hour length of many exams and the importance of an appropriate break for students between exams, if they have two scheduled on a day.

On the first day of the Trial HSC exams, Monday 28 July, students will be required to meet at the Hall at 7.30am. Students have been provided with their exam timetable and a detailed information sheet regarding the Trial HSC. We would like to take this opportunity to wish Year 12 all the very best for their important Trial HSC exams and also remind students to see staff immediately if they require assistance during the Trial HSC period.

School Uniform

With the cold weather upon us it is timely to remind parents and caregivers of the uniform requirements at Warilla High School.

Most students have been terrific in ensuring they arrive at school with the correct uniform, or a note from home explaining any non-uniform items.

Recently, however, some students have required a reminder that jeans of any colour are not acceptable clothing items to be worn to school. The school has a number of cold weather uniform items available including polar fleece jumpers and school tracksuit pants. Please do not hesitate to contact the school if your family require support or assistance in regard to school uniform.

Health Care Plans

During this term the school will be updating Health Care Plans for students who require them. In the coming weeks a letter will be sent home to parents of students who have nominated conditions on their enrolment information that may require a Health Care Plan.

This letter will request that parents make an appointment later this term to work with the school in the development of an individual Health Care Plan with school staff. Please contact Mrs Raison with any questions.

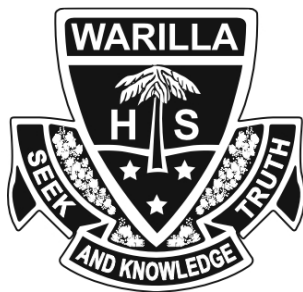
Year 10 Subject Selection

Congratulations to Year 10 who have been working through the subject selection process with a positive and mature approach.

Our subject selection evening last Wednesday 16 July has been followed by individual Careers interviews this week for all of Year 10. The online selection process will open for students on Friday 25 July and close on Monday 4 August 2014.

Please contact the school on 42963055 if you have any questions regarding the information in this letter.

Yours sincerely
Mrs J Raison
Deputy Principal



WARILLA HIGH SCHOOL

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22 July 2014

Dear Year 12 Students and Parents

On Monday 28 July the Trial HSC Examinations will begin for Year 12.

These exams will run for a 2 week period and will conclude on Friday 8 August. Students are only required to attend school when they have an examination scheduled.

This year, the Trial HSC exams will be supervised by a team of exam supervisors similar to those that will supervise the HSC exams in October and November.

This team will be led by Mr Ray Kearin who is currently the BOS Presiding Officer for Warilla High School. The Trial HSC exams will be run as closely as possible to the HSC exams to allow students to become familiar with HSC processes and procedures.

This year our exam timetable has the morning exams starting at 8.00am. The early start is due to the three hour length of many exams and the importance of an appropriate break for students between exams if they have two scheduled on a day.

On the first day of the Trial HSC exams, Monday 28 July, students will be required to meet at the Hall at 7.30am. The purpose of this meeting is to ensure students are made aware of all exam procedures before entering their first exam.

Students have been provided with a detailed information sheet (over page) with instructions for the Trial Exams including items that are and are not allowed within the Hall during the exam period. If students or parents have any questions please do not hesitate to contact the school on 42963055.

I would like to take this opportunity to wish Year 12 all the best for their Trial HSC Exams.

Yours sincerely

Jenni Raison
Deputy Principal