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## Principal's Message

I find it difficult to believe that Term1 has all but come and gone and that a number of big-ticket items have been completed.

These items include:

- Our 2018 Student Representative Council has been inducted into Office.
- Our School Plan 2018-2020 endorsed by staff, students and our wider community.
- Our 2017 Annual Report completed and submitted
- The start of our enrolment process for Year 7, 2019.
- Confirmation and disbursement of our consolidated 2018 budget, and
- The finalisation of our staffing roster.

Year 7 have settled into their routines with a certain swagger and confidence that wasn't so evident few months ago, while Year 12 are awaiting Half Yearly Examination results and the accompanying feedback that will go a long way in directing updated study routines and areas for improvement.

I also had the wonderful experience of participating in a pilot of a *Virtual Reality* program we hope to introduce into the school in 2019. This saw me "wandering" in the Antarctic, tagging penguins for scientific research. The realism of the experience was quite spectacular and I am sure the kids' learning will flourish in this medium. This will be a welcome addition to our foray into 21<sup>st</sup>-century learning and our S.T.E.M. program (Science, Technology, Engineering, and Mathematics).

In more exciting news around our *Schools of the Future* initiative, we have engaged an Academic Adviser, Mr David Clarke, whose company has been sourced by the NSW Government to design new \$100m, 21<sup>st</sup> Century schools. David's insights into what the classrooms of the future look like will be invaluable as we attempt to redesign many of our learning spaces. It will be particularly interesting to receive David's critique of our plans to custom build a digital learning demonstration room that will allow for a range of pedagogical experiences....watch this space for updates!

Students and staff alike had a great time at both our Swimming and Cross Country Carnivals, which were held this term. Participation rates have increased and the continuation of the Colour-Run as part of the Cross-Country experience has really resonated with the kids.

Term 1 also saw the school host a range of visitors from schools, 'west of the divide'. These visits were from country schools to look at some of those practices we have designed which are now regarded as examples of best practice. We have more visits slated for later in the year.

Staff also undertook a "twilight" professional learning session on 20 March, where several mandatory updates pertaining to Child Protection, Corruption and the DOE Code of Conduct were provided.



Finally, I would like to extend a very warm welcome to parents/care providers- old and new to the school- to join us for our P&C meetings. These are held in the school library commencing at 6 pm on the second Tuesday of each month. Our P&C are a very friendly and inviting group and I promise no one will be burdened with some type of job if they attend! Our next meeting is **Tuesday, April 10**.

*With my kind regards,  
Mr Hambly, Principal*

## Deputies Report

The term social media covers many different types of internet applications that allow user-generated content and multi-directional exchange in information. It includes blogs, social networking, wikis, forums and discussion boards and photo and video sharing". (This is according to the Law Society of NSW Legal Technology Committee). The article goes on the state that Social Media can be a powerful tool to enhance communication and learning, as well as build connected communities. As educators, we would agree with this, but there is also a dark side to social media that parents need to be aware of and mindful when watching their child's interactions involving technology. Outside of school, often apparently innocently in their room, children are bullying others and being bullied using social media. We need to be a team of parents and school working together to keep our children safe.

At Warilla High School we believe that all students have the right to a safe environment where they can learn, socialise and express themselves without fear of victimisation. Any form of bullying, including Cyber-bullying and the misuse of Social Media, is not accepted or tolerated in any form. Warilla High School's Social Media Policy reflects the NSW Department of Education's Anti-Bullying policy, Warilla High School's Core Values and the Warilla High School Wellbeing Policy. Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

### Warilla High School Student Rights and Responsibilities using Social Media

- All content on official Department of Education or Warilla High School accounts, including email, must be used for valid educational purposes and linked to the curriculum.
- The use of personal social media via BYOD is not permitted during class time.
- The use of personal Social media platforms must not be used to threaten students, staff or members of the community verbally, socially or physically. This is Cyber-bullying.
- Videos or photographs of fighting, explicit images of minors or threats are not acceptable under any circumstance.
- **The misuse of social media will be passed onto the police and students will be dealt with via the school's discipline system.**

The best thing you can do as a parent/carer is to keep an eye on what is happening with your child and social media usage. Limiting its use is another tactic, and all experts agree that children under 18 should not be sleeping with their device. Ideally, the phone or tablet should be in another room being charged. If your child has a desktop computer in their room there are ways to stop internet usage during set hours. As mentioned by Snr Constable Scott Burgess in his parent address the other evening OurPact.com is worthwhile looking at. OurPact is a breakthrough parental control app and family locator that harnesses the power of the Internet and App blocking in order to teach children proper device use and responsibility. It has the capacity to limit screen time and block the use of selected sites



***If we can get our kids to be thoughtful about making decisions about what they post online, then we've done a good job as parents and educators.***

Below is a table which really powerfully shows how the taking a day or two a week off from school can have a profound effect on a student's overall educational experience. It may not seem like much but .....

<b>If your child misses...</b>	<b>That equals...</b>	<b>Which is....</b>	<b>Over 13 years of schooling that is....</b>
1 day per fortnight	20 days a year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days a year	8 weeks per year	Over 2 ½ years
2 days per week	80 days a year	16 weeks per year	Over 5 years

How about 10 minutes late a day? Surely that won't have an effect...

<b>He / She is only missing just.....</b>	<b>That equals...</b>	<b>Which is....</b>	<b>Over 13 years of schooling that is....</b>
10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 minutes per day	1 hour 40 minutes per week	Over 2 ½ weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years

Every day counts. If you want your child to be successful at school then YES attendance does matter. Be here and be on time.

Have a great break over Easter and stay safe!!!

**Deputy Principals**

**Ms Brook, Mr Ind and Mr Kershaw**

**Week 11A**

9 April	<ul style="list-style-type: none"> <li>Year 12 1/2 Yearly exams</li> </ul>
10 April	<ul style="list-style-type: none"> <li>Year 12 1/2 Yearly exams</li> </ul>
11 April	<ul style="list-style-type: none"> <li>Core Skills Zoo Snooze</li> <li>Year 12 1/2 Yearly exams</li> <li>Rock &amp; Water Training</li> <li>Under 14 boys Futsal Championship</li> <li>Zone Touch Day</li> </ul>
12 April	<ul style="list-style-type: none"> <li>Year 12 1/2 Yearly exams</li> <li>Core Skills Zoo Snooze</li> <li>Rock &amp; Water Training</li> </ul>
13 April	<ul style="list-style-type: none"> <li>Rock &amp; Water Training</li> <li>Core Skills Zoo Snooze</li> <li>Year 12 1/2 Yearly exams</li> </ul>

**Week 1A**

30 April	<ul style="list-style-type: none"> <li>Staff Development Day</li> </ul>
4 May	<ul style="list-style-type: none"> <li>Aeronautical Velocity Challenge Regional Finals</li> </ul>

**Week 2B**

7 May	<ul style="list-style-type: none"> <li>Year 11 Chemistry class to ANSTO</li> </ul>
8 May	<ul style="list-style-type: none"> <li>Core Skills Showcase Evening</li> </ul>

**Week 3A**

15 May	<ul style="list-style-type: none"> <li>NAPLAN Years 7 &amp; 9</li> </ul>
16 May	<ul style="list-style-type: none"> <li>NAPLAN Years 7 &amp; 9</li> </ul>
17 May	<ul style="list-style-type: none"> <li>NAPLAN Years 7 &amp; 9</li> </ul>

**Week 4B**

21 May	<ul style="list-style-type: none"> <li>Vaccinations Year 10 &amp; 11</li> <li>Crossroads Camp Year 11</li> </ul>
22 May	<ul style="list-style-type: none"> <li>Crossroads Camp Year 11</li> </ul>
23 May	<ul style="list-style-type: none"> <li>Crossroads Camp Year 11</li> </ul>

**Week 5A**

28 May	<ul style="list-style-type: none"> <li>Travel Safety Presentation</li> </ul>
30 May	<ul style="list-style-type: none"> <li>Year 7 CAP LOTE Excursion</li> </ul>

**IMPORTANT MESSAGES****LATE ARRIVAL – CHANGE OF PROCEDURES**

Up until 9.15am go to the side window of the Library between 'A' block and the Library block. One of the Office Staff will record your information and give you a late slip to get into class. After 9.15am report to the front office. Arriving late 3 times **without a note from parent/guardian** will result in parents being contacted by the school and consequences will apply.

**SCHOOL FEES**

Invoices for school fees will be sent to parents/guardians by mail during Week 5 of Term 1.

The fridge magnet calendar with 2017 important school dates will also be included.

**UPDATING STUDENT DETAILS**

If you change your address, phone number, including mobile number, or other contact details could you please let the school know as soon as possible?

**PRIVATE PERSONAL PROPERTY**

Personal property which is brought to school is the sole responsibility of the individual. The school is not insured to cover loss or damage.

**PARKING IN SCHOOL ZONES**

Heavy fines are imposed for illegal dropping off or picking up students in school zone hours.

The school car park is for staff parking only and is not to be used for dropping off or picking up students.

**RIDING A BIKE TO SCHOOL**

Students who ride a bike to school are required by law to wear a helmet.

### Caltex Service Station Concern...

Dear Parent/Care-Provider,

I am writing to bring to your attention a concern expressed to me by the proprietor of the Caltex Service Station on Shellharbour Road; some 100 metres from the school. He has asked me to remind parents that the service station is not a public parking area, especially around school drop-off and pick-up times. He alleges that some parents are actually parking in the petrol bowser driveways, preventing customers from using the facility! I have assured him that I would bring this situation to your attention and that I was sure of your support in this request.



I thank you in anticipation of your cooperation.

*Yours sincerely,*

**Mr Hambly**

**Principal**

### Mobile Phones-An Issue

Dear Parents/Care-Providers,

I am writing to enlist your support. There has been a growing tendency for students to use mobile phones during class.

This is clearly a breach of our stated policy (see below).

Staff are being increasingly frustrated when students who are asked to put their phones away seek to argue with teachers.

Such blatant disobedience upsets lessons and simply won't be tolerated.

Can you please reinforce with your child that devices they bring to school are not to be used in class unless teachers specifically request they do so.

It is to the point where quite serious consequences will ensue for those students who continue to defy this policy.

I thank you in anticipation of your cooperation.

**Mr Hambly**

**Principal**

## WARILLA HIGH SCHOOL

### MOBILE PHONE, IPOD AND ELECTRONIC DEVICES POLICY

*It is strongly recommended that students do not bring mobile phones, iPods or other electronic devices to school unless they are specifically requested by their teacher for learning experiences.*

- **Mobile phones, iPods and electronic devices must be switched off and out of sight during lessons and change of class. Earphones are to be removed from ears during all lessons.**

- Mobiles are only to be used during lunch and recess breaks and only for **legitimate, legal communication** purposes. A student **cannot use the camera in a camera phone without the permission of the student/person** being photographed.
- Students who have devices switched on in class (including phones that ring, vibrate or indicate a text message, iPods and other electronic devices) will be dealt with via the school's discipline system.
- Continued use of a phone, iPod or other electronic device will result in a suspension for continued disobedience.
- Students who bring phones or other equipment to school do so entirely at their **own risk**. The school will not be responsible for lost or stolen phones, iPods or other electronic entertainment devices.

**NB: At no time should a student use their mobile phone during school hours to contact a parent and arrange to be picked up, even if they are sick. These arrangements can only be made through the front office.**

## HSC Disability Support Provisions (special provisions) 2018 Applications

Dear Parent/Carer

NESA offers practical support to students sitting the HSC if they have a recognised disability.

Submission of applications to access disability support provisions will generally close at the end of term 1, the year your child sits the HSC exams. NESA will consider late applications.

NESA requires supporting evidence to be submitted with each application. Often this evidence is in the form of current diagnosis from medical providers including doctors, as well as allied health professionals such as physiotherapists, psychologists, occupational therapists, behavioural optometrists

Support offered depends on the disability, but can include separate small group supervision, reader, writer, extra time, stand & stretch, rest breaks, diabetic provisions.

It is possible for NESA to permit nonstandard support if warranted.

If you are interested in finding out more regarding the process of applying for Disability Support Provisions for the 2018 HSC, please contact Ros Gaynor Learning and Support Teacher

**Ms Gaynor**  
**Learning and Support Teacher**

## National Disability Insurance Scheme (NDIS)

Dear Parent/Carer

On Thursday, 5<sup>th</sup> of April, from 3.30 to 5pm, Warilla High School will be hosting an information session about the NDIS. The Uniting Local Area Coordinators would like to assist you in building your knowledge of the National Disability Insurance Scheme (NDIS).

The NDIS rolled out in the Illawarra Shoalhaven region in July 2017 and is already assisting many participants to build their capacity and benefit from supports related to their disability. The scheme is the biggest social reform since Medicare and there is a lot to learn. Together, the Uniting Local Area Coordinators (LACs) and would like to connect you with information that will help you understand the concept and application of the NDIS and what it means for you.

If you have questions on how to access the NDIS, what's needed to build a "First Plan" or how the Local Area Coordination team can assist you, please join us on Thursday, 5/4/18 from 3.30pm at Warilla High School.

# Uniting



Uniting is an NDIS LAC Partner delivering NDIS Local Area Coordination services in NSW

**Mr Demertzis**  
**Head Teacher, Special Education**

## NASA VC

Warilla High Students were given the unique opportunity to hold a teleconference with NASA/JPL Scientist Todd Barber, who has worked on several missions including the Mars Exploration Rover mission which placed the Curiosity Rover on the surface of Mars over 50 million km away from Earth.

Mr Barber detailed intricate and 'behind-the-scenes' details of the Curiosity mission to an engaged crowd of 35 students spanning across all school years, and then provided students with the opportunity to participate in a Q and A session. Our students asked a range of thoughtful questions, including "what role did women and girls play in the mission?" (From Elissa Hayman, Year 11), "what materials were needed to ensure the Curiosity Rover survived on the Martian surface?" (Ruby McGregor, Year 7), and the exceptionally insightful question from Ivy Halliwell (Year 7) "does it make you see the world differently working at such a high level in space?"

Our students were impressed and inspired by the chance to speak directly to a real-world NASA/JPL scientist, and we are grateful to Mr Barber and the NASA/JPL teams for all their educational and scientific endeavours.

**Troy Koglin**  
**Science Teacher**



## Wellbeing

**What a Term!!**

### Easter Show

Last week we took 200 students on a rewards excursion to the Easter Show. They were greeted with a variety of food, animals, activities, rides and an extremely large amount of showbags!! The students were perfectly behaved and a credit to Warilla High school.

### YAM

The Year 9 YAM program will conclude this week. The 3 Week program introduced all of our Year 9 students to the problems associated with poor mental health and what support networks are available to them in a community setting as well as programs that are available to them nation-wide. It has been facilitated by 24 trained presenters in conjunction with the staff on the school Equity team. The students have all engaged well in the program, with the feedback from the presenters being extremely positive.

## eSmart

As an eSmart school, we are constantly looking to encourage our students to use social media and devices in a safe and positive manner. Reminders about how to do this are taught weekly at Assemblies, Year meetings and in the classroom.

Next term, on the 3<sup>rd</sup> May, School Police Liaison Officer, Scott Burgess will be coming to Warilla High School to talk to each year group about the dangers associated with inappropriate use of social media, as well as the legal ramifications that some young people may face if they chose to use social media to harass or bully other people. Further information will be passed on at the beginning of next term.

*Mrs Cairncross*

*Head Teacher Wellbeing*

## Careers Update

### Upcoming Events:

**8<sup>th</sup> May- Illawarra Schools Careers Expo**

**8<sup>th</sup> May- UOW Information Evening**

**12<sup>th</sup> June- Illawarra Schools University Forum**

**19<sup>th</sup> June- Parent Teacher Afternoon, Years 10, 11 &12**

**27h June- Year 10 into 11 Subject Selection Evening**

### 2018- Focus: Careers Connect:

Our focus for this year is connecting- with students, with parents and with the community to give an insight into what we do, what programs we run and how we help your WHS student.

**Year 11-** This term we have been connecting with Year 11 English Studies, working in conjunction with the English teachers to complement their syllabus content of preparing for the workforce. We have weekly lessons, bringing in guest speakers from the **Defence Force** and local host employers **HVTC Illawarra** to let our students know what they are after in an employee. Topics covered so far: Options alternate to school careers webpage, understanding how to be assertive in the workplace, the benefits of work experience, what an employer looks for, social media and employment awareness.

### Year 8 –

Through guidance classes, we are working with the Year 8 students to investigate what a resume is and how they can collect the soft skills that employers are after while they are still at school. Identifying skills gaps of volunteering, assisting with chores at home, involvement in clubs and organisations, involvement in extra school curricular will help the students collect the skills they need when looking for casual or part-time work down the track.





Year 8 – 8.9 students collaborating to work out the soft skills they can collect while still being at school.



Year 11 English Studies, Reconnect students and Year 12s were invited to listen to the ways the Defence Force can provide them with an alternate pathway post-school.

### Work Experience

Each term, students from Year 9 to 12 can have access to work experience on either one of two weeks available. Once they have completed a Ready2work work experience workshop with Tracy and Sharna, they then understand the legal requirements and protocols they must follow to complete work experience. They are taught how to source work experience, assistance with how to speak to an employer, sorting out insurance papers, etc. As long as the student does not have any clashing assignments, assessment tasks, and follows the code of good behaviour here at WHS, they are more than welcome to explore the world of work for a week. Put your name down in the Careers Room if you need to complete the workshop first. Work experience dates for Year 9 and 10 Term 2- Week 6 and Week 9

### Supporting Your Senior Student Info Evening:

Tuesday 27<sup>th</sup> was our evening to connect with the parents of our senior students to let them know how we will be supporting them throughout the year. We were grateful to the parents and carers who attended on the evening. We have a variety of programs and events to support the senior students and will endeavour to hold a similar evening later in the year.

**School Based Trainees and Apprentices:**

Congratulations to the following senior students who have secured a school-based apprenticeship or traineeship for 2018. These students juggle training, school and work, completing a minimum of 100 paid days on the job over two years. They should be commended for being able to balance these commitments. We are grateful to the following businesses that support our students:

**Kade Regan-Leighton** – Cert II Warehouse Operations-Reece Plumbing Unanderra

**Ryan Warne**- Cert II Warehouse Operations- Reece Plumbing North Wollongong

**Rhiannon Martin**- Cert III Individual Support-Disability Trust

**Colby Adam**-Cert III Construction- JRK Build & Design

**Gema Hardy**- Cert II Business Services- DEC Warilla Office

**Jed Brooker**- Cert II Electrotechnology -Airport Equipment, Mascot Airport

**Travis Robinson** –Cert III Engineering (Mechanical) - Highlube Engineering

**Reconnect: What is it?**

The Reconnect program is for senior students who may be considering an alternate pathway. They may be looking at exploring the world of work, studying with an external provider or a combination of both. The students are withdrawn from two lessons per week into small groups to explore options that are suited to their pathway. Topics covered in the ten-week program include: Occupation testing, Illawarra industry snapshot, study options, wages and the cost of living, where the jobs are, budgeting, what employers are after, group interview techniques, access to white card courses, tax file numbers, guest speakers, work experience, resume and cover letter development, etc. If you feel your child would benefit from this and is in Year 11 or Year 12, please contact Sharna to be put into the Term 2 group.

**International Women’s Day**

Representatives from Warilla High School were invited to attend two functions to celebrate International Women’s Day. The function coordinated by Bluescope Illawarra highlighted the contribution and achievements of four women in our community; a migrant teacher, a performance teacher, a human resource manager and an international musician.

Students also attended a High Tea at the Novotel Wollongong for young women aspiring to be leaders in The Australian Defence Force. The theme was “never leave a woman behind’. Both events were inspirational, and the message about females being able to achieve their goals and dreams was well received by all.

**Discovery Day Year 12**

Discovery Day for our Year 12s was early this term. Our Year 12s who are studying an ATAR pathway applied to spend a day in the Faculty at UOW that they showed an interest in. Along with listening to engaging keynote speakers, the students were immersed in UOW life for the day. Ex WHS student Matt Bright was on hand to assist the thousands of students looking to attend UOW in 2019. Our students were grateful for the experience that

UOW continues to provide and it will help our students make a more informed decision what course they will choose if they decide to apply.

**EVET Update - (External Vocational Education & Training)**

VET courses are up and running for 2018. Each week we have 70 students from year 11 and 12 attending the following courses:

Fitness @ University of Wollongong College

Design Fundamentals @ Whitehouse Institute of Design, Australia

Aviation, Remote Pilot @ Warilla High, delivered by UAVAIR

Animal Studies @ Yallah

Human Services, Fitness, Early Childhood @ Shellharbour TAFE

Information & Digital Technology IDT, Salon Skills, Beauty @ Wollongong West TAFE

Electrotechnology, Plumbing, Retail Baking, Tourism & Events @ Wollongong

### The Bus Tour – Support Services Post School

Tracy was invited to attend a bus tour for parents and senior students from our Support Unit, to explore the services that can assist our students with post-school options. The bus tour involved stopping at NDIS providers, checking out their facilities, listening to their programs of support and meeting the providers themselves. Providers were Essential Employment, Greenacres, Flagstaff, The Disability Trust. A great informative day was had by all involved. Thanks to Head Teacher Mr Demertzis, parents and the students for putting up with Tracy for the day!



### How we connect with YOU:

- Facebook- **Warilla High Careers** – This is our main mode of contact with the wider student and parent group and is updated daily.
- Warilla High Careers Website: [www.warillahighcareers.com](http://www.warillahighcareers.com) – This is a one-stop shop for all information regarding careers information. With up to date information, it has a student secure area where templates, quizzes, and games can be explored, along with post-school options, info on gap years, TAFE, Apprenticeships, and detailed newsletter is also downloadable from the website.
- **Year Assemblies** – Tracy will attend your Year assembly for information that is relevant to your year group.
- **Visit us!** We are open at break times for you to come and chat about any concerns or questions you have. Find us in A block-opposite the office!

### NESA Update:

Students in Year 10, 11 and 12 have received their first issue of NESA's Student News for 2018. The newsletter will be in the student's email and contains very important information. Students who did not receive a newsletter should check the email address in their Students Online account, accessed via My Details. They will need to activate their account if they have not done so already.

# Save the Date

## Coming Up! Illawarra Careers Expo 8<sup>th</sup> of May 2018

- Open to Year 9 to 12
- Notes available soon
- Transport to and from venue and entry \$10
- Parent and caregivers session
- Keep your eye on our Facebook page for updates and list of exhibitors
- Not to be missed!

### SRC

#### Love and Harmony

Since the beginning of the school year, the SRC has been working hard to pull together amazing events for the school to enjoy and celebrate. Valentine's Day was the first event where we managed to raise \$200. Students were able to purchase a beautiful rose or multiple Hershey's Kisses for their special loved one. The day was full of love and compassion, Warilla High even had their own cupids as members of the SRC dressed up and delivered the goodies. As they say, "Love was in the air".

On the 21st of March, the school came together for Harmony Day where a sausage sizzle was on offer and anyone was allowed to contribute by wearing a piece of orange clothing - symbolic of social communication and meaningful conversation. We prepared Orange Ribbon pins for students to wear on the day and it was awesome to see so much orange around the school.



Over both events, the students and staff managed to raise over \$400 which will contribute towards a mural for the school to celebrate diversity and inclusivity within our school community. All ideas for the mural are welcome! Or if you are an artist/know an artist who may want to contribute, please see Miss Gehrels, and SRC representative or come to an SRC meeting, every Monday first break in D22.



#### **Other news:**

Our SRC Induction was held on the 17th March. Our assembly was attended by parents and friends of the SRC, Mr Hambly, Mrs Cairncross, and Miss Gehrels as well as a special guest, 2017 School Captain, Sophie Ryan. A massive thank you to Olivia Spiteri for the beautiful rendition of the National Anthem as well as Martin Garrix & Dua Lipa's "Scared to be Lonely" and thanks to sound technicians for the day, Sage and Caleb.

Keep an eye out around the school for SRC suggestion boxes and information on those in the coming weeks!

#### **Holly Mills - Year 9**

#### **SRC Representative**

## **Sport**

#### **AFL Report:**

Congratulations to the Under 15 boys team who participated in the Swans Cup at Figtree Oval on Tuesday 27<sup>th</sup> March. Most of the team had never played the game before and quickly learned that it is a totally different style of football to League, Touch or OzTag. Two tough games against Holy Spirit College and Edmund Rice meant results didn't go our way but the boys were a credit to themselves and represented Warilla High well, with parents from the other schools commenting "what a nice bunch of kids you have". Well done!

The Open Girls AFL team also travelled to Swans Cup on 28<sup>th</sup> March, to North Dalton Park to compete against other schools in some modified games aimed at demonstrating to girls AFL as an option for sport. With the growth of the women's game has come increased talent and we came across some very good schools early in the day. As the day went on the confidence increased and Warilla was able to achieve victory against Corrimal High in an entertaining game of football. Well done to all the girls for having a go at a new sport and again they were all great ambassadors for the wonderful things we do at Warilla High School.

#### **Mr White**

#### **Under 13's Rugby League**

On Tuesday 27th March our Under 13's boys Rugby League teams played in the Shaun Timmins Shield at Sid Parish Park, Figtree. With the depth of talent in the New Year 7 cohort, we were able to field 2 full teams which were very competitive on the day. One of the teams won 2 of their 3 games, losing narrowly to Illawarra Sports High School, while the other team lost their games by 2 and 4 points.

Unfortunately, we did not progress to the next level. However, with the level of skill shown on the day, I am confident that these teams will be a strong force in the near future. All the Players are congratulated on their performance both on and off the field. Players of the day included: Malakai Walters, Jack Rhodes, Ryan Keen, Shay Nizza, Zacc Lewis, Eden Hodges, Taj Devine, Isaac Walchli and Denzel Walker.

#### **Cross Country/ Colour Run 2018**

On Thursday 15th of March, Warilla High conducted their annual Cross Country/Colour Run held at the picturesque Blackbutt Forest.

Over 500 students attended the whole school carnival and competed in the Cross Country Championship or the Colour Run event.

Competitors were tested on the undulating course, covering a distance of 3.5Km for juniors and a 4.5Km for senior students. Despite hot and sunny conditions, competitors set some quick times.

Following the competitive races, all years participated in the Colour Run event, then enjoyed BBQ lunch and other refreshments along with house games for the remainder of the day.

It was great to see approx 600 students there on the day however that does mean that there were close to 600 students missing on the day. Parents are advised that attendance to whole-school sporting carnivals are mandatory school days for all students.

Age champions 2018:

12 years boys - Kynan Burke 17.10 min	15 years girls - Ruby Keen 20.29 min
12 years girls - Charli Ryan 28.42 min	16 years boys - Liam Pass 21.37 min
13 years boys - Jackson Walsh 15.35 min	16 years girls - Grace McLeod 23.25 min
13 years girls - Jordyn Martin 17.16 min	17 years boys Lachlan Caires 21.34 min
14 years boys - Isaac Shaw 14.13 min	17 years girls - Shayla Szakacs 24.38 min
14 years girls - Ashleigh Goncalves 17.49 min	18 years boys - Brodie Stewart 24.03 min
15 years boys - Riley Curry 16.03 min	

**Andrew Murray.**

**Carnival Organiser**

### **NSW All Schools Triathlon Championships**

This is a huge event on the NSW School Sporting calendar and this year we had our first individual entry in Brock Neall (Yr 8)

Competing in the junior section, Brock was our sole competitor on the Wednesday 28<sup>th</sup> February. He was competing along with 244 other students and was placed 16<sup>th</sup> overall. Brock still has another year in this age group and will be even more competitive in 2019.

On Thursday 1<sup>st</sup> March we had three teams competing.

Team 1: Jazlyn Cleary (swim leg), Ryan Keen (Bike) and Jordyn Martyn (Run) finished 32 out of 245 competitors.

Team 2: Tylah Richards (Swim), Flynn Gibson (Bike) and Ella Richardson were 6<sup>th</sup> overall for the CHS schools

Team 3: Mackenzie Lear (swim), Lachlan Kirk (Bike) and Isaac Shaw (Run) competed in the Intermediate section. Their results were 15/50 in the CHS school's division and 43/141 overall. These students were competing against much older athletes and can be so proud of their efforts.

Most importantly the competitors had a sensational and to be involved in an event such as this one should give them all an enormous sense of satisfaction.

This event continues to grow in popularity and hopefully, next year will see even more students signing up to be involved.

Thank you to the parents for taking the students and providing photos and updates on the day.



**Lachlan Kirk**



**Mackenzie Lear**



**Isaac Shaw**

### Warilla High School Swimming Age Champions

Congratulations to the following students who are our age champions for 2018.

There were some incredibly close results in some of the age groups, where only one or two points separated first and second. This provided some very exciting competition at the school carnival.

Age	Boys	Girls
12	Kynan Burke	Jazlyn Cleary
13	Harry Ryan	Tylah Richards
14	Brock Neall	Brielle Lambert
15	Jayden Wells	Mackenzie Lear
16	Ethan Rowles	Grace McLeod
17+	Kobe McEwan	Equal Emma Hutchison and Jordyn Burke

Zone Age Champions have not yet been acknowledged. Warilla High School is the Southern Illawarra Champion School and we had a very dominating team competing in the Zone.

Congratulations to these 39 students who represented their school with distinction: Bree Hlis, Keira Thomson, Jackson Walsh, Harry Ryan, Kynan Burke, Brock Neall, Jhett Lopez, Zaeja Southall, Tylah Richards, Jazlyn Cleary, Mia Riza, Aari Lade, Adel Ryall, Ivy Halliwell, Kiara Leis, Christian Bosevski, Taj Devine, Jackson Sheedy, Hunter Gittoes, Jordyn Martin, Tom Ryan, Nathan Robinson, Joel Whalan, Mackenzie Lear, Maddelyn Newton, Brielle Lambert, Eleanor Lloyd, Madison Newman, Piper Stephens, Jayden Wells, Jett Murray, Jake Almond, Grace McLeod, Tahni Dropulic, William Rees, Jed McLaurin-Davis, Ethan Rowles, Emma Hutchison and Kobe McEwan

Following the Zone meet, most of our representatives backed up at the South Coast Swimming Championships.

Again, Warilla High was outstanding across the day and at the end of the day, Ulladulla HS was recognised as the Champion school in the region, with Warilla High a very close second.

Maybe 2019 can be our year if all our swimmers are available.

Unfortunately, some of our students who qualified to represent South Coast at the CHS State Championships, are unavailable because they will be spectating at the Commonwealth Games. Enjoy the experience that being able to attend these games offers, and maybe set yourself some goals that may give you extra motivation when training all those long hours each week.

It was evident from watching our students achieve the level they have in the pool, that they are extremely fit and highly motivated in their pursuit of excellence.



Parents of these students who are getting them out of bed just after 4 am a few days each week to train before school are fully aware of the effort these students go to. You must be extremely proud to be able to watch them achieve and be rewarded for many hours of effort and sacrifice.

### **Open Boys and Girls Touch**

These trials were held in Goulburn on Friday 23<sup>rd</sup> March.

Congratulations to Lily Murdoch and Chloe Smith (Yr 11) and Trey Barlow (Yr 10) for being selected to represent South Coast in the CHS State Championships. The girls will be travelling to Wagga Wagga and the boys to Bateau Bay.

### **Open Girls Netball Trials**

12 student's trialled for the South Coast Team. Congratulations to Tamara Ebbs (Yr 12), Danielle Clarke, Jessica Almond. Who has been selected in a squad to train over the next month before the final team is selected.

### **Open Football Trials Boys and Girls**

Again, a strong contingent of students from Warilla High was represented at the South Coast Trials.

Adrian Avello-Lopez was the only student selected in the South Coast Boys team, reinforcing the strength of football in this region.

### **U16 and Open Boys Rugby League Trials**

Following the Zone Football Carnival day, Warilla High had a host of players invited to trial for the South Coast Teams.

Some of the boys made themselves unavailable because they were in the younger age bracket for the Open Teams – a wise choice considering the physicality of the game.

Congratulations to Trey Barlow, Jack Bostock, Kane Stage, Colby Smith, Jarvis Polley and Noah Guyatt for the 16's.

Jesse Jenkins and Oliver Williams both trialled for the Open Boys teams.

Trey Barlow and Colby Smith have both been selected to represent South Coast and will trial against Riverina for a position in the Southern NSW team.

### **South Coast Golf Championships**

This year the championships were held at the picturesque Moruya GC on Monday 19<sup>th</sup> March. Golfers were teeing off from 8 am which required an early rise or an overnight stay for all involved.

Cassidy Graham (Yr 12), Selena Bosevski (Yr 9), Brad Wills (Yr 8) and Eddie Ward (Yr 10) were our representatives.

Cassidy is the South Coast Girls Champion for the second successive year shooting a 79. Selena was only 3 shots away on 82 and also took out a Nearest to the Pin award. Eddie and Brad both were competitive with rounds of 83 and 81 respectively.

### **Calling all Gymnasts**

Warilla High boasts many talented gymnasts that train regularly and compete out of school.

Would you be interested in trialling for the South Coast Team??

Nominations close with Mrs Clune on May 18. Trials will be held at the Nowra Showground on June 6, 2018.

- Information regarding the selection requirements are found on the South Coast NSW School Sports Unit website. The specific information on the levels is found on this link: Information regarding levels and division requirements as well as being listed below can be found on the NSWCHS web site – <https://app.education.nsw.gov.au/sport/page/942>

It would be wonderful to be able to showcase some of the talent we have in the field of Gymnastics at a school level.

If you require further information – please contact Mrs Clune on [denise.sevil@det.nsw.edu.au](mailto:denise.sevil@det.nsw.edu.au)

### **Upcoming Events for Term 1:**

With the term almost completed we have a few events to complete a very packed term

**Girls Rugby Union Trials** – Thursday 5<sup>th</sup> April – Kiama Showgrounds

**Lawn Bowls** – South Coast Championships Week 11

Boys and Girls 9/10 Touch Day – Tuesday 10<sup>th</sup> April – fairy Meadow.

**Touch** – Open Boys and Girls Zone Championships Wednesday 11<sup>th</sup> April – Albion Park Rail Oval

**AFL** – Under 16 Trials – Week 11

**Soccer/Football** – South Coast Opens and Bill Turner Cup Knockout Games

**Ms Clune**

**Sports Organiser**

## Girls Soccer

The Warilla High Open Girls soccer team travelled down to Bomaderry for our first match of the competition. A team made of some fresh-faced juniors as well as some seasoned seniors made easy work of Ms Raisin's Bomo team with an 8-0 victory!

Big ups to our cheer squad, Mr Hambly for the support we needed to take the win.

Watch this space for an update on Round 2

**Ms Gehrels**



## Year 7

Year 7 have successfully completed their first term in high school. Students are engaged in their learning and are building strategies on how to be organised and study. It is great to see so many students using their school diaries, as this an excellent method for keeping organised in terms of homework, assignments, assessment tasks, permission notes and keeping track of school events. Students are advised to pay attention in roll call, school assemblies and year assemblies for important messages.

Year 7 recently received their interim Reports which was a summary of the student's progress so far. If you have any questions or concerns regarding the report, please contact the relevant teacher. The Year 7 "Welcome to Warilla High School Afternoon Tea" on the 20<sup>th</sup> of March was well attended, and it was a great opportunity for parents and guardians to meet their children's teachers, and discuss interim Reports. Parents, guardians and students, also had the opportunity to listen to Constable Scott Burgess about Cyber awareness and attend a Study Skills session.

It's been a busy term with many students participating in a range of activities in and outside of the school, such as the Cross Country, Pi Day, Motivational Media, CAP Camp and the Easter Show excursion. The students have been enjoying these activities and have been active participants. Next term the students have the Year 7 Camp to look forward to, with over 150 students attending. More details about the Year 7 Camp will be sent out soon. With term one nearly over, the students have holidays to look forward too, when they can reflect on their progress and enjoy a deserved break.

**Mrs Ratajkoski**

**Year 7 Advisor**

## Year 8

#Future me is the flavour of the Term for Yr 8. During Guidance lessons, students have been projecting their thoughts into the future to imagine where they might see themselves working. To complement the Yr 8 Guidance program, in week 6 students were involved in

#Future me workshops with University of Wollongong mentors. Students completed activities which allowed them to use the 4C's 21<sup>st</sup> Century skills, Collaboration, Critical thinking and problem solving, communication and creativity to design an ultimate learning space. They also matched their individual personality traits and strengths with a career type and possible fields of work. Fantastic feedback was received from the UOW mentors about the participation of our students during the workshops. Well done!

Students now have knowledge of their *preferred learning style(s)*, *job interests* and *career type(s)* which will allow them to pave a future pathway which will evoke purpose and value in the learning opportunities presented to them throughout their high school life. I encourage you to have discussions with your child about their future and current ideas to assist them to make informed choices for Stage 5 and Stage 6 electives and subjects when the time comes around.

Our Careers Team, Mrs Hicks and Sharna, are also another significant element of the Yr 8 Guidance program, in which students are spending a lesson being introduced to the 'Careers Connect' program. The importance of knowing how to create a quality resume, identify skills and opportunities to build skills to include in a resume to ultimately create a pathway into the workforce with a competitive edge. Throughout Term 1 and Term 2, the Careers Team will meet with all Yr 8 Guidance classes and the student will receive a template to assist them to create a quality resume and continue to add to as they progress through High School.

The Vivo student reward system is an example of the types of skills and application and aptitude future employers are looking for. Many students are already reaping the rewards from the Vivo shop. Keep up the commendable efforts.

Our **High Flyers** for Term 1 so far include:

- Ben Wood – At the Australia/NZ National Championships in December last year Ben placed 1st in points sparring, 4th in freestyle sparring and 3rd in Sumo in the which allowed him a position in the Australian Squad for the AMAC Karate Championships in Japan in the World Martial Arts Championships to be held in Yokohama, Japan 5th May 2018.
- Oceanna Rogers – As the winner of the Hurley Surf Comp she participated in a 3 day camp with Professional Surfers at North Coast NSW.

If your child has achieved success as a High Flyer and would like to be acknowledged, please ask them to provide the details to Mrs Lambert.

I hope the student's time off school over the Easter break is safe and enjoyable. It isn't long now until the two week School holiday break. Please check with your child to ensure that any assessments or tasks that are due before the holidays are completed and submitted.

**Mrs Lambert**  
**Year 8 Advisor**

## Year 9

It is hard to believe that we are close to the end of Term 1 already! We recently held our Cross-Country Colour Run event, which was, as usual, a really fun day. The students who attended had a great day, starting first with some House competitions, followed by the cross-country event, colour run and then finished with an Easter egg hunt! Whilst it was a great day, it was disappointing that so many year 9 students weren't in attendance. Students are expected to attend whole school carnivals, so it would be nice to see more at the Athletics carnival next term.

I hope all students and families enjoy their Easter break and stay safe if travelling. There will be two weeks left of the term once students return from the break, so it is important that they are still meeting expectations and completing any work/assessments that may be due at the end of the term. Happy Easter!

**Ms Fitzgerald**  
**Year 9 Advisor**

## Year 11

It has been a busy start to the senior school for Year 11. Students have now settled into their preliminary courses and assessment tasks are coming thick and fast!! Students are encouraged to utilise the school tutoring – after school on Tuesdays – and to see me if they need any further assistance. It is also important to remember the Year 11 Camp is fast approaching (21<sup>st</sup>-23<sup>rd</sup> May 2018). Students should now

be looking to finalise payments at the front office. The camp is a wonderful opportunity for students to develop an understanding of their personal potential. Past attendees have returned from camp feeling more comfortable with themselves, their strengths and capabilities. Please note: It is not too late to attend the camp!! See myself or Mrs Tregonning if you are still interested. Have a safe, happy break everyone!!

**Mr Roskell**  
**Year 11 Advisor**

## Year 12

Students are well on their way to their final year of Warilla high. Week 9 is block out week where there is no year 12 student excursions happening to allow students to be in class and revising for their half yearly exams. Half yearly exams are on week 10 & 11. Exams will start on time so please arrive to your exam with enough time to prepare. Please refer to your exam timetable.

Congratulations to those year 12 students who raised money for the year group during the swimming and cross-country carnival. Special thanks to Lachlan Phillips who collected cans and bottles to recycle on these to carnival days. Money will be going towards the end of year formalities.

With the pressures of school please make sure you are taking up the free tutoring here at school on a Tuesday afternoon. Also remember the importance of rest and eating well during these busy times.

**Mr Cairncross**  
**Year 12 Advisor**





# Our HSC students always have homework! 🤪



## The ultimate resource for year 12 students, teachers, and schools

Curriculum focused video lessons, exam practice, and study planning tools. Crafted by the country's best teachers and powered by tomorrow's technology.

## Subjects that have Edrolo:

- Business Studies
  - Biology
  - Chemistry
  - PDHPE
- Maths General 2

## WHAT IS THE HSC MINIMUM STANDARD?

A minimum standard of literacy and numeracy is required to receive the HSC from 2020 to reflect the importance of literacy and numeracy for success in daily life. HSC students will need to meet the HSC minimum standard in three areas – reading, writing and numeracy. The standard is set at level 3 of the Australian Core Skills Framework (ACSF), which means students will have the basic reading, writing and maths skills needed for everyday tasks and future learning after school. It includes skills for tasks such as:

- following safety instructions in equipment manuals
- understanding a mobile phone plan
- writing a job application
- creating a personal weekly budget.

Literacy and numeracy skills are essential for success in learning and life after school. Together with the NSW Literacy and Numeracy Strategy, the HSC minimum standard is part of an effort to extend the literacy and numeracy focus up into secondary school.

Who needs to meet the HSC minimum standard?

If you are sitting the HSC in 2018 or 2019 you do not need to meet the HSC minimum standard.

### Year 10 students

If you are in Year 10 this year (2018) and did not receive a Band 8 or above in the 2017 Year 9 NAPLAN tests you will need to take the minimum standard online tests between now and Year 12 to receive your HSC in 2020. If you achieved a Band 8 or above in one or more of the 2017 Year 9 NAPLAN tests you are recognised as having met the HSC minimum standard in that area/s and will not need to sit the corresponding online test/s.

Warilla High School has already participated in the first session of HSC Minimum Standards test with great success in students meeting the minimum standard of Level 3 in these tests. Students who did not achieve a Level 3 have a report, which identifies the skills needed to meet this standard. The school will now work with these students to build their skills and knowledge before they re-attempt the examinations.

NESA opens the window for testing each term and so there will be continued opportunities for students to sit the tests over the year and into Year 11 and Year 12.

### Year 9 students

From this year, Year 9 NAPLAN tests will no longer be available as an early way for students to demonstrate the standard. This change has been made to ensure NAPLAN remains focussed on its diagnostic purpose and to reduce unnecessary stress on young people. This means that Year 9 students will complete NAPLAN in 2018 and then when in Year 10 2019, will sit the HSC Minimum Standards Tests in all areas of reading, writing and numeracy to provide evidence of skills that demonstrate the minimal standard.

### Exempt students

Where possible, all students in NSW should be supported to develop core literacy and numeracy skills required for success in life after school. Some students sitting the tests will be eligible for disability provisions or be exempt from meeting the HSC minimum standard in order to receive their HSC.

If you have any questions regarding NAPLAN and/or the HSC Minimum Standards Tests, please do not hesitate to contact Mrs Glasgow, Head Teacher Teaching and Learning at the school.

***Mrs Glasgow***

***Head Teacher Teaching and Learning***

## Mural Launch - Leadership Program

In 2016 a group of young people in year 7 participated in a leadership program with Shellharbour City Council's Youth Services Youth Development Worker - Louise Hakkenbrock.

The group developed leadership skills through working on a project. The young people involved in the leadership group were:

Kristi Babic, Alannah Blake, Maddison Caires Maguire Coster, Dane Dunningham, Sarah Evans, Analiese Inglis, Lachlan Kirk, Elara McGregor, Kelly Mintoff, Piper Stephens and Jayden Wells.

Many project ideas were discussed and the group decided they wanted to improve the Year 7 area as it was not very inviting.

After looking at many options to do this it was decided to do a mural. The group had to get approval from relevant school staff, raise money to cover costs. Shellharbour Youth Services assisted with some of the costs for the project.

The inspiration for the mural came from a photo by a local photographer – Andrew Bennett. The group then had to get permission to use Andrews image.

Some of the leadership group along with some other young people painted the mural. Young people who were the artists of the mural are:

Annaliese Inglis, Grace Lim, Audrey Scheu, Kelly Mintoff, Maddison Caires

The young people involved in the painting had very little skill in aerosol art. They worked with another member of Shellharbour City Councils Youth Services Team – Josh Wiffen.

The mural was displayed as part of the Youth Week Art exhibition.

Unfortunately took longer than anticipated to get completed. Which gave the group a real understanding of some of the processes and delays that can occur. The mural was mounted in the January school holidays in time for the start of year 7 2018. A launch was held on 14<sup>th</sup> February with the leadership group, artists and 2018's year 7. Year 7 then celebrated with free treat.

The Mural will brighten the year 7 area for at least the rest of 2018.

The young people involved were acknowledge by the principal for the contribution to the school.

Unfortunately, some of the young people involved have moved on and didn't get to see the final result of the project they were involved in.

**Louise Hakkenbrock**  
**Development Youth Worker**

## Sprouts Café

Sprouts Cafe is a unique and fantastic educational facility for our students. It is used as an interactive classroom environment for our Food Technology and Hospitality students. For our Hospitality students, it enables them access to the required simulated work environment, which provides them with the opportunity to achieve nationally recognised qualifications which if successful awards them a Certificate II in Hospitality. Support of the Cafe when open helps to ensure the students gain the skills and experience required for their course. Throughout the year the cafe will sell a variety of food and beverages in accordance with the areas they are studying. They will also



provide different types of service, take away or table service, depending on the training being assessed. We thank you for your support of this exceptional training facility.

#### A WEEK

Break	Monday	Tuesday	Wednesday	Thursday	Friday
Long Break 1 <sup>st</sup> Half	Open	Open	Open		Open
Recess 1 <sup>st</sup> Half		Open			

#### B WEEK

Break	Monday	Tuesday	Wednesday	Thursday	Friday
Long Break 1 <sup>st</sup> Half	Open	Open	Open		Open
Recess 1 <sup>st</sup> Half	Open				

#### TAS Faculty

## Head lice

### Pediculus humanus capitis

The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice feed on human blood, several times a day. A head lice infestation is not the result of dirty hair or poor hygiene and it can effects all types of hair irrespective of its condition or length. Head lice effects only humans and cannot be passed on to animals.

Female head louse lays eggs close to the scalp on the hair shaft. Eggs hatch after 5-7days leaving empty egg shells (nits) glued to the hair shaft. These eggshells are more noticeable as hair grows and carry them away from the scalp.

Nymphs that emerge from egg shells take 7-8 days to grow to adult sized lice. They may take another 7 days to start breeding and hence it is important to remove them to stop them spreading

Head lice are most common among primary school aged children and are spread by direct contact with the hair of the infested individual. Head lice are rarely transferred through clothing, hats, furniture or bedding.

### Head lice in schools

Head Lice infestation is a common problem throughout the world in all socioeconomic groups. Considerable myth and misinformation surrounds head lice and their management. Studies have shown that around one in four primary school aged children in Australia have head lice.

NSW Health does not recommend excluding children with head lice from school due to the following reasons:

- Head lice are not known to transmit diseases.
- Exclusion from school or childcare is not an effective way of breaking the cycle of head lice infestations.
- Head lice eradication is most effective if the whole school community works together to treat the infestation, for example running the Nitbuster program

### The facts

- head lice are one of the most commonly reported health complaints from parents and teachers
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via direct contact with the hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments



## Treatment

Mechanical removal and chemical removal are the two main options to remove head lice

The **Nitbusters program** is a NSW Health initiative to reduce the prevalence of head lice in the community. The program is aimed at identifying and managing infestations.

‘Nitbuster days’ are coordinated by parent volunteers, who use a fine-toothed nit comb and white hair conditioner to both screen for and treat head lice.

Information about Nitbusters and standard forms that schools can download and reproduce for organising a Nitbusters Day **are available on the NSW Health website**. These forms are also available in translation.

## Tips for parents in reducing the spread of head lice

As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children's hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

## What you can expect from your school

Advice from NSW Health indicates that there is no need for students to be sent home or excluded from school because of head lice.

Observing students scratching their heads is not a reliable or efficient means of assessing head lice prevalence in the school.

Where one student has head lice this serves as a warning light that there is likely to be an infestation in either specific classes or across the whole school population, including staff.

The school will send a when infestations of head lice occur and request that parents examine their child's hair and undertake treatment where eggs or lice are identified.

Schools also provide:

- a venue for parents to get together to work out and, where relevant, implement local strategies
- ways of communicating information about head lice infestations and treatment for parents (for example, through school newsletters).

Schools will also encourage students to avoid head to head contact in group activities as far as possible.

In rare cases, where students are experiencing a chronic head lice infestation, the school, parents and the local community may need to work together to treat the infestation.

Article Source: NSW Health website March 2018

**Julia Herman**  
**School Nurse WHS**



# Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

## Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



## Sleep well



Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

## Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



## Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



## Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



## Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



## Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



# Tips for a healthy headspace



## Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. “I can make it through this exam”) or negative (e.g. “I’m never going to be able to pass this subject”). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you’ll feel confident and in control of yourself.



## Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like ‘relax’ or ‘calm down’). Place a hand over your diaphragm to make sure you’re breathing slowly – you should feel your hand move if you’re doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



## Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you’re having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you’re not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

## Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



## Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

## Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

## Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others’ opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person’s opinion, while still being confident, calm and knowing what you want.

## Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit **eheadspace.org.au**. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

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# FOOTBALL SOUTH COAST WIN NETWORK

## APRIL SCHOOL HOLIDAY CLINICS

**FROM  
\$95**  
includes  
Training Jersey

\* Fee applicable to current  
2018 Winter football  
registered players  
\$100 for non registered  
Winter football players



**Week 1  
16 - 19 April**

**Week 2  
23 - 27 April  
(excl. ANZAC DAY)**

### Venues

**Week 1:  
Thirroul  
Albion Park  
Balgownie**

**Week 2:  
Futsal  
Helensburgh  
Dapto**



### PROGRAM FOR GIRLS & BOYS

Clinics for:  
Outfield Players - 4 days  
(Aged 5 - 13 years)

OR

Goal Keepers - 4 days  
(Ages 10 - 16 years)  
(Available @ Balgownie)

AND

Futsal Players - 3 days  
(Ages 5 - 13 years)

**HAVE FUN, MAKE NEW FRIENDS, DEVELOP AND LEARN  
NEW FOOTBALL SKILLS.**

[www.footballsouthcoast.com](http://www.footballsouthcoast.com)  
or call 42856929  
for more details

PROFITS GO BACK INTO LOCAL FOOTBALL



# AUTUMN HOLIDAY CLINICS

<b>LOCATION</b>	Beaton Park Leisure Centre, 37 Foley Street, GWYNNEVILLE
<b>DATE</b>	Monday 16 April to Wednesday 18 April 2018
<b>TIME</b>	9am-3pm each day, registration will be from 8:30am on the first day
<b>AGE GROUP</b>	5-15 year old boys and girls
<b>PRICE</b>	\$295 (3 Days); \$265.50 (3 Days existing kit); \$230 (2 Days); \$207 (2 Days existing kit) *Sibling discounts also apply
<b>INCLUSIONS</b>	Sydney FC training shirt, shorts, socks and hat. Three game Junior Membership to the first 3 games of Season 2018/19. The fixtures to be announced in July and Membership access cards will be sent via mail in September 2018.
<b>ADDITIONAL NOTES</b>	If you select the option using existing kit, please note your child must have a current Sydney FC Holiday Clinic training kit, hat and socks to wear all days they attend.  Goalkeeper sessions are offered for 9-15 year olds each day at this location. Please indicate when registering.



## EARLY BIRD OFFER

All clinic participants who register prior to 5.00pm, Friday 6 April 2018 and nominate their availability for the game, will go into the draw to win a match day experience at our Match Day 6 Asian Champions League match versus Shanghai Shenhua on Tuesday 17 April 2018

**REGISTRATIONS NOW OPEN AT [MY.SYDNEYFC.COM/CLINIC](http://MY.SYDNEYFC.COM/CLINIC)**

# KEMBLA JOGGERS

## 2018 JUNIOR OPEN DAY



**KEMBLA JOGGERS**, one of Australia's largest and best known running clubs proudly invites interested local junior runners, family and friends to the **2017 JUNIOR OPEN DAY** on **SATURDAY 7TH APRIL** at **Kembla Joggers Cross-Country facility at Integral Energy Recreation Park, Darkes Road, Brownsville.**

### Start Times & Distances:

<b>1km cross-country</b> for juniors of all ages:	<b>2.00pm</b>
<b>2km cross-country</b> for juniors of all ages:	<b>2.15pm</b>
<b>3km cross-country</b> for juniors 11+ yrs:	<b>2.30pm</b>
<b>4km cross-country</b> for juniors 12+ yrs:	<b>3.00pm</b>
<b>8km cross-country</b> for juniors 16+ yrs:	<b>3.00pm</b>

### Who Can Attend?

Any interested juniors (and family, friends) of any age. Kembla Joggers is a non-elitist running and athletics club that embraces all ages and abilities. Safe, fun and professionally conducted events are held all year for adults and juniors alike. Why not bring the rest of the family for a great day out!

### Entry Fee?

The Kembla Joggers Junior Open Day is **FREE** for all juniors and includes a **FREE BBQ**, face painting, giveaways and much more.

**Why not give your cross-country season a great start, meet some new friends and join us for a fantastic and fun 2018 JUNIOR OPEN DAY.**

### Want more info?

For more information please call Patrick McPhillips on **0425-335 096** or just visit the Kembla Joggers website [www.kemblajoggers.org.au](http://www.kemblajoggers.org.au)

*Kembla Joggers Juniors proudly sponsored by:*



SCPS-P&C PRESENTS

# GOODBYE SUMMER — FAIR —

8TH APRIL 2018  
10AM – 3PM

KILLALEA STATE PARK  
KILLALEA DRIVE, SHELL COVE NSW 2529

**GAMES** • MAIN STAGE ENTERTAINMENT • **RIDES**

**MARKET STALLS** • **FOOD STALLS** • **FACE PAINTING**

♦ **PLENTY OF PARKING!** ♦  
RUN BY SCPS-P&C

Are you a student or a school leaver looking for work?

Do you need help looking for a job?

Contact us TODAY on 1800 243 513



[www.eetgroup.com.au](http://www.eetgroup.com.au) [info@eetgroup.com.au](mailto:info@eetgroup.com.au)

Want to know more about the National Disability Insurance Scheme (NDIS)?

Freecall: 1800 NDIS 2U (634 728)

Hey parents!

Thinking about further study and/or rejoining the workforce?

CERT III'S IN BUSINESS & CERT IV'S IN BUSINESS ADMIN ARE STARTING SOON... CALL US TODAY!

- Local • School Hours
- Great Support
- Strong Employment Focus

SUBSIDIES, SCHOLARSHIPS & PATHWAYS TO UNI AVAILABLE NOW!!!

Kiama Community College Inc.  
 Kiama Campus  
 02 4232 1050  
 Shoalhaven Campus  
 02 4423 0351

RTO ID: 90087  
[www.kcc.nsw.edu.au](http://www.kcc.nsw.edu.au)

BSB30115 Certificate III in Business  
 BSB40515 Certificate IV in Business Administration





Lifeline South Coast is pleased to be offering safeTALK suicide alertness workshops to the Illawarra community.

*safeTALK is an alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.*

- Option 1:   Date:           Tuesday 3 April 2018  
              Time:           6pm-9pm  
              Venue:          The Shellharbour Club, Shellharbour  
              Price:          FREE (thanks to The Shellharbour Club for funding this community training session under the 2017 ClubGRANTS program)
- Option 2:   Date:           Thursday 5 April 2018  
              Time:           6pm-9pm  
              Venue:          The Shellharbour Club, Shellharbour  
              Price:          FREE (thanks to The Shellharbour Club for funding this community training session under the 2017 ClubGRANTS program)

All training material will be supplied.  
Tea/coffee will be available.

Numbers are limited so if you are interested in attending this workshop, please register via the [Lifeline South Coast website](#)

**Kind Regards**  
**Leonee Dixon**  
**SPE Warilla HS**



# SATURDAY 7/4/18

## LEARNER RIDE EXPERIENCE

Come on a free ride with a Wheel-Skills Instructor. Starts at Unanderra Rider Training Centre, 242 Nolan Street Unanderra.

Meet at 8.30am. Leave at 9am.

Set stopping points to talk about what you have travelled through and about to travel through.

Enjoy a stop at Carr Brother motorcycles for a free BBQ and a chance to look over their range of learner approved bikes and motorcycle accessories and meet some of the staff.

Contact the office by phone, email or Facebook to reserve your spot.



**Meet & ride with other Learners**

**Wheel-Skills Instructor on ride**

**Set stopping points**

**Free BBQ at Carr Brothers Motorcycles**

**Approx. 3 hours in duration.**

**WHEEL-SKILLS**  
242 Nolan Street

Unanderra

1800 153 571

[www.wheel-skills.com.au](http://www.wheel-skills.com.au)

8.30 am 7/4/18

## CANTEEN PRICE LIST 2018

<u>HOT FOOD</u>	<u>SANDWICHES</u>	<u>DRINKS</u>
Chicken Burger	Salad Sandwich	Plain Milk small
Hot Dog	Cheese, Tomato, Beetroot, Carrot & Lettuce	Large
Pizza	Cheese & Tomato	300ml Flavoured Milk
Meat Pie	Chicken, Lettuce & Mayo	600ml Flavoured Milk
Potato Pie	Egg, Lettuce & Mayo	Fruit Juice
Gourmet Pie	Ham, Cheese & Tomato	Flavoured Mineral Water
• Beef		Bottled Water
• Curry Beef		Up 'N' Go
• Curry Chicken		Ice Break
Sausage Roll	Rolls & wraps	Flavoured Water – focus
Large sausage roll	Salad Roll or Wrap	<u>Snacks</u>
Spinach & Cheese Roll	Chicken, Lettuce & Mayo Roll or Wrap	Yoghurt
Chicken or Beef Noodles	Chicken Caesar Wrap	Bottled Custard
Vegetarian Nachos	Chicken Pesto & Capsicum Wrap	Jumpies
Sweet Chili Chicken Wrap		Rice Crackers
Meatball Rolls	<u>ICE CREAMS</u>	Chips
5 x Chicken Sticks	Frozen Fruit Cups	Popcorn
5 x Spring Rolls	Frozen Yoghurt	Muffins
Garlic Bread	Milo Scoop Cups	Mini Muffins
BBQ Chicken Roll	Mini Drumsticks	Banana Bread
Pasta Bowl	Mini Calippo	Fruit Salad Bowl
• Bacon, Egg, Marinated Beef	Quelch Fruit Juice Sticks	Butter Menthol/Eucalyptus
Salad Greek	<u>SALAD BOWLS</u>	Cookies
	Salad Egg & Bacon	Brownies
	Salad BBQ Chicken	
	Salad Chicken Caesar	
	Salad The Break	
	• Bacon, Egg, Marinated Beef	
	Salad Greek	



**Daylight Sportswear Pty Ltd**

ABN 76 069 733 455

6 - 8 Lone Pine Pl, Smeaton Grange NSW 2567

**Tel: (02) 4648 1066 Fax: (02) 4647 0143**

Email: daylight@daylightcorp.com

**Warilla High School UNIFORM SHOP**  
Price List

NAME: \_\_\_\_\_ YEAR: \_\_\_\_\_ DATE: \_\_\_\_\_ REC# \_\_\_\_\_

ITEM		PRICE	SIZE	QTY	TOTAL INCL GST
Girls	SNR Sky Blouse	28.00			
	Girls Shorts	36.00			
	JNR Navy Skirt	40.00			
	SNR Tartan Skirt	48.00			
Boys	SNR Boys Sky Shirts	28.00			
	Boys Navy Shorts	36.00			
Unisex	Fleecy Jackets	39.00			
	JNR Polo	30.00			
Sports	Sport Jackets	55.00			
	Royal Sports Shorts	28.00			
	Sports Shorts	25.00			
	Trackpants	37.00			
	Sports Polo	35.00			
Accessory	Navy Scarf	12.00			
	Boys Navy Tie	20.00			
	Girls Tie	10.00			

**UNIFORM ENQUIRES PLEASE PHONE:0401 680 325**

**Purchase Online: [daylightsportswear.com/warilla](http://daylightsportswear.com/warilla)**

MASTERCARD VISA EFTPOS NOW AVAILABLE, CHEQUES NOT ACCEPTED. NO LAYBY.



# DOMAYNE

## Exclusive Offer

**Lenovo**  
110S

**\$298**



Processor - Celeron Dual-Core  
Memory - 4GB  
Storage - 64GB SSD  
Network 802.11ac (5GHz Dual Band)  
Windows 10  
Screen Size - 14" Display

**FLEXI**<sup>®</sup>  
**RENT**  
**BENEFITS**



**PROTECTION**

If your Student Device is stolen, accidentally lost or accidentally damaged, we'll repair or replace the goods\*.



**LOANER GOODS**

If your device is in for repair we may provide a loaner device on selected goods\*.



**DOUBLE TIME**

For 1 extra monthly rental payment, you can double the term of your original rental agreement, and continue using the goods with the benefits of FlexiCare for the extended term\*.



**KEEP YOUR CASH**

No deposit or set-up fees are required upfront so you can hold onto your cash and take the goods home today.



**MANAGE YOUR BUDGET**

You can select a wide choice of payment terms. You can select one that suits your budget. Choose between 12, 24 or 36 months.

**Hewlett-Packard**  
14-AN006AU

**\$399**



Processor - C2 Quad-Core  
Memory Ram - 4GB  
Storage - 500GB  
Network 802.11ac (5GHz Dual Band)  
Windows 10  
Screen Size - 14" Display

\*Provided under the FlexiCare Program and subject to terms and conditions and important exclusions and limitations. ^New rental agreements and all end of term options (other than return) and including requests for upgrades. #Acceptance of the double time payment offer is available on eligible approved and settled deals and is subject to credit criteria.

### BASIC

- 1 Year Product Care Replacement Plan
- Carry bag/case

**\$68**

### PREMIUM

- 2 Year Product Care
- Carry bag/case
- Internet Security (12 Months)
- 16GB USB Drive

**\$192**

### ULTIMATE

- 3 Year Product Care
- Carry bag/case
- Internet Security (12Months)
- Hard Drive
- Wireless Mouse
- Headphones

**\$308**



# DOMAYNE

## Exclusive Offer

**Hewlett-Packard**

11-AB047TU

**\$678**



Processor - Pentium Quad-Core  
 Memory - 8GB  
 Storage - 128GB SSD  
 Network 802.11ac (5GHz Dual Band)  
 Windows 10  
 Screen Size - 11.6" Touch Display

**Acer**

SP111-32-P1KR

**\$788**



Processor - Pentium Quad-Core  
 Memory Ram - 4GB  
 Storage - 128GB SSD  
 Network 802.11ac (5GHz Dual Band)  
 Windows 10  
 Screen Size - 14" Display  
 Pen included

**FLEXI**<sup>®</sup>  
**RENT**  
**BENEFITS**



**PROTECTION**

If your Student Device is stolen, accidentally lost or accidentally damaged, we'll repair or replace the goods\*.



**LOANER GOODS**

If your device is in for repair we may provide a loaner device on selected goods.



**DOUBLE TIME**

For 1 extra monthly rental payment, you can double the term of your original rental agreement, and continue using the goods with the benefits of FlexiCare for the extended term\*.



**KEEP YOUR CASH**

No deposit or set-up fees are required upfront so you can hold onto your cash and take the goods home today.



**MANAGE YOUR BUDGET**

You can select a wide choice of payment terms. You can select one that suits your budget. Choose between 12, 24 or 36 months.

\*Provided under the FlexiCare Program and subject to terms and conditions and important exclusions and limitations. #New rental agreements and all end of term options (other than return) and including requests for upgrades. #Acceptance of the double time payment offer is available on eligible approved and settled deals and is subject to credit criteria.

**BASIC**

- 1 Year Product Care Replacement Plan
- Carry bag/case

**\$96**

**PREMIUM**

- 2 Year Product Care
- Carry bag/case
- Internet Security (12 Months)
- 16GB USB Drive

**\$227**

**ULTIMATE**

- 3 Year Product Care
- Carry bag/case
- Internet Security (12Months)
- Hard Drive
- Wireless Mouse
- Headphones

**\$387**



# DOMAYNE

## Exclusive Offer

### Macbook

Air 13"

**\$1478**



Processor - Intel i5 1.8GHz  
 Memory - 8GB  
 Storage - 128GB SSD  
 Network 802.11ac (5GHz Dual Band)  
 Screen Size - 13.3" Touch Display  
 Up to 12 hours battery life

### FLEXI<sup>®</sup> RENT BENEFITS



**PROTECTION**

If your Student Device is stolen, accidentally lost or accidentally damaged, we'll repair or replace the goods\*.



**LOANER GOODS**

If your device is in for repair we may provide a loaner device on selected goods\*.



**DOUBLE TIME**

For 1 extra monthly rental payment, you can double the term of your original rental agreement, and continue using the goods with the benefits of FlexiCare for the extended term\*.



**KEEP YOUR CASH**

No deposit or set-up fees are required upfront so you can hold onto your cash and take the goods home today.



**MANAGE YOUR BUDGET**

You can select a wide choice of payment terms. You can select one that suits your budget. Choose between 12, 24 or 36 months.

### Macbook

Pro 13"

**\$1886**



Processor - Intel i5 2.3GHz  
 Memory - 8GB  
 Storage - 128GB SSD  
 Network 802.11ac (5GHz Dual Band)  
 Screen Size - 13.3" Touch Display  
 Up to 10 hours battery life

\*Provided under the FlexiCare Program and subject to terms and conditions and important exclusions and limitations. ^New rental agreements and all end of term options (other than return) and including requests for upgrades. #Acceptance of the double time payment offer is available on eligible approved and settled deals and is subject to credit criteria.

#### BASIC

- 1 Year Product Care Replacement Plan
- Carry bag/case

**\$249**

#### PREMIUM

- 2 Year Product Care
- Carry bag/case
- Internet Security (12 Months)
- 16GB USB Drive

**\$488**

#### ULTIMATE

- 3 Year Product Care
- Carry bag/case
- Internet Security (12Months)
- Hard Drive
- Wireless Mouse
- Headphones

**\$749**

## High Attendance Equals High Achievement

### What is a justified reason for being absent from school?

Justified reasons for absences may include if the student:

- has an unavoidable medical or dental appointment (preferably, these should be made after school or during holidays)
- is required to attend a recognised religious holiday
- is required to attend an exceptional or urgent family circumstance (such as attending a funeral)
- is sick, or has an infectious disease.

Absences for reasons such as some of the following may not be justified.

- Shopping
- Sleeping in
- Working around the house
- Minding younger siblings and other children
- Minor family events such as birthdays
- Haircuts.

It is important to realise that parents (including carers) may be prosecuted if children have recurring unjustified absences from school.

If you have any questions regarding student attendance, please contact the school.

**Ms J. Grace**

**Head Teacher Student Administration**

## Online Uniform Store

Looking to purchase your child's school uniform online?

We now have a brand new 'Shop Now' button on our Facebook page, click it and it will take you straight to our online store! No need to get out of your chair!

Alternatively, you can visit our school website ([www.warilla-h.schools.nsw.edu.au](http://www.warilla-h.schools.nsw.edu.au)) -> Our School -> Uniform -> Online Store and this will take you there.



## Make Online Payments (POP)

Is now 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/debit card. The payment page is accessed from the front page of the [school's 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 would cover items not covered under 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 student's name, and
- class and reference number OR
- The student's 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 alternatively email;

[warilla-h.school@det.nsw.edu.au](mailto:warilla-h.school@det.nsw.edu.au)

***Mrs C. Souter***

***School Administrative Manager***

## **Warilla High School Bike Helmet Safety Policy**

While riding a bicycle it is required by law to wear an (Australian Standard Approved) helmet securely fitted and fastened to your head.

Warilla High School has an obligation to enforce this law for the safety of their students when riding a bicycle to or from school.

Governed by Work Health & Safety, Duty of Care and NSW Law, Warilla High School cannot allow a student to ride a bicycle to or from the school premises without a helmet.

Therefore, if a student arrives at school without wearing a helmet then the school will be required to secure that bicycle until that student presents themselves with an approved safety helmet or the student’s parents come and retrieve the bike.

**Emergency Procedures**

In a life threatening emergency, for FIRE, POLICE and AMBULANCE

**DIAL 000**

In ALL CASES, advise the Principal.

**Exits**

For your safety, make sure you know the location of your nearest exit.

**Evacuation Alarm**



CONTINUOUS RINGING OF BELL

**Evacuation Procedures**

When the evacuation alarm sounds:

- Evacuate the building and proceed to the assembly area identified below.
- Do not re-enter until advised to do so.

**Lockdown Alarm**



3 LONG, 2 SHORT BELL RINGS

**Lockdown Procedures**

When the lockdown alarm sounds:

- Move to the closest secure point and ring the office to alert them to your whereabouts.



- ★ Fire Hydrants
- ★ First Aid Kits
- ★ First Aid Room
- ★ Evacuation Point



**WELCOME TO  
Warilla High School**

**Safety Briefing**

*For Contractors*

*Visitors and Volunteers*

The New South Wales Department of Education and Communities is committed to the occupational health and safety of employees, students, contractors and all other visitors.

For your safety and the safety of others, it is a condition of entry to this site that you take a few minutes to read this brochure.

Mandatory site requirements:

- All visitors are required to report to the main office on arrival.
- Observe all speed, parking and vehicular restrictions.
- Obey all safety signs and barricades.
- **Violent, threatening or other unacceptable behaviour is not tolerated on NSW Department of Education and Communities premises.**
- All contractors to have completed the [Safety procedures for engaging Department of Commerce contractors](#)

OR

[Safety procedures for engaging independent contractors](#)

- ❖ **Smoking** is not permitted on DEC premises.
- ❖ **Alcohol and Illegal Drugs** are not permitted on DEC premises.
- ❖ **Weapons**, including knives, are not permitted.
- ❖ **Dangerous Goods and Hazardous Substances**  
Visitors and contractors intending to bring dangerous goods on site must declare these at the main office prior to entering the site.
- ❖ **All Injuries, incidents and hazards** must be reported to the main office.
- ❖ Injuries will be recorded in the *Register of Injuries*.
- ❖ **First Aid** treatment is available on site.
- ❖ **Other**  
Add information about site specific issues here



All Department of Commerce contractors report to the principal or delegate to:

- indicate the location and duration of the job
- sign the school's Site Visit Log book
- advise the status of the job before leaving the site.

All non-Department of Commerce contractors must in addition:

- produce a copy of their safety management plan including use of personal protective equipment and controls for site specific hazards
- produce public liability insurance documentation before work is commenced
- complete a Prohibited Employment Declaration

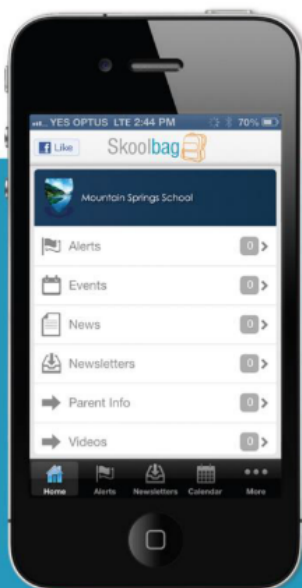
I have complied with all WHS issues:

Signed: \_\_\_\_\_ Contractor

Contractor name: \_\_\_\_\_

Company: \_\_\_\_\_

Date: \_\_\_\_\_



# Skoolbag

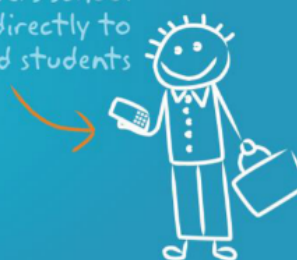
Smartphone school to parent communication



Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

*Skoolbag delivers school notices directly to parents and students*



## How to Install Warilla High Skoolbag On Your Smartphone!

### iPhone/iPod & iPad Users

1. Click the “Apple App Store” icon on your device.
2. Type in Warilla High School in the search.
3. If iPhone/iPod, you will see our school appear, click “Get” then “Install”
4. When Installed click “Open”
5. Select “OK” to receive push notifications, when asked.



### Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the “Play Store” button on your Android Device
2. Click the magnifying glass icon at the top and type in Warilla High School.
3. Click Warilla High School when it appears in the search.
4. Click the “Install” button/
5. Click “Accept” for various permissions (please note, we don’t modify any of your persona; data on your devices).
6. Click “Open” when installed.



Don't forget to like us on Facebook! 

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

*Skoolbag delivers school notices directly to parents and students*





**Warilla High School**

**Keross Ave, Barrack Heights, NSW, 2528**

**PH: 02 4296 3055 | Fax: 02 4257 1825**

**warilla-h.school @ det.nsw.edu.au**

**Web: <http://www.warilla-h.schools.nsw.edu.au>**

**Facebook: <https://www.facebook.com/WarillaHigh>**

**Sentral: <https://web1.warilla-h.schools.nsw.edu.au/portal>**