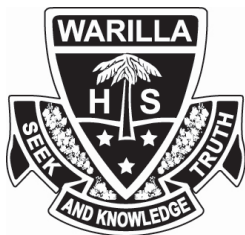

PARENT NEWSLETTER



ACTING PRINCIPAL: Mr R Ashby

DEPUTY PRINCIPAL: Mr A McInnes

ACTING DEPUTY PRINCIPAL: Mrs J Fallo-Cranney

Phone: 42963055 Fax: 42972817

Email: warilla-h.school@det.nsw.edu.au

Website: www.warilla-h.schools.nsw.edu.au

AUGUST 2008

By this time you have no doubt heard the news that I have accepted the position of School Education Director for the Shoalhaven School Education Group.

This was not an easy decision to make.

Indeed, I agonised over it for days before deciding to accept this most demanding and challenging position.

I hope that in the fullness of time, this will be in the best interests of both Warilla High School and the Shoalhaven schools that I will directly oversee.

Can I say without a word of doubt, Warilla High School is - and remains - an exceptional school.

It is exceptional because of the compassion and empathy displayed by staff on a daily basis.

This school really does make a difference in the lives of kids and their families.

I am privileged to have had the opportunity to have been Principal here for the best part of five years and to have had the opportunity to learn from some outstanding educators about what constitutes a quality school.

I am hopeful the legacy I leave will be a clearly articulated belief about our direction and how kids learn - a belief that sees meeting the learning and individual needs of students as our prime focus.

I have a framed statement in my office which reads as follows:

“We are here to help children succeed. It’s that simple.”

This is certainly the creed that has been at the forefront of my time at this school. I am adamant that it should be the creed for all schools!

To the students who I have had the pleasure of working with, I congratulate your willingness to get outside the comfort zone and challenge yourselves as learners.

To the staff, I salute your unwavering attempts to produce quality teaching practice and I thank you for your loyalty and professionalism.

‘Warilla High School - Student Centred, Outcomes Driven’

To the parents and wider community, I acknowledge the tremendous impact you have had and the innovative initiatives you have allowed us to pursue in the quest for excellence.

Is Warilla High School a 'world class school'? Damn right it is!

You will be in good hands with our Deputy Principals', Bob Ashby and Alan McInnes sharing the principal's duties until the process to replace me is undertaken by the Director, Mr Hirst.

It would be remiss of me if I didn't share with you a final story. Perhaps you can see some merit in what this American Sherriff is doing.....

Only in America

This is the story of Joe Arpaio. He is the County Sherrif of Maricopa County, Arizona.

Joe is continually re-elected to this office, and here are a few of the reasons why:

Sheriff Joe Arpaio created the 'tent city jail' to save Arizona from spending tens of millions of dollars on another expensive prison complex.

He has jail meals down to 20 cents a serving and charges the inmates for them.

He banned smoking and pornographic magazines in the jails, and took away their weightlifting equipment and cut off all but 'G' movies. He says:

'They're in jail to pay a debt to society not to build muscles so they can assault innocent people when they leave.'

He started chain gangs to use the inmates to do free work on country and city projects and save taxpayers money.

Then he started chain gangs for women so he wouldn't get sued for discrimination.

He took away cable TV until he found out there was a federal court order that required cable TV for jails. So he hooked up the cable TV again but only allows the Disney channel and the weather channel.

When asked why the weather channel, he replied: 'So these morons will know how hot it's gonna be while they are working on my chain gangs.'

He cut off coffee because it has zero nutritional value and is therefore a waste of taxpayer money. When the inmates complained, he told them, 'This isn't the Ritz/Carlton. If you don't like it, don't come back.'

He also bought the Newt Gingrich lecture series on US history that he pipes into the jails. When asked by a reporter if he had any lecture series by a Democrat, he replied that a democratic lecture series that actually tells the truth for a change would be welcome and that it might even explain why 95% of the inmates were in his jail in the first place.

When temperatures being even hotter than usual in Phoenix (116 degrees just set a new record for June 2nd 2007), the Associated Press reported; About 2,000

inmates living in a barbed wire surrounded tent encampment at the Maricopa County Jail have been given permission to strip down to their government-issued pink boxer shorts.

On the Wednesday, hundreds of men wearing pink boxer shorts were overheard chatting in the tents, where temperatures reached 128 degrees.

‘This is hell. It feels like we live in a furnace,’ said Ernesto Gonzales, an inmate for 2 years with 10 more to go. ‘It’s inhumane.’

Joe Arpaio, who makes his prisoners wear pink, and eat bologna sandwiches, is not one bit sympathetic. ‘Criminals should be punished for their crimes – not live in luxury until it’s time for pa-

role, only to go out and commit more crimes so they can come back in to live on taxpayers money and enjoy things many taxpayers can’t afford to have for themselves.’

The same day he told all the inmates who were complaining of the heat in the tents: ‘It’s between 120 to 130 degrees in Iraq and our soldiers are living in tents too, and they have to walk all day in the sun, wearing full battle gear and get shot at, and they have not committed any crimes, so shut your damned mouths!’

Perhaps Sheriff Joe poses a few interesting questions for the NSW Correctional Services Sector!

Yours in Education
John Hambly

Acting Principal’s Report

Welcome back to what is always a busy Term 3.

I have once again had to step into very big shoes as Acting Principal. As most of you would know by now, our inspirational leader for the past 4½ years, John Hambly, has gained due recognition for his educational leadership by his promotion to School Education Director for the Shoalhaven School Education Area. John will be responsible for leading 5 high schools and approximately 15 primary schools.



I am sure John’s enthusiasm, drive and strong educational philosophies will raise the educational bar in all of these schools, just as it did here at Warilla High School. We would like to congratulate John and wish him all the best in his new role, he will be sorely missed at our school.

Some of the many events/activities that will take place in Term 3 at Warilla High School include:

- Year 12 students finalising their preparation for the HSC exams in October, including the Trial HSC exams in Week 5, and their graduation ceremony.
- Projected student numbers for 2009 have to be supplied to the NSW Department of Education and Training to determine next year’s teacher entitlement.
- Parent Teacher Evening (held on Tuesday 29th July).

- Year 10 2008 into Year 11 2009, Parent Information Evening.
- Year 11 Preliminary HSC Exams and Year 10 Yearly Exams.
- Executive planning conference to produce the next 3 year plan, 2009 – 2011, for Warilla High School.
- The Warilla High School Southern Stars Dance Troupe has been rehearsing vigorously for the Southern Stars performances at the end of August.
- The Australian National Chemistry Quiz, the Australian Schools Mathematics Competition and the Australian Schools Computer Skills Competition.
- CHS Cross Country, South Coast Regional Athletics and CHS Athletics Carnivals and the completion of Grade Sport culminating in the finals later in the term.
- Congratulations to Warilla High School's Open Rugby League Team who have become the 2008 Regional Champions by comfortably defeating Moss Vale High 44–12. This is the third year in a row Warilla has been the Regional Champion school. Special thanks must go to their coaches Chris Meizer and Craig Harrison and to the parents for their support.

Bob Ashby

IMPORTANT DATES			
August		August cont...	
8	Regional Athletics Carnival Year 10 Drama to IPAC for Regional Drama Festival	19	30 students to 'Taste of TAFE' Day Year 11 Biology to University of Wollongong
11	Year 12 Marine Studies Jervis Bay Excursion	22	Years 7 & 8 Music Excursion to ABC Centre in Sydney
12	P&C Meeting in School Library at 7.30 pm	26	Year 11 Chemistry to Oak Flats High
13	Year 10 English - practice School Certificate - Literacy Creative Arts Evening in School Hall at 6.30 pm	27	Year 11 Physics to Dapto High Australian Schools Computer Skills Competition
15	Years 11 & 12 Retail National Forum at Darling Harbour	27-29	Southern Stars Performances - 32 students
	Year 11 Physics Excursion to Luna Park	29	Support Unit and students from Years 7-10 to Southern Stars Southern Stars
	BBQ for Juvenile Diabetes Years 7 & 8 NSW All Schools Touch Football at Dalton Park Fairy Meadow	29	Year 12 Trial HSC finishes
18	Year 12 Trial HSC starts Year 11 Business Studies Excursion to Wollongong	September	
		3	HSC Drama Exam
		4-5	CHS Athletics Carnival
		8-12	Year 10 Yearly Exams Week
		9	P&C Meeting in Library - 7.30 pm
		15-24	Year 11 Preliminary Exams

From the Deputy's Desk

Literacy

The end of Term 2 marked the wind up of our school wide literacy focus on reading for the immediate future. To conclude this strategy we need to acknowledge the achievements of several of our students. Firstly in the Spelling 'Scavenger Hunt' Competition, congratulations go to the following students for finding the correct meanings and spelling of the words below:

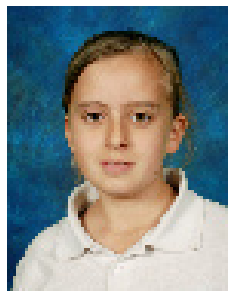
Jade Craig	Year 7	jocularly
Geoffrey Deans	Year 7	emetic
Natalie Irawan	Year 7	pyrography
Tyrone Ball	Year 10	Wonwin

For their efforts these students each received a canteen voucher.

Congratulations also to the following students who were worthy winners of our Book Review Competition:

Year 7

1st place	Natasha Johnson ----->
2nd place	Tegan Dodd
3rd place	Jakara Gamble
4th place	Amy Hemingway
5th place	Kiara Meeson



Year 8

1st place	Cassandra Descalzo ----->
2nd place	Elija Barton
3rd place	Chloe Arnold



Staff

1st place	Miss Rudd
2nd place	Ms McCurry

Congratulations to these prize winners who received cash prizes or canteen vouchers for their efforts.

This semester our school wide literacy focus turns to writing and there are several exciting strategies which we are introducing to encourage student writing. The literacy support team are organising a short story competition in two divisions. Significant cash prizes are available to the winners in each division and all students who submit entries will go into the draw for a digital camera. To enter the Years 7 and 8 division all stories submitted must contain the word 'pineapple', while entries in the Year 9 and 10 division must contain the words 'fruit loops'. We encourage all students to enter. Entries can be submitted to Ms Bryant in the library and should be clearly marked with

the student's name and year. Word limit is two A4 pages. Closing date for this competition will be the end of term 3.

In addition there will be a 'Writer of the Month' Competition which will be open to students in all faculty areas. When students submit original writing to their teacher in any subject, their teacher may decide to nominate the best or most improved writing for entry into the competition. The work will be assessed by a panel of teachers and cash prizes will be awarded each month to the winners. All students who enter this competition will gain an automatic entry into the draw for the digital camera.

Writing has been targeted as a focus area this semester because analysis of our school results in external tests indicate that writing is a major area in need of improvement for many students. While the above competitions are aimed to engage student interest in writing, each classroom teacher will also be working with their class on developing and improving student writing skills in their classrooms.

How can parents help?

The following are suggested ways parents can assist in developing student writing skills:

- Read your child's writing and comment on the positive aspects, for example "I really like the way you have described this".
- Praise your child for having a go at writing words that are new and explain how to spell words that are causing difficulty.
- Talk to your child about why an author might create a book in a particular way. What views are they presenting? Why?
- Read and talk about the writing that your child brings home from school.
- Praise your child for neat and legible hand writing.
- In order to develop spelling and vocabulary, play word games such as I Spy, Scrabble, Boggle, Scattergories, Crosswords and Wonderwords.

Your time and effort in helping your child will be well rewarded by their improved performance in writing!

A McInnes
Deputy Principal

SKILLS WEEK 2008

YEARS 7, 8 AND 9

**WEDNESDAY 10TH DECEMBER -
WEDNESDAY 17TH DECEMBER**

UNIFORM

Now that the colder weather is upon us a number of students are wearing inappropriate sweat shirts and jumpers. A navy blue sweat shirt is required and these may be purchased from the school office for a reasonable cost. As part of our uniform we now sell navy scarves for \$5 each and these should preferably be worn. Students who persist in wearing non-school uniform will be placed on detention. If your child has lost their sweat shirt or any other uniform item they should check with Mrs Hobbs in B block.

MOBILE PHONES IPODS

There have been several cases of mobile phones being stolen from students in recent weeks. The safest place for mobile phones and i-pods is at home. The school accepts no liability for these items, so if students choose to bring them to school they do so at their own risk. If parents need to contact their children, they can do so through the Front Office.

PBS COMMITTEE NEWS

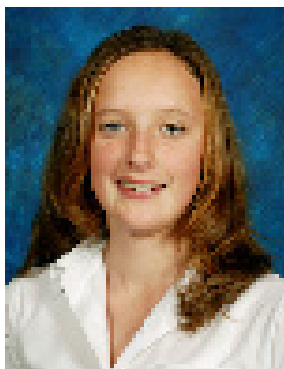
The PBS (Positive Behaviour for Success) Committee has been working hard on issues around safety in the playground areas and movement about the school. Signage regarding out of bounds areas is now in place and lines indicating 'Keep Left' will soon be completed. The committee is grateful to our General Assistant, Mark Owen, for his prompt attention to these matters.

The other area of action has been establishing a clear set of core values to underpin a caring and responsible culture in the school community. By consultation with staff, parents and students and debate within the SRC, agreement has been reached on the following four core values:

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

These values will be published, discussed and highly visible throughout the school as a reminder of how to conduct ourselves in a successful learning environment.

CONGRATULATIONS



ZOE ELKERTON, Year 9, has been selected in the NSW Pacific Schools Games Swimming Team to compete in the 8th Pacific Schools Games in Canberra from 30th November to 6th December.

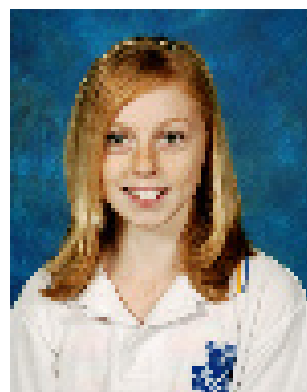
There will be 3500 students competing in Canberra from all over Australia and the Pacific Rim.

Well done Zoe!

JASMINE FORD, Year 7, has been selected to represent NSW in the Australian Gymnastics Championships in Brisbane for Level 8 International. This is Jasmine's third trip to the Australian Championships for Gymnastics.

Jasmine will represent in the beam, bars, vaults and floor.

She has also been selected in the Gold Squad for the Australian Institute of Sport and attends the AIS 4 times a year for coaching and training.



Good luck Jasmine, a great effort!

SENIOR SCHOOL SUCCESS DAY

On Wednesday 25th June our Year 11 students attended a study skills day presented by Prue Salter of Enhanced Learning Educational Services and Rocky Biasi of Human Connections. The sessions covered a range of areas from goal setting to time management and organisational skills, to making effective study notes and studying using learning styles (visual, auditory, kinaesthetic) as well as advanced research information about making study effective and efficient.

The sessions were full of practical skills and techniques that students will be able to use in their final years of school to help them maximise their results. In addition to study skills, the sessions looked at some interesting techniques on ways to get motivated and in a peak performance state and to deal with stress. Year 11 now has a clear picture of how they need to approach their studies this year and in particular the types of attitudes to their work that are necessary for success in the senior years.

Students should keep their booklet and review it again during the year to refresh their

memories on the important points – parents might also be interested in reviewing the material in the booklet to gain a greater understanding of some of the strategies students can use in their studies.

SHELLHARBOUR CITY COUNCIL

Review of Social Plan

On Wednesday 18th June, eleven of our Year 9 students participated in a forum to help Shellharbour City Council review its Social Plan for the next 10 years. Five other high schools from the area were involved in this process.

The students were separated into six different groups to discuss ideas and formulate what type of services would benefit youth in the years to come. The students participated in many activities with a presentation to all groups at the end of the day. It was a great opportunity for our students to actively be involved in community service. The students had a great day, meeting with other youth in the area and forming new friendships.

Students that participated were: Nathan Mc Andrew, Tahnee Stortz, Amy Russell, Stephanie Azabal, Jade Craig, Daniel Toskovski, Dylan Roche, Damon Wale, Hayley Cook, Cassandra Taglieri, Samuel Trueman.

Ms J Neden, Year 9 Student Adviser



Parent/Teacher Night

Teachers were pleased to remain at school to be a part of the recent well-attended and very productive Parent/Teacher night held on Tuesday 29th July.

Despite the cold, windy conditions a pleasing number of parents were willing to come out to discover what progress their students are making. Hundreds of very productive interviews took place in the Hall, Library and CAPA precinct. Feedback from both parents and teachers was very positive, highlighting the value of these opportunities.

Any parent who was unable to attend on the night and wishes to have a parent/teacher interview should contact the teacher at school on 4296 3055 to make an appointment.

ABSENCES ON STUDENT REPORTS

A number of parents/guardians have queried the absences recorded on their child's report. These absences are retrieved automatically from the school's attendance data. The reporting period for absences is closed two weeks prior to the printing of Student Reports.

Parents/guardians are reminded that it is their responsibility to provide the school with a note explaining an absence within one week of the student's return to school. Unfortunately, once the attendance data has been retrieved from the system and included in the Student Report it is not possible to alter a Student Report, so parents/guardians should make every effort to explain absences promptly.

Year 10 Computing Skills Assessment

All Year 10 students will be sitting for their School Certificate in November. This will include a mandatory Computing Skills test on Wednesday, November 12.

The Computing Skills test will cover five areas of competence:

1. Computer operations
2. Word processing
3. Spreadsheets and databases
4. Graphics and multimedia
5. Internet and email

Students may practice for this test at <http://www4.boardofstudies.nsw.edu.au/> where they will also find help to practice for their other School Certificate exams.

Any questions about the Computing Skills test can be referred to Mr Williams or Mrs Boughton.

ILLAWARA AND SOUTH EAST REGION EXCELLENCE IN SCHOOLS AWARDS

As mentioned in the last newsletter Warilla High School was well represented at the awards held at Smiths Hill High School on Friday 30th May. The Director General of Education, Mr Michael Coutts-Trotter and the Regional Director, Mr Graeham Kennedy presented our school with the following awards:

- **Bob Pastor- outstanding contribution in Student Welfare**
- **John Berry – highly commended for the provision of Student Leadership Initiatives.**
- **Support Unit – highly commended for Excellence in Special Education**
- **Warilla High School – Excellence in Innovation**



Clockwise from top left:

Mr Berry receives his Commendation Award for Excellent Contribution Beyond the Classroom by a Teacher from Graeham Kennedy

Michael Coutts-Trotter presents Mr Hambly with the Excellence in Innovation Award

Mr McDonald accepted the Commendation Award for Excellence in Special Education

RUGBY LEAGUE REPORT

On Monday 16th of June Warilla High School competed against Kiama High School in the University Shield and Buckley Shield Competitions.

Unfortunately for the Buckley Shield (Under 14) side, they were defeated by a very strong Kiama side.

The Opens side got off to a spectacular start in their match. The side played the first 12 minutes error free and were able to skip out to a lead of 20-6. Early in the second half Kiama staged a comeback to reduce the margin to just six points. Fortunately for the Warilla side this comeback was halted by a try to Rhys Burton and a field goal to captain Pat Moulton ensured a 27-20 victory.



Jesse Roche takes the ball up and Jacob Condello and Rhys Burton execute a crunching tackle

(Photography by Ryan Gaetani & Emily Olive (Year 10))



The Open side now progress to meet Moss Vale High in the regional final and have also qualified as South Coast Champions in the Country Cup. The side will play in the Southern NSW Finals Series in Cootamundra in Week 2 of Term 3.

On Tuesday the 24th of June Warilla High sent three teams, Under 13, 15 and 16's, to compete in the All Schools Rugby League knockout. The Under 13's qualified for the final of the event but unfortunately were defeated by Holy Spirit College. The Under 15's side were very unlucky to be defeated in the semi final stage of their competition.

The Under 16's side played extremely well throughout the day and dominated all

teams that they came across. The final was particularly impressive against Corrimal High. The Warilla team scored 26 points before the Corrimal side got to touch the ball. The Under 16 team will now represent their region in the State Finals to be held in Sydney in Term 3.

The Rugby League program members would like to thank Warilla Bowling Club for its generous support. Their support has allowed the school to purchase new uniforms as well as some impressive training gear. Players are reminded that training will continue on Monday afternoons.

MASTERING THE EXAMS

presented by the School of Excellence

10 am - 1 pm Saturday 23 August 2008

at the University of New South Wales

Free to Year 11 and Year 12 Students

Participating students are requested to make a gold coin donation (or greater) to the Oxfam representative on the day.

This unique lecture is designed to provide students with the best opportunities to maximise examination scores.

In addition students will be taught how to:

- * **Plan and execute exam preparation timetables.**
- * **Employ most effective learning techniques and maximise knowledge retention.**
- * **Set out answers so as to optimise examination scores.**
- * **Capitalise on consequential marks.**
- * **Combat 'panic attacks' and 'mind blanks' and more..**

Register online: www.tsfx.com.au or call 1300 364 173

Bill Turner Cup 2008

Boys U15's Soccer/Football team had an easy first round win as Kanahooka High forfeited. In the second round Warilla High traveled to Albion Park High. The game started well with the boys playing some very attractive one and two touch football. Some good chances were created but not capitalised on. Albion Park sensed our frustration and hit us on the counter attack with some quick, long passes which created two opportunities which they took and went out to a two goal lead. We fought back and Nikola Ristevski got a goal back for us just before half time.

In the second half we equalised through Anthony Mazeovski and a tough battle ensued with both teams not backing down. The game went into extra time golden goal and Nikola Ristevski scored a great winner lobbing the advancing Albion Park goal keeper from twenty five metres.

It was a great win with the entire squad showing great character. The team looked great in their new playing strip sponsored by Warilla Bowling Club. Well done boys!

Warilla took on a very strong Keira High team in the next round. Warilla came out firing and played some great attacking Football with some excellent passing and ball control. Whilst we competed very strongly we were unable to convert any of our chances. That was the big difference between the two sides as Keira did convert

their chances and took the game 3-0. I would like to praise all the boys who trained both before school and after school in their endeavour to compete in such a strong competition as the Bill Turner Cup, which is held throughout Australia. At this time I would also like to thank Warilla Bowling Club for providing the playing strip and the training equipment for this and other Warilla High sporting teams.

Ian Morris



Action at the Keira High game!

(Photography by Ryan Gaetani Year 10)

2008 Warilla High School Athletics Carnival

Our Athletics Carnival was held on Wednesday 28th May and fine weather greeted over 200 athletes for the shot putt, javelin, high jump, 100m, long jump and novelty events.

Competition was strong in all age divisions and those students who just chose to 'have a go' really enjoyed every event. It was a pleasure to see a mixture of competition and fun and the enjoyment of a personal best, or just finishing in some events!

Unfortunately, a southerly change moved in just after lunch and rained out the last 2 events, but after such a great morning no one seemed to mind a rest for the afternoon.

Athletics Age Champions for 2008		
Age Group	Boys	Girls
Under 12	Kurt Field	Tamara Brown
Under 13	Jonathon Frino	Jordan Field
Under 14	Dylan Roche	Michelle Vowles
Under 15	Blake James	Karra-Lee Nolan
Under 16	Ben Stratton	Jamie-Lee Cotter
Under 17	Jack Petiquin	Jessica Myers

58 students from Warilla High went on to compete at the Zone Athletics Championships and from there 22 students have progressed to the Regional Athletics Championships in Canberra. Well done!

Pictured at the WHS Athletics Carnival, clockwise are:

Ra, Allan, Lockie and Tom

Allan Wilson competing in the long jump

The girls tug-of-war



Athletics Carnival Highlights cont...



Competitors left to right: Jack Petiquin, Tom Gavin and Todd Burgess

THE DIGITAL REVOLUTION

On Wednesday 2nd July Member for Throsby, Jennie George, visited the school and presented Mr Hambly with a letter confirming the Commonwealth Government's funding support for the 'Digital Revolution - Computers in Schools'!



Jennie George, Member for Throsby, presents Mr Hambly with the letter



AMBULANCE FACTSHEET

ISSUED MARCH 2007

Calling an Ambulance

The following information outlines what to expect and what questions you will be asked when you dial 000 in an emergency so an ambulance can be dispatched without delay.



For all medical emergencies dial 000 immediately and ask for an Ambulance

OUR RESPONSE STARTS AS SOON AS YOU CALL

- The emergency number in Australia is 000. This is a free call from any phone including mobile and public phones.
- When dialing 000 an operator will ask which service you require – Police, Fire or Ambulance.
- Ask for Ambulance.
- You will be asked a standard set of questions by the call taker to help them get an ambulance to you as quickly as possible.
- Stay calm and speak slowly.

INFORMATION ASKED BY 000 CALL TAKERS

- What is the exact address of the emergency?
- What is the phone number you are calling from?
- What is the problem, tell me exactly what happened?
- How old is he/she?
- Is he/she conscious?
- Is he/she breathing?

WHAT HAPPENS NEXT

Once you have answered these questions the first available ambulance will be dispatched.

Additional questions will then be asked by the call taker who will also provide further assistance or instructions depending on the situation.

Remain calm. Do not hang up until the call taker has obtained the required information.

It is important to teach children how to call 000 and advise personal information such as their name, address and phone number.

GIVING CLEAR DIRECTIONS

If you live in a rural area or an area difficult to find, remember landmarks such as 'yellow house with blue picket fence' for example.

If you are in a hard to find location have someone wait outside to alert the ambulance on arrival, and leave the front light on at night.

Always provide accurate information to help an ambulance get to you quickly.

Road users should give way as soon as they hear an ambulance siren or see the flashing lights. Don't panic or break traffic rules. Generally, move safely to the left.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enroll in a first aid course contact an accredited provider listed with the Workcover Authority.



Back to School

The first day of school is an exciting time for both parents and children. Following are a few tips to keep children safe especially those starting school for the first time.



For all medical emergencies dial 000 immediately and ask for an Ambulance

SCHOOL ZONES

- School zones are very busy. Always park your car on the same side of the road as the school.
- If you have to park on the other side of the road escort your children to the school grounds.

CROSSING THE ROAD

- Only cross the road at designated crossings and always observe the instructions of the traffic controller on duty.
- Always observe the 40km/h speed restrictions during school hours.
- When dropping off or picking children from school, vehicles must park in approved locations. Stopping, even if only briefly, close to designated crossings increases the risk of children not being visible to other motorists.
- Ensure children alight from the vehicle on the kerb side of the road.

BICYCLE SAFETY

- It is compulsory to wear an approved helmet when riding a bicycle.
- Helmets are designed to protect the head from damage.
- Ensure bicycles are in good working order.
- Make sure children are taught the rules of the road for safe cycling.
- Set a good example when riding with children and wear a helmet.

SUN PROTECTION

Ambulance officers would like to remind parents to 'Slip, Slop, Slap'. Ensuring your child is covered adequately from the sun will decrease the effects of painful burns and dehydration.

MEDICAL CONDITIONS

If your children are on medication or being treated for a medical condition, inform their teacher so they can monitor the children and ensure they take their prescribed medications at the correct time.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

BE AN AMBULANCE HERO: DIAL ZERO ZERO ZERO School Education Program

This program is designed to ensure that every child in New South Wales understands how and when to dial 000 in an emergency.

The program has been rolled out to every primary school in NSW for Kindergarten, Year 1 and Year 2 students.

For more information about the Program, please email: community@ambulance.nsw.gov.au or mail your request to:
Public Affairs Unit
Ambulance Service of NSW
Locked Bag 105 Rozelle NSW 2039

The information in these fact sheets is a guide only on the understanding that the Ambulance Service of NSW shall have no liability arising by reason of any person using or relying on the information and whether caused by reason of any error, negligent act, omission or misrepresentation in the information or otherwise. cont.

For further information please contact:

Ambulance Service of New South Wales
Locked Bag 105
Rozelle NSW 2039
Telephone: (02) 9320 7777
Fax: (02) 9320 7800

24 hr Complaints Hotline: 1800 269 133
generalenquiry@ambulance.nsw.gov.au
www.ambulance.nsw.gov.au

COMMUNITY BILLBOARD

Shellharbour City Council Free Parents' Workshop

Monday 18th August at Shellharbour City Council Ground Level Function Room at 6.00 pm

To help you with practical advice about:

- Supervising learner drivers
- Completing the Learner Driver Log Book and
- Providing on-road driving practice

Bookings are essential. Please call Jenny Davies on 4221 6124

PARENTING COURSES

CENTACARE FAMILY SKILLS TRAINING COURSES WOLLONGONG

PARENTING TEENS

Do you? Worry that your dreams for your teenagers don't seem to match theirs? Wonder if there are others out there with teenagers like yours? Wish you had some ideas to help you and your teens to stop battling over rights and responsibilities? This four session course will explore the many ways a family can handle parent-teen issues.

4 Tuesday Nights 6.30 pm - 9.00 pm 2, 9, 16 & 23 September

Administration Building, Kanahooka High School, Robert Street, Dapto or

4 Wednesday mornings 10.00 am - 12.30 pm 3, 10, 17 & 24 September

Warilla High School Library, (Report to office first) Keross Avenue Warilla

Course Fee: \$40

Bookings (essential): 4254 9316

WOULD YOU LIKE TO MEET SOMEONE FROM OVERSEAS?

HAVE YOU EVER CONSIDERED BECOMING A VOLUNTEER HOST FAMILY?

Wouldn't it be great to send and receive emails from a teenager overseas now and then meet them in person next year? Then consider opening your door to an international exchange student. Expose your family to another cuisine, culture and language.

World Education Program (WEP) is looking for Volunteer Host Families for International Students arriving in February 2009. Students from Belgium, Italy, Brazil, France, Germany, Japan and Netherlands are looking for families that are prepared to welcome into their homes.

For an information pack and/or more details
call Toll Free: 1300 884 733 or email wep@wep.org.au

COMMUNITY BILLBOARD CONT...

LIFE SCIENCES TUTORING

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BRING HOME A BROTHER OR SISTER

In February 2009, students aged 15-18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Host families help provide our students with the chance to study and experience life in Australia. Opportunities exist to act as a host family in a volunteer/unpaid capacity on a temporary, short or long term basis.

This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

For more information call Student Exchange Australia on: **Toll Free 1300 135 331**

or visit our website: www.studentexchange.org.au

Wollongong City

LITTLE ATHLETICS

Registration
is to be held
upstairs at Collegians
on
Sunday 17th August
from
10.00 am until 4.00 pm
ALL WELCOME!!!

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KIAMA STINGRAYS JUNIOR TOUCH REGO DATES

Wednesdays 6th and 13th August 2008

7.00 pm - 8.30 pm Kiama Rugby Club (Showground)

\$45 first child - Competition played Monday afternoons

Enquiries: Linda McAuley 4237 5758 ph/fax

Visit www.kiamastingrays.com for further information