

KALORI

Warilla High School

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Issue 2 - Term 1 - Week 5

Monday 22 February 2010

Principal's Message

Welcome to our second newsletter for the year, and what a busy time it is shaping up to be. In Week 4 our Year 11 students attended a one week camp. It aimed at developing resilience in students and developing skills in decision making and problem solving. It is also a terrific initiative to bond or bring the Year together as they start the "senior sojourn to the HSC".

Mr Stanizzo, Head Teacher Welfare has been offering some fantastic programs to support the learning and development of our students. Over the past weeks the school has held:

- A Year 7 Bonding/Peer Support Day
- "Cyber Bullying" workshops for Year 7
- "Mindmatters" workshops for Year 11 and Year 12 students to support student wellbeing
- Meditation and relaxation seminars for Year 12

It is important to us that we support and develop students socially and emotionally as well as academically. We also hope to have our Homework/ Study Centre open by Wednesday this week.

I would ask parents to support the schools' uniform policy by ensuring that students wear appropriate footwear. It is a breach of OH&S rules for students to wear the thin cotton 'raben' style shoes. Full covered leather shoes (eg joggers) are best and thick canvas full cover shoes such as 'volleys' are also appropriate.

Can I also remind parents to consider taking precautions against Swine Flu this year. While Swine Flu (Pandemic H1N1) has significantly dropped in recent months, it is predicted to have a resurgence as we move into autumn and winter. The vaccine called PANVAX® has been approved and NSW Health is encouraging everyone to obtain a free vaccination against this potentially life threatening illness. The vaccine is available free from most medical practitioners.

I encourage parents to attend our P&C meetings held on the second Tuesday of the month in the school Library. At these meetings we have members of the school executive talk about programs and initiatives happening in faculties across the school.

So read on and enjoy the exciting and busy times at Warilla High School. Cheers and best wishes.

Glenn Isemonger
Principal

Don't forget to access the online magazine for PARENTS. You will find lots of information, advice and good ideas. You can access this at www.schools.nsw.edu.au/ezone

Coming Events

Week 5A

Monday 22 February Yr 11 Biology Excursion to Killalea Environment – Minnamurra River
Yr 7 and Yr 10 Vaccinations

Friday 26 February Yr 8 Marine Studies Excursion to Minnamurra River

Yr 10 SLR Excursion to Killalea

Week 6B

Thursday 4 March Yr 12 D&T Excursion to Powerhouse Museum in Sydney

From the Deputies

Uniform

A reminder to parents that students need to wear correct school uniform each day. Sports uniforms must not be worn to school as it is essential students have a change of clothes for sport. Also, a reminder that canvas 'raben' style shoes are not acceptable for school as they provide no protection to students in practical lessons such as Science and TAS subjects. This is a health and safety issue. Students have been warned that uniform checks will be conducted and students without correct uniform can be expected to be placed on detention. If there are financial reasons why students are unable to wear correct uniform, parents should contact the Principal.

Thank You

A special thank you to Michael Stanizzo, our Head Teacher Welfare, for the organisation of a number of special school events.

On Friday 5 February Year 7 attended a 'bonding day', with Year 10 peer support leaders. Both Year 10 and Year 7 had a wonderful time and completed some great learning activities.

Last Monday Year 7 also attended anti-bullying workshops to reinforce the message that bullying is unacceptable.

Year 11 and Year 12 also attended workshops on motivation and stress management in preparation for the HSC examination.

Last Friday Michael organised our inaugural Warilla High School Academic Blue assembly, where students who achieved Band 6 in any HSC subject were presented with an

'Academic Blue' certificate and were invited to answer questions about what they did to achieve their excellent result. The audience was made up of students from Years 10, 11 and 12.

These events were enthusiastically supported by students and staff. Thank you Michael for your hard work.

Last week Year 11 students attended a week long camp. Aside from being good fun the camp will introduce them to the demands of senior study and give them the skills they will need to be successful. Thank you to Mr Morris, Mr Harrison and Mr Stanizzo for your thorough organisation of this event.

Bob Ashby and Al McInnes
Deputy Principals

Aspire

It has been said that "a person without a purpose is like a ship without a rudder". So it is great to see so many Warilla High School students with goals in their sights and already working hard towards achieving them.

Firstly congratulations to those talented Peer Support Leaders who did a fantastic job working with our new Year 7 students. You were very impressive with the enthusiastic and responsible way you went about your job.

A rap also to the 25 Year 12 students who recently attended the University of Wollongong Open Day. Your behaviour and attitude were excellent.

Our Year 11 students seem to have settled very well into life as seniors. In Year 11 Food Technology Kyle Robbie, Daniel Dupille, Maddison Heydon and Caterina Talevska are to be congratulated for their positive attitude to class work and tasks. In Hospitality Adam Daley, Brogan Harrison, Erin Ulin and Shane Hedges have also impressed with their maturity and positive effort in lessons.

In Year 10 Food Technology, Natalie Johnston, Tihan Marley, Joshua Balmer and Benjamin Carney have shown a very positive attitude to their subject and work.

In Year 8 the following students have impressed with their enthusiasm in Technology and Food Studies electives. They are Luke Woods, Junior Mushaba, Tyson Baxter, Gigi Lasia, Danielle Driscoll and Ashley Angeloski.

Also it is great to see integrity is alive and well at Warilla High School. Well done Amy Peck of Year 9 for your honesty in handing in lost property.

So well done all these students on a fantastic start to 2010. Keep up the great work. Cheers and best wishes.

Glenn Isemonger
Principal

English

Steven Herrick Excursion

On the 15 March Year 12 students have the opportunity to meet and listen to the poet/writer Steven Herrick. This is an invaluable opportunity for these students to listen to a world renowned speaker and it will help with their HSC preparation.

Coming Assessment Tasks

Year 12 Advanced - Mrs Rotziokos's class
Week 5 Creative Writing Task
Week 7 A.O.S. Response (Belonging)

Year 12 Advanced - Ms Lebow's class
Week 7 Written response

Year 12 Standard
Week 7 Viewing/Reading Task (Belonging)

Year 11 Advanced and Standard – Assessment Task 1
Week 10 Speaking Task- Related Material

Year 10
Friday 12 March First across the form Assessment Task
Literacy Paper 1 Period 3 and Period 4

Di Masters
Relieving Head Teacher English

VET

Students in Year 12 have already commenced their paperwork for the required 35 hour work placement component for their HSC year in their framework courses. This will occur early in Term 2 and will enable them to consolidate and further develop their understanding of skills and the workplace expectations. Students will hopefully feel more confident this time around when they report at their assigned work place host employer.

The new framework course Sports (Coaching) has been commenced here at Warilla High with a full class of Year 11 students. This framework enables the students to gain skills and qualifications which will make a future job in the Fitness or Training fields much more easily undertaken. Mr Michael Groves (HT Industrial Arts) is the Year 11 Construction framework course teacher while Mr Drew Cairncross (PE staff member) is the Sports (Coaching) teacher. Both of these teachers are welcome assets to our VET staff. It is once again very good to have so many VET framework courses available to enable students to gain dual credentialing in a field of study relevant to their work future. We hope that later this year when subject selection for students undertaking Year 11 and 12 in 2011 occurs that they will seriously consider how well they are preparing for their future in the world of work. Framework courses are proven to widen the opportunities open for the majority of all students whether they plan to attend university or commence work directly after secondary school finishes.

Sonya Potts
Head Teacher VET

Support Services

Special Provisions for School Certificate and Higher School Certificate

Under certain circumstances the Board of Studies may provide special conditions for candidates sitting these examinations. The special provisions are diverse, covering medical, psychological, physical and learning difficulties. There are many conditions with which special provisions can assist. For example if your child has learning difficulties with reading or writing; medical problems such as diabetes; medical problems that require medication at special times of the day; psychological problems such as anxiety or; physical disabilities such as colour blindness, deafness or muscular problems, he or she can apply.

If you feel that your child may require the use of special provisions, or you wish to find out more, please contact Ros Gaynor, Support Teacher Learning Assistance, during school hours on 42963055 to discuss the matter further. (Applications for special provisions must be lodged by the end of this term.)

Ros Gaynor
Support Teacher Learning Assistance

Sport

Girls in Sport

Warilla High is currently involved as an intervention school in the Girls in Sport program, an initiative of the Premier's Sporting Challenge. This longitudinal research project is being implemented over three years and commenced in Term 1 2009. The aim of the project is to increase the **moderate to vigorous physical activity levels of girls in Years 7-10** in selected NSW secondary schools. It will test the effectiveness of a coordinated, multi component, school-community approach in addressing issues relating to the **decline in participation in sport and physical** activity of girls in the middle years.

The three year project with a two year intervention period will focus on:

- addressing personal, social, cultural and environmental factors thought to impact on physical activity behaviours.
- facilitation of school-and-community centred initiatives.
- skill development, supportive environments, participation and learning opportunities.
- building local capacity to implement and maintain supportive school and community programs and environments.
- specific programming to address individual (school) needs and interests and barriers to girls' participation.

Research was conducted mid Term 1 2009 on Year 8 girls and will be repeated at the end of 2010 with a follow up a year later. Our results will be compared with a demographically similar control school. Results will be collated from the 14 intervention schools and successful strategies will then be available to all schools in NSW. The aim is to target the 20% decrease in MVPA amongst our girls that occurs between Year 8 and Year 10.

Currently the school has put in place the following strategies to facilitate the engagement of girls in PE and sport and to maximise skill development and activity levels.

- PE – to maximise MVPA....
- ✓ Units offered are incorporating student preferences (e.g. yoga, dance, cheerleading) and focus on lifelong physical activity.
- ✓ Barriers to participation recognised and addressed e.g. ropes in gymnastics (see Photo).
- ✓ Single sex classes.
- ✓ Where possible female PASS students will be involved in a leadership role especially in classes with male teachers.



- ✓ Modification of uniform and roll marking procedures.
- Sports offered to Year 8 (2009) / Year 9 (2010) Girls are ...
- ✓ limited to active options only.
- ✓ girls only.
- Female staff volunteers rostered onto Year 8 Girls sport were asked to....
- ✓ actively lead OR join in on the activity.
- ✓ encourage active participation of all students.
- ✓ provide informal feedback to team regarding girls wants and needs.
- Lunchtime/after school hours recreational sports program – indoor facilities are now available for girls to be active.



An additional strategy to be put in place this year is to give more direct contact between local sports and their registration processes and the girls at the school.

If you would like to be involved in this project – to join the circuit class after school, provide professional development of staff in areas of interest such as boxercise or speak directly to the girls to promote your sport please contact the schools PDHPE department.

Gillian Martin
Teacher PD/H/PE

Vaccinations

Each year NSW Health works with our school to offer the vaccines recommended for adolescents by the National Health and Medical Research Council. The information packets have been handed to the students in Years 7 and 10, and they have been asked to return the completed forms indicating which vaccines their parents/guardians wish them to receive. In 2010 the following dates are when these vaccines will be offered to students: 22 February for both Year 7 and Year 10 and then on 28 June and 18 October there will be other vaccines and further doses for Year 7. Can parents please ensure that, if at all possible, their child is at school on the days as missing one of a multiple dose vaccine prevents benefits occurring. Note: Please do not send your child with numbing cream already applied as it is difficult to ensure that they will be vaccinated within a tight time frame. Last year there was a catch up date at the end of the year for missed vaccines. Due to financial constraints I have been pre-warned that it is unlikely to occur this year.

Sonya Potts
Vaccination Coordinator

From the Counsellor

Black Dog Institute

The Black Dog Institute is an educational, research and clinical facility offering specialist expertise in mood disorders – a range

Our School's Core Values:

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

of disorders that include depression and bipolar disorder (formerly called 'manic depression' in severe cases).

The Black Dog Institute will be launching a website for young people across Australia, aged 12-18 years. The new website will be a place where real life stories can be heard, viewed and read and where young people can share their own experience.

To launch the site, the Black Dog Institute is holding a competition for 12-18 year olds across Australia to name the new website. Young people can enter the competition by visiting www.blackdoginstitute.org.au and clicking through to the competition page.

Tim Cartwright
School Counsellor

Volunteering

Parents and students are reminded that Warilla High is a participant in the NSW Premiers Youth Volunteering Awards Program. This means that when students complete and record hours of approved volunteering work, either inside the school or in the wider community, this can be recognised and rewarded for their resume. Students in Year 9 2009, have had the program fully explained to them and should be seeing Mrs Potts to collect new log books and applications forms if they are prepared to work toward one of the certificates this year. Year 9, 2010 has not yet had the opportunity to learn all the details of the program but have been encouraged to see me, in their own time, if they are already undertaking volunteer work. It is vital for insurance cover that the appropriate paperwork is completed and returned PRIOR to volunteering occurring outside of school. I will be attending Year 9 Guidance lessons within the near future to ensure the students understand the program and to distribute paperwork as well as answer questions.

Sonya Potts
Volunteering Coordinator

SRC News

Valentine's Day

The SRC would like to thank everyone involved in making the Valentine's flower selling a success. In total we sold over a hundred flowers. We hope everyone had a good day, and look forward to Valentine's Day next year.

Calling All Journalists

The SRC has been approached again by the Illawarra Mercury to produce some articles for their IQ section. The lift out appears in the Mercury each Tuesday during school terms and focuses on the schooling community. This is a great opportunity if you are thinking about journalism as a career, or you just enjoy writing. There is also a place for a photographer to take some pictures to go along with the articles. If there is anyone interested, could they please submit their name to Ms Nelson, Mr Hawkins or Melissa Galiatsatos.

Year 7 SRC Elections

The Year 7 elections were held on Thursday 18 February. I congratulate Year 7 on their enthusiasm, as we received a large amount of nominations this year. Being in the SRC opens students up to new opportunities and allows them to gain leadership skills and a sense of responsibility. The complete SRC will be listed in the next issue of the school newsletter.

School Website

Soon the SRC will update their section of the school website, complete with a photo and profile questions on each SRC member. Keep your eye out for the changes on the new school website over the next few months.

Your Say

If there is anything that you would like to change about the school, or have any good ideas at all, please speak to your SRC members, that is what we are here for. Also, the SRC is currently in the process of creating a suggestion box to put in the front office for students to anonymously submit suggestions or feedback to do with the school or the SRC.

Tyson Arapali
School Leader

From the Office

Uniforms

We would like to apologise to students and parents for running out of uniforms, especially PE shirts and white polo shirts. The PE staff are aware that uniforms are unavailable and students have been asked to bring a change of clothes for PE lessons and sport until the new uniforms become available.

School Fees

We are currently in the process of invoicing all students for school fees. All families should receive their invoices by mail during Week 6 of this term. We would like to thank those families who have already paid their school fees.

Ventolin

In the office we have a small supply of spare Ventolin to use in emergencies for students with asthma. In the last few weeks we have used all our spare Ventolin. If your child was given Ventolin it would be much appreciated if you could replace it so that we have some Ventolin available when needed.

Cindy Souter
School Administration Manager

Parent Line NSW - Phone 1300130052

Parent Line NSW is a free professional telephone counselling service that is available to parents and carers across NSW for the cost of a local call. Our counsellors are available 24 hours a day, 7 days a week and are happy to support the parents in your school community. Parent Line is fully funded by Families NSW.

Literacy Puzzle

What phrase is depicted here:

ABCDEFGHIJKLMNQPQSTRVWXYZ

School Reunion for Years 10, 11 and 12 from 1988-1990

Date: Saturday 27 March 2010
Venue: Oak Flats Bowling Club
Time: 6.00pm till late
Cost: Will advise
RSVP: ASAP to Belinda Miller/Marley on **0431511825**