



Keross Avenue, Barrack Heights, NSW 2528

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Principal's Message

Well, it is like welcome back to many of you, after our COVID lockdown, and I hope you have felt informed and supported by the school during that time. I know I was sending out numerous and seemingly ongoing letters and putting notifications up and on FaceBook, but the intention was to keep you as informed as possible. I have received some very kind feedback from parents, and it does seem to have cemented our relationship in that we have been caring for your students together. Every decision I have made, I started with, "how will this positively impact on the students?"

In readiness for the students' return, we have put quite a few measures in place, and again at the centre is our desire to keep our students and staff as safe as possible. We currently have extra cleaning hours, which means that hard surfaces, seats, tables etc. are being wiped down with disinfectant during the day. The toilets are being checked every hour, and supplies of soap and paper are replenished. Every teacher has a supply of hand sanitiser that students are using to maintain their cleanliness as well.

While the school was empty, it was a great chance to get in and make some improvements, and the school is looking great. We started with one of the Metal rooms, in B11, and new equipment has been installed and the room painted and upgraded. We also spent time and money getting B13 spruced up as well. At the same time, we had a number of "hydration stations" installed. That means that every block in the school now has access to clean, chilled and filtered water, and it is proven that students who can drink water regularly do much better with their concentration. The P&C and Anna Watson MP helped with the funding for this improvement. We then moved our attention to the CAPA area, and CAPA1 has been remodelled, painted and recarpeted. It is now a great venue that we can use as a performance space for our senior music students. More good news for CAPA, as we have purchased a second kiln, and with some clever shuffling have more than doubled the capacity of this facility.

We have been able to construct a large awning outside of A-Block with new seating to give more undercover space to our students and have replaced some seating outside the library - again, thanks to our GA team. New seating has also been purchased and installed outside the library. The Drama room has its beautiful new furniture in place, and the number of beautiful garden beds around the school is just wonderful to look at. Be assured we have worked hard during the absence of the students, but every improvement we have made is for the benefit of the students.

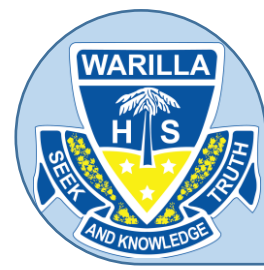
To have made so many improvements has been a team effort, and I acknowledge some really hard work many staff members who have grabbed this unique opportunity to create some renewed facilities that will benefit your students. I hope your student can tell you how this has impacted on them in a positive way.

While it has been great to welcome the students back, it is a shame that some seem to have forgotten what we expect in terms of behaviour and uniform. Please have a good read of the Deputies' item, as it reminds students and their families as to what is expected now (and was before the COVID lockdown as well). Nothing is new in our expectations and work around the Warilla High values of Excellence, Respect, Integrity and Compassion. If the "lockdown" has taught us anything, I would think that valuing each other and acting in a kind and respectful manner is something we all believe in and would promote to our students.

Overall, welcome back one and all, and we look forward to getting things "back to normal" as quickly as possible.

Yours (at a safe distance!!!)

With kind regards,
Ms Brook,
Principal



Deputies Report

With winter weather fast approaching, we value your support in encouraging your child to wear their school uniform. Our endorsed school uniform is plain navy jumpers and shorts or pants. We appreciate that getting to the shops to purchase warmer school clothing has been difficult. We also understand that family circumstances in terms of employment may have changed due to COVID-19, and this places pressure on family budgets.

As part of our school uniform process **if your child is unable to wear our school uniform can you please provide them with a note** which they will show their roll call teacher.

Please also be aware that for safety and security reasons, the wearing of ‘hoodies’ and the wearing of a shirt over the top of a jumper is not acceptable in the school context. If there are concerns regarding maintaining warmth during the winter period, a plain white T-shirt or skivvy worn under the shirt is acceptable.

Attached in our newsletter, you will find a reminder of our schools mobile phone policy while in the classroom. We also ask you to remind your child about appropriate mobile phone use at break times. Students should not be recording each other, nor should they be viewing, sending or forwarding inappropriate content. While on the school site, we encourage student to set their phones to not receive airdropped content from others.

There has been an increase in students bringing in energy drinks to school. Energy Drinks such as Red Bull, Mother, V and Rockstar are banned in NSW schools by the Department of Education. These drinks have been proven to have a negative effect on student’s health and learning. Students with these drinks at school will have them confiscated. Some of these drinks have more than 108 grams of sugar (22 teaspoons) and 240 mg of Caffeine (3 standard coffees).

Since the return to school of all students at the commencement of Week 5, there appears to have been an increase in the number of students riding scooters to school. This has also coincided with road work occurring along the northeastern section of Keross Avenue. Unfortunately, the two elements have combined to create some traffic incidence and near-accidents during the period directly at the end of the school day. If students are riding scooters to school, there is an expectation that these will be ridden in a manner that is safe for the rider, the general public and property. If a student is identified riding in an unsafe manner, the school will confiscate the scooter, to ensure safety, and will ask the parents or carers to come to the school to retrieve their property.

A team of teachers including Ms Bates, Mr Koglin, Mrs Lambert and Mrs Luckman are engaging in an initiative developed by the NSW Department of Education entitled ‘Learning ecosystems’. Our schools is interested in developing stronger networks and partner with key people and resources, both from their local and global communities, to improve learning experiences for our students. This year in Term 3 our team will build on the incorporation of the 4Cs skills (communication, collaboration, creativity and critical thinking and problem solving) into an identified class we teach to prototype links with parents and community to engage and enhance the learning taking part in the class. We will use this as action research to inform our approaches to curriculum offerings and learning in 2021.

As students would be aware, the canteen has opened again. Therefore **under no circumstance will students be allowed to go to the service station for food.** It is a safety issue that students do not leave the school grounds during the school day.

It is wonderful to see all our students back in the classroom and coming to terms with the day to day running of the school. Social distancing should still be adhered to if possible in the classroom and the playground. We must practise in the school what we want our students to mimic out in the community.

Deputy Principals

Ms Luckman, Mr Hales and Mrs Masters

Infectious Disease

I am writing to advise you that our school currently has a student who is receiving treatment for cancer. Currently, she/he is actively involved in the school community in between having treatment and dealing with and recovering from the side effects.

As this student has a compromised immune system (which makes him/her more vulnerable to disease), it is important that you do not send your child to school if he/she is unwell. For example, if your child has an infectious disease (such as measles, chickenpox, shingles or diagnosed flu), he/she should stay at home until no longer contagious. For more information about how long an illness is contagious, contact your GP or visit the NSW Health website at www.health.nsw.gov.au.

I would also appreciate it if you would notify me if your child has an infectious disease. This will allow me to assess the potential risk of the disease and if necessary, to notify the student's parents and medical team.

We appreciate your cooperation. Please do not hesitate to contact me if you have any questions.

Yours sincerely,

Ms Brook
Principal

Year 7

Congratulations to all of the Year 7 students who maintained their studious and mature approach to their studies during the 'Learning from Home' period. I am pleased with the level of engagement and depth of work that most students completed. It is unfortunate that our Year 7 camp has had to be postponed because of COVID-19 but I am determined that our year will go away for a camp at some point when all is safe and sound.

I am also pleased to congratulate a large number of students who have earned their Bronze & even Silver awards - a wonderful achievement so early in Year 7!

Congratulations to, Lucy Brannigan, Emma Caldmoski, Mia Clancy, Tyler Cox, Indiana Dos Santos, Baxter Egan, Moses Fowler, Keysha Hepi, Madison Hogg, Rebecca Hood, Chelsea James, Noah Johnson, Sienna Klotz, Kiara Kostovski, Ruby Langlands, Heaven Leyson, Kyra Martin, Sienna Mason, Jayla Mckenna, Chloe Mete, Sofia Moore, Sienna Munro, Demi Neall, Jade Nguyen, Ashlee Panai, Bianca Riikonen, Eve Townsend, Katarina Veleviski, Cohen Williamson, Holden Young, Alexander Bosevski, Rebekah Dalby, Thomas Eirth, Charlie James, Kensa Lloyd, Gabriella Mangulabnan, Olivia O'Neill, Alan Southall, Alannah Spooner, Peter Stratilas, Connor Taylor- Wilson.

Students who display our school values of Excellence, Respect, Integrity & Compassion are rewarded with VIVO points which they can use to redeem a huge variety of perks.

Brandon Harry
Year 7 Advisor

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.

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.

STUDENT ABSENCES

Students must bring a note to explain their absences. A green 'Absence Book' is available from the front office. Unexplained absences will appear on the student's report.

Year 9

I want to welcome Year 9 back to school this term. Students have transitioned well from online learning to being in the classroom full time. Their commitment to learning and behaviour has been exceptional upon their return, and it's great to see so many happy faces around the school.

Loretta Ratajkoski
Year 9 Advisor

Year 12

Year 12 students are quickly approaching the end of their studies at Warilla High School. This term sees them very busy completing Assessment Tasks. In order to ensure success in the trial and HSC examinations, it is important that all students develop sound summarising and revision skills. I encourage all students to watch the Prue Salter short 15-minute videos with practical activities to help them to learn how to study. The link for these has been emailed to all Year 12 students and is available on the Year 12 Google Classroom.

Tuesday tutoring is back on, and anyone struggling to keep up with their course content can also access tutoring during the day, via the wellbeing hub. Furthermore, Mr Harry is running "Ways to Study Sessions" this term in the library, to help students implement study methods & give them time to create their study notes.

These are held:

- Friday (A) Period 2 (for study period students only).
- Monday (B) Period 2 (for study period students only).
- Wednesday A & B week after school in the library till 4 pm.

It is highly recommended that students utilise some of these free resources to help them achieve their best in the HSC. Furthermore, wellbeing and Careers notices are frequently being emailed out to students, and these can also be accessed by Year 12 via their year group Google Classroom.

Due to Covid-19, some changes have had to be made to the Trial HSC as well as the Graduation dates. Once these have been finalised, notifications will be sent out. At this stage, it is assumed that the Formal will still be going ahead at the Kiama Pavillion on the 12th of November. More details will be made once this is confirmed. At Graduation, the students really appreciate watching timelines of their school photographs from their years at high school. As such, for any students who have joined this cohort from other schools, it would be appreciated if school photographs from their 'missing years' could be emailed to the school.

A pie drive will be organised shortly in order to fundraise for the Year Group's parting gift to the school
Terese Woollett.

Year 12

In My Blood It Runs

Today, Warilla High School as part of Reconciliation week all students watched the documentary 'In My Blood It Runs'. The film was shot in Mpartnee (Alice Spring), Sandy Bore Homeland and Borroloola Community, Northern Territory over three Years. From the film we, we learned about Djujan and his family, and the complexities and struggles that they face.

Synopsis

Ten-year-old Djujan is a child-healer, a good hunter and speaks three languages. As he shares his wisdom of history and the complex world around him we see his spark and intelligence. Yet Djujan is 'failing' in school and facing increasing scrutiny from welfare and the police. As he travels perilously close to incarceration, his family fight to give him a strong Arrernte education alongside his western

education lest he becomes another statistic. We walk with him as he grapples with these pressures, shares his truths and somewhere in-between finds space to dream, imagine and hope for his future self.

Some comments from our students:

Spencer Year 10 – the documentary was very interesting and it should be shown to all people

Jhaerelle Year 10 – it was good to see different perspectives

Hayden Year 10 – Inequality is still happening and this film was made recently, I thought it was made a long time ago

Aboriginal Education Team

'Kultural Design' Competition

Last year two of our students Mahina Dwyer and Celest Moir entered a design competition to win shirts for our school. The design acknowledges the Dharawal country on which our school is built. The girls design of the whale and the colours represent our connection to the ocean.



Aboriginal Education Team



School Improvements

This year our new Principal has been able to approve a number of improvements to our school. Thanks to Anna Watson MP, we are now very proud to boast a water station in every block, giving all students easy access to cool, filtered water. Also, thanks to our P&C we have a large, six spout water station in the Year 7 Area. The installation of these water stations continues with WHS' green strategy by encouraging students to refill rather than purchase bottled water.





Our school gardens have been weeding, pruned and replanted in areas with our students enjoying getting involved and have taken ownership in their maintenance. Garden beds have been redone in some areas.



A number of major projects in classrooms have also been completed.

A renovation of CAP1, one of the schools music rooms, with fresh paint, carpet and the removal of walls to free up space has revitalised the classroom, and we look forward to sharing this space with our students - thanks to Mrs Neden, our GA team and Mrs Souter for their hard work here. We have also been able to double the capacity of our Kiln - giving our CAPA faculty even more capacity for clay work, thanks to Ms Dunstan for her hard work here.





Our TAS faculty have also been able to renovate B13, with an upgrade of equipment, and a general refresh. B11 has also had a senior study area created to give students an area to focus on major works and assessment. Thanks to our Woodwork gang and the TAS faculty for their advocacy here!





We have been able to construct a large awning outside of A-Block with new seating to give more undercover space to our students and have replaced some seating outside the library - again, thanks to our GA team.



Ideas for taking care of yourself and managing the challenges of senior studies



Self care apps and tools

Apps

Smiling Mind - a mindfulness meditation app. Mindfulness meditation can help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

Niggle - helps you track your wellbeing and get personalised information, videos, podcasts, quizzes and tips to help tame your 'niggles'.

ReachOut WorryTime - helps you to control everyday stress and anxiety by acting as a place to store your daily worries.

ReachOut Breathe - helps reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

Websites

Spaces - a place where you can collect and manage resources to build your own personalised mental health toolkit

ReachOut Chilling Out - a selection of strategies to choose from to help you relax and chill out

Beyond Blue Relaxation exercises - offers a range of relaxation exercises that can refocus your attention, clear your mind, slow down your body and help to put things in perspective.



Study tools and tips

Apps

Flora - stay focused and manage your screen time via a virtual garden. Each time you put your phone down, Flora plants a seed and a tree begins to grow. The less you use your phone, the better your garden grows.

Habit Track-er Bull - allows you to track and input good habits to help organise your life and develop good routines.

Recharge - helps track your sleep schedule, gives you activities to do in the morning to get the blood pumping and allows you to track your mood.

StudyStack - helps you memorise information by creating flashcards that can be studied and used to develop other games and activities to revise information.

7 minute Workout - offers daily workouts that are designed to get your heart rate up and clear the mind. No equipment and minimal time is needed for these workouts.

Websites

ReachOut Stressed about study during coronavirus? - a collection of material for students to get you through everything from studying at home, exam stress and fear about the future



Online self help tools

myCompass - a free program for people who have been feeling down, stressed or anxious or simply want to build good mental health. It includes many different interactive learning activities and a lifestyle tracking feature to help you better understand yourself and learn strategies to improve your mental health.

ReachOut Next Step - an online tool to help you work out what's going on and then recommend support options so that you can take the next step. Every recommendation has a range of options, allowing you to choose what you want to do next.

moodgym - a free program that will help you identify whether you are having problems with emotions like anxiety and depression and learn skills that can help to cope with these emotions.

BRAVE program - a free program that is designed to help young people with anxiety develop skills and coping strategies so that your worries and anxiety don't stop you from doing the things you want or need to do.

iBobbly - a free wellbeing app for young Aboriginal and Torres Strait Islander Australians aged 15 years+ that shows you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.

People who can support you at school

You don't have to work everything out by yourself. There are plenty of people there to provide you with support and offer advice and suggestions.

These include:

- Your class teachers
- Year advisor/s
- Careers advisor
- School counsellor / school psychologist
- Student support officer

Your local doctor is also a great place to start – they are trained to help with any type of physical or mental health issue.

If you or a friend need more support

Everyone needs help sometimes. If you are feeling overwhelmed, there are people that can help support you through these challenging times. Many services have on-line and phone options, meaning you can chat with a mental health professional at a time, and in a way that works best for you.

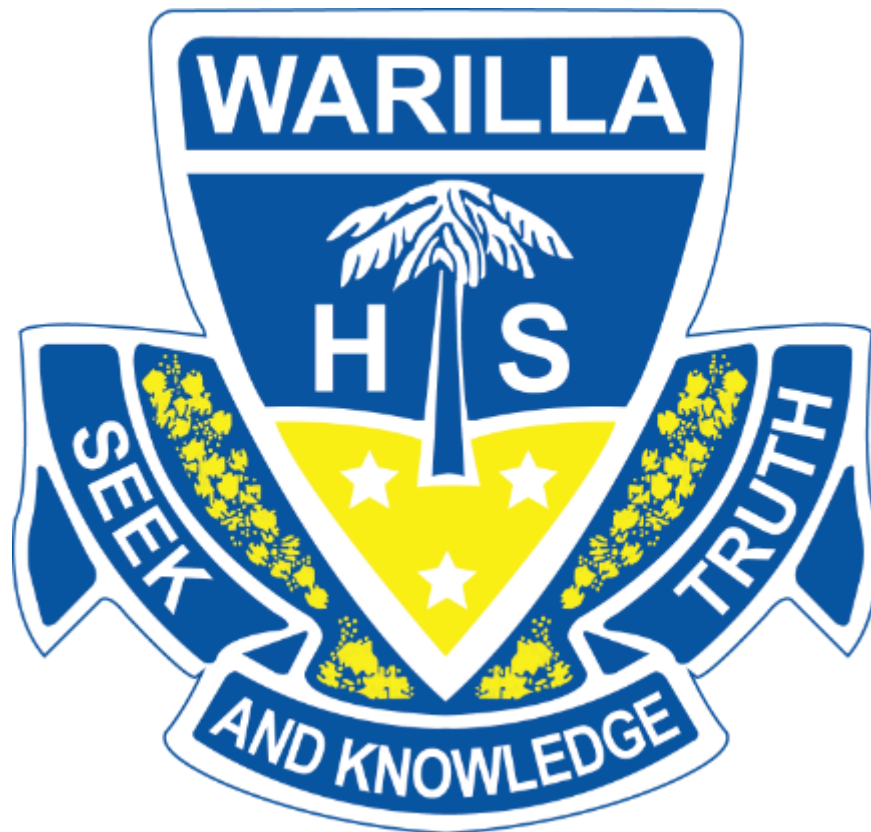
Kids Helpline - free phone and online counselling support available 24/7 every day 1800 55 1800

Lifeline - free phone (24/7), online (7pm - 12am) and text chat (6pm - 12am) available every day 13 11 14

headspace - free online and phone chats (9am - 1am) and face to face support available 1800 650 890

Youth beyondblue - free phone (24/7) and online chat (3pm - 12am) available 1300 224 636

ReachOut (online forums and resources) au.reachout.com



Warilla High School

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