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17 September 2021 - Issue 1 – Term 3 – Week 10  
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## Principal's Message

It seems a bit crazy to be writing a newsletter to reflect on a term when most students have not been able to come into the school at all. You might think the school is like a ghost town, but not so, as it seems to have a considerable number of staff on-site creating hard copies of work booklets to be picked up for learning from home or conducting Zoom meetings to many eager students wanting to get on with business. In many ways, the students are setting the tone for what we now see as normal. Congratulations to our wonderful students who are still working so well from home, and there are many of you!!! You are a credit to your families and Warilla High School. Watch the letterbox for postcards from some teachers congratulating our hardest workers. We are also looking at having more pizzas delivered to our best workers, so another reason to keep working when we come back next term!!!

With the latest lockdown of the entire state, we need to remember that we are in this for the long haul now. I know I have made this reference before, but this is a marathon now and not a sprint. In other words, it is time to pace yourself with learning online and not try and be unrealistic. I know that Year 12 have been especially anxious around their Trial HSC exams, which were eventually cancelled. Just as important as your learning academically is the need to keep your physical and mental wellbeing maintained as well. At the start of Week 3, we advised many students to follow a new structure of timetable that included time to step away from the screen and get some fresh air. Last Friday, we encouraged students to have a relaxation day; more of these will also be scheduled after the holidays to give you a chance to take a deep breath and enjoy this beautiful weather.

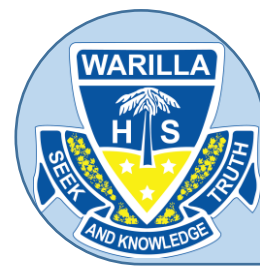
While we take advice from NSW Health and the Department of Education, it is becoming a guessing game as to when we will be able to recommence lessons at school, so looking after yourself becomes even more important. Can I emphasise that while we are apart, the help of any kind is only a phone call away? If you need to talk to someone, either about your learning or about your feelings, please ring, and we will ensure that someone can help. The school's number is 42 963055.

On a very positive note, we have asked teachers to reach out and collect evidence of some of the great activities that our students have been undertaking during the last few weeks. I hope you enjoy the many photos and descriptions of what the wonderful staff and students are doing is an inspiration for you and your family to enjoy this precious time together. I also encourage you to send in photos of students, and their families, working, cooking, surfing, taking pets for walks.

Finally, can I thank all our families and community for their perseverance and good humour during this time. I have had some lovely conversations with parents and students as they keep me informed as to what they are doing. The creativity and imagination of our community is what is keeping us going. The situation may be worrying, but the positive attitude is what is keeping us united and moving forward.

Keep well, stay safe and if you need a hand, just give us a yell!!!

*With kind regards,*  
**Ms Brook,**  
**Principal**



## Deputies' Report

At the end of what can only be described as the most unpredictable and challenging school term of our careers, the Deputy Principals would like to thank the entire community for their persistence and patience over the course of Term 3.

We would firstly like to start by thanking the students who have adapted to a new learning environment. It was always going to be difficult to navigate a world of remote learning. There were always going to be difficulties with learning to use the digital platforms set up for your learning or being able to join your classmates and teachers for Zoom meetings. We have found that, as the term progressed, a majority of students demonstrated resilience, found their groove, and were able to successfully engage in their learning.

For those of you that were working from booklets. It was great to see you, even if it was at a social distance and 'masked up', as you collected and returned your work. For those students whose parents/carers were essential workers and were attending school. Thank you for your perseverance and good humour in what was a very different school environment from normal. We are looking forward to when we can bring you safely back into the school during Term 4.

To our parents, a big 'shout out' to you. The support that you have given your children with their learning and therefore the school during this period is amazing. This was never going to be an easy period, and as a school, we have endeavoured to keep you informed of developments as quickly as possible. In the early part of the term, this was difficult as the landscape on which we were travelling was changing daily, but we have encountered nothing but an understanding that we were all part of a community that needed to work together for the benefit of all.

To our staff, both permanent and casual, what an adventure! In a profession that is so dependent on the ability to communicate and challenge, it has been a testimony to your professionalism that you have, in isolation, being able to produce engaging lessons and maintain meaningful contact with students and colleagues. The school has not stopped running while Term 3 progressed, and programs such as Year 6 into Year 7 2022 Transition and Year 10 into Year 11 Subject selection have needed to be adapted and continued. Thank you to all involved. These all play a major part in the schools staffing needs and resource allocation for 2022 and could not be delayed.

Thank you one and all for your efforts this term.

As a final note in this report, both Mr Ind and Mr Hales, on behalf of the school community, would like to congratulate Mr Stephen Kershaw on his new position as Deputy Principal of Bomaderry High School. It has been a pleasure to work alongside Stephen, and he will be missed when he takes up this position late in Term 4 2021.

Stay safe, and we will see you in Term 4.

***Mr Hales, Mr Ind and Mr Kershaw***



## Wellbeing Friday

On Wellbeing Friday, we encouraged our students to do something positive for themselves and for their wellbeing. It was lovely to have photos being sent, with students sharing something that was good about their day!

Whether it was having a great remote learning space, walking their dog, or catching a wave, it was an awesome way to share some positivity and engage with each other.

**Mrs Hanson**

Max Nedelkovsi Yr 9 - his awesome learning space



Eve Townsend 8SCI1 out walking her dog this morning



Loki Oscan Yr 8 Marine went surfing for wellbeing







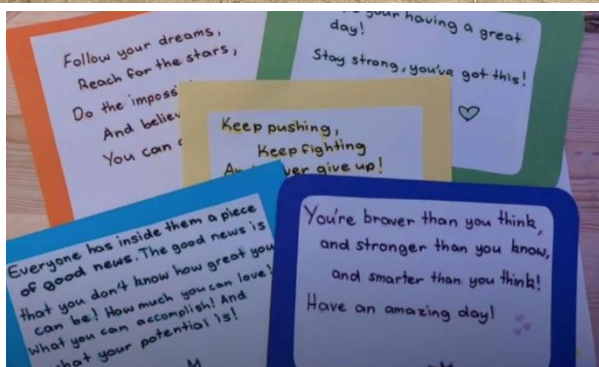
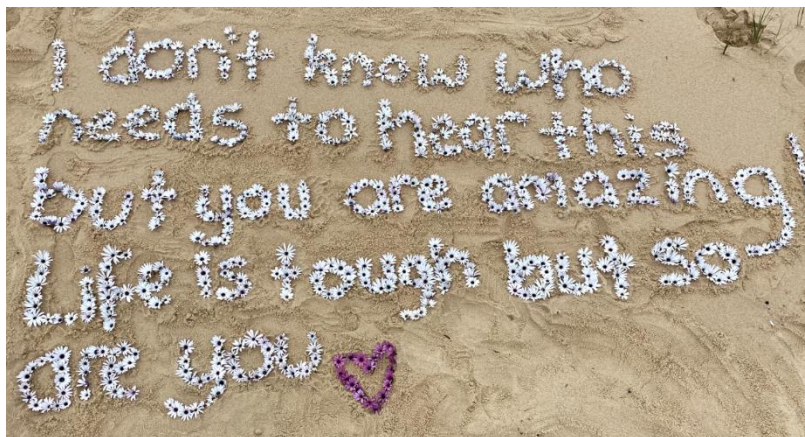
## R U OK Day – Wellbeing Campaign

This year was a little different for R U OK Day at Warilla High school. We still wanted to let everyone know that we are here for anyone who needs to talk. Remember this year's slogan is "R U 'really' OK?" and we wanted to make sure that we reached out to all students and staff to see how they were doing. The SRC created a Video that was posted on our different sites. This short video showed ways to ask people if they are ok and not to be afraid to speak up. It also went into what are the next steps if someone needs help.

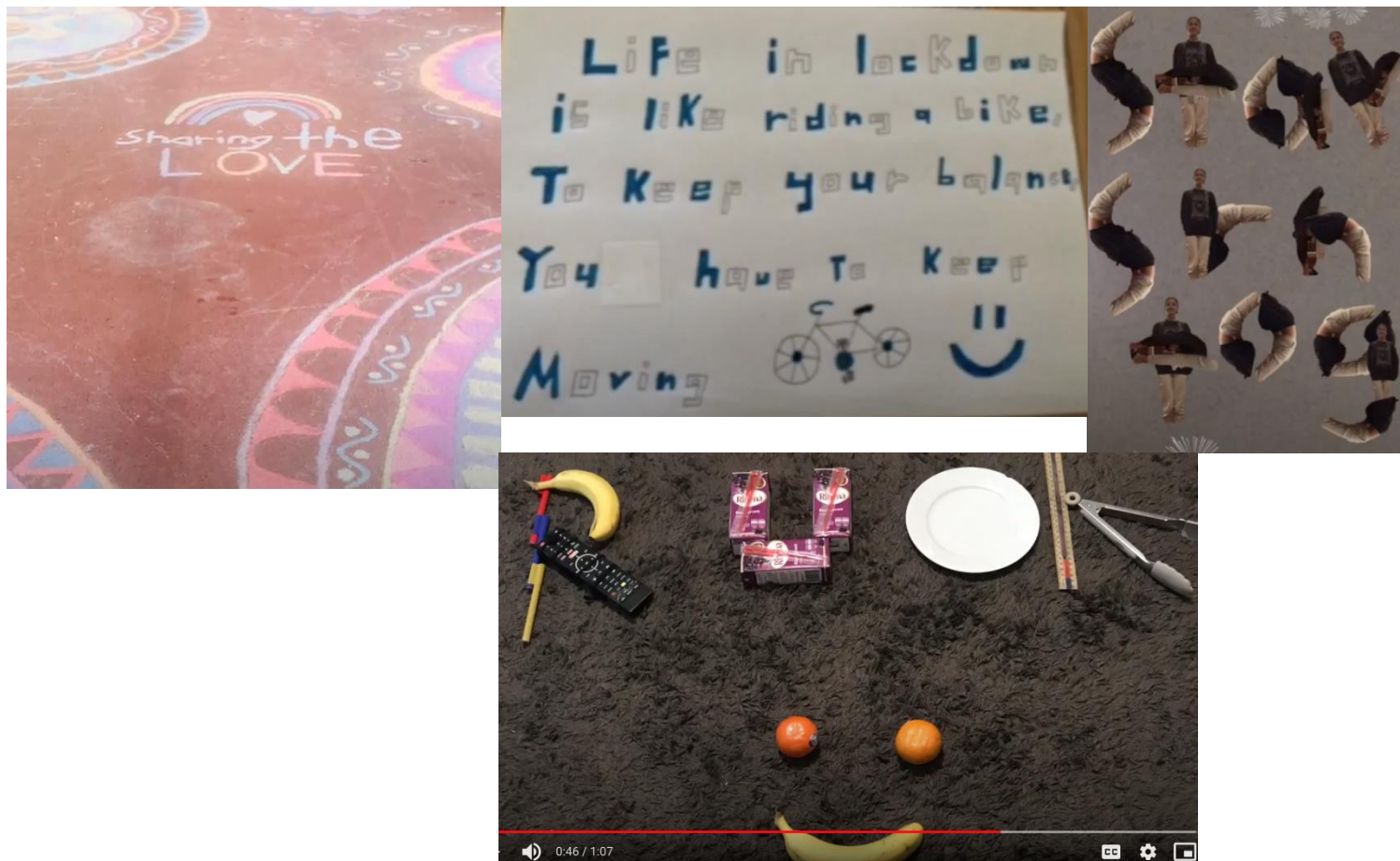


We also know that this is not just something that people should do for a day. It needs to be followed up and, at times, needs more professional help. This campaign is about encouraging people to look after their friends and family by asking questions and following them up.

We also ran a competition to encourage people to advertise the campaign in their own way, and we had some fantastic entries.







We were so impressed with the effort that the students went to promoting this important message.

Some staff and students were also shown appreciation by the cupcake fairies visiting to show another way to start a conversation. Split a Kit Kat or take someone a cupcake to show you care, and you are here to listen.

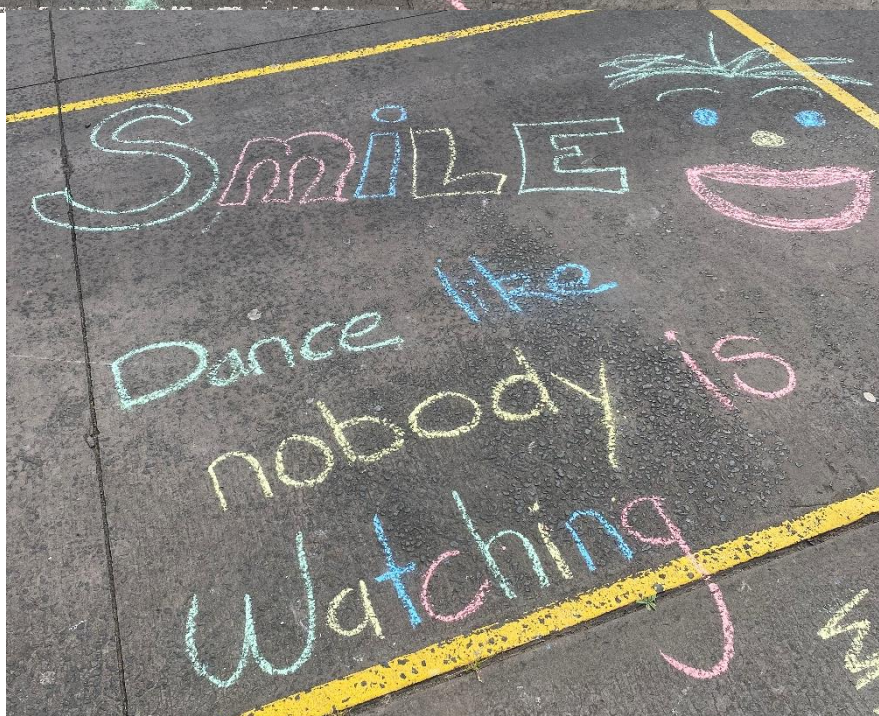
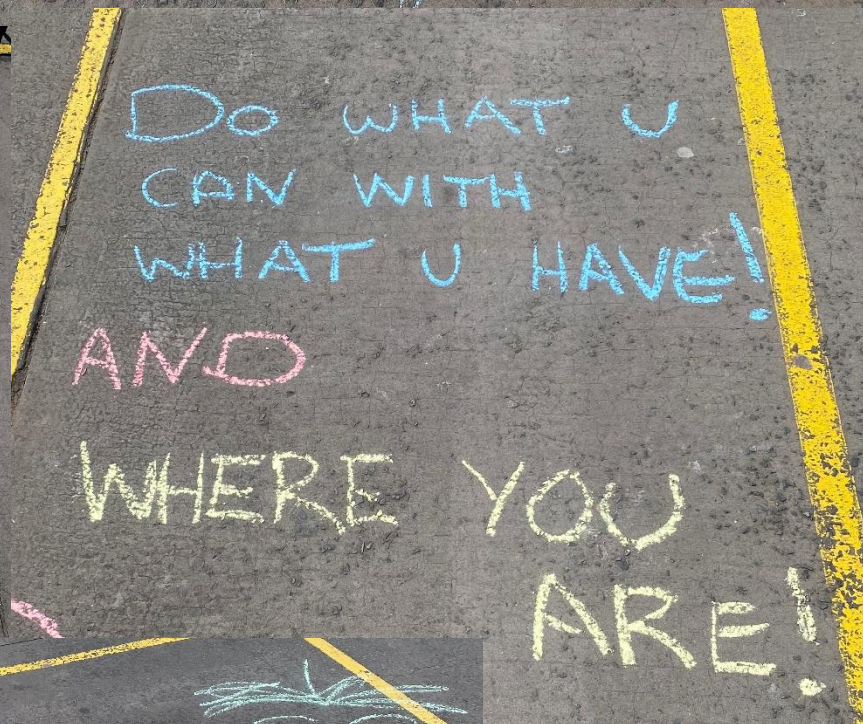
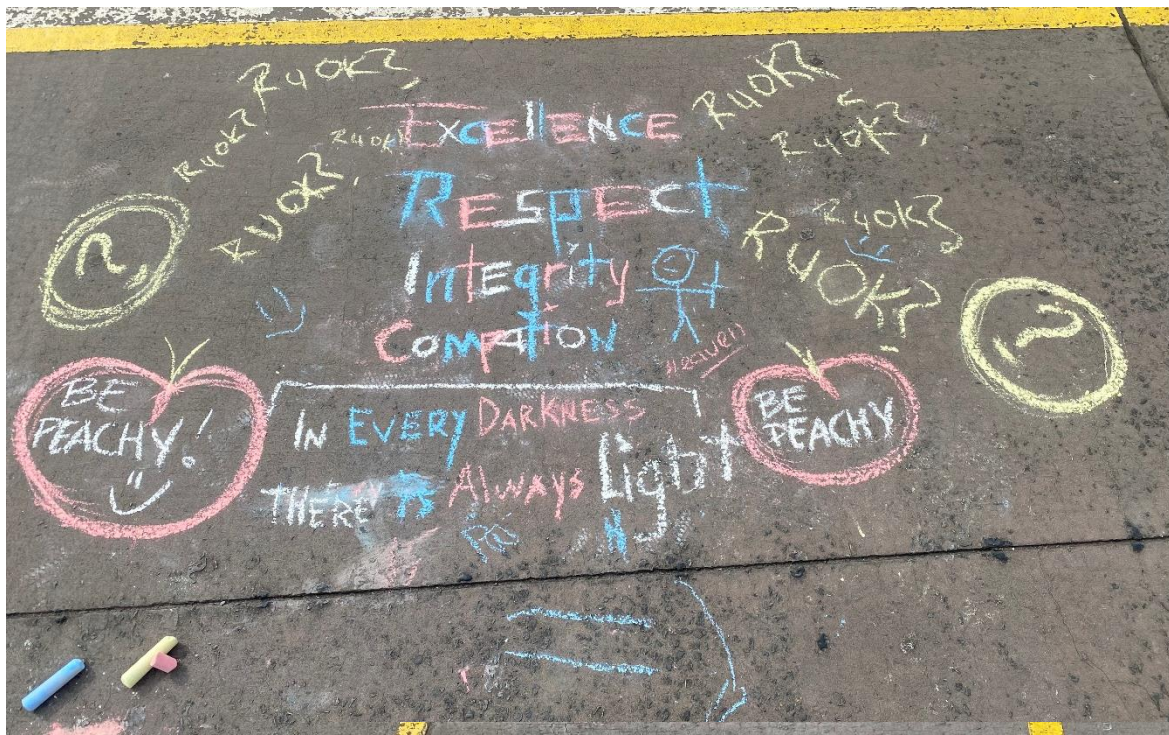








# R U Ok Day Chalk Drawing



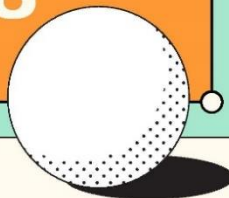






# HOW TO GET SUPPORT

**THERE ARE MANY SUPPORT PEOPLE YOU CAN CONTACT IF YOU NEED TO**



## Counsellors

We have counsellors at school who you can organise to come in and see face to face OR you can call the school and organise a phone appointment OR contact your YA to organise an appointment

## YEAR ADVISOR

Remember that your Year Advisor is someone who can support you during this difficult time. They can help with wellbeing OR academic needs. Contact them via email or on your google classroom.

## Student Support Officer – Claire

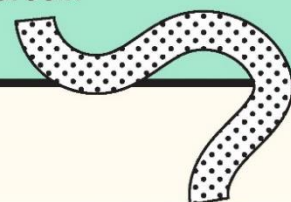
We have our SSO available to you via the Wellbeing Facebook page OR you can contact your YA to refer you. Claire will make a time for you and speak to you over the phone.

## Teachers

Your teachers are there to support you. If you have questions email them OR message them via your google classroom. They want you to succeed and are happy to support you with your learning.

## REMEMBER TO TAKE CARE OF YOURSELF

Self care is important too. Think about ways you can look after yourself. Call a friend and chat, go for a walk or run, spend time with your loved ones, play with a furry friend, eat well and look after yourself!





## Online Teaching

COVID and my kids (yes, I call them my kids, 'cause that's how I feel!) - my experience as an online teacher.

Absolutely not going to lie, this has been a hard road to travel for both the students and the teachers, and then not to forget the parents too. It all started pretty well with one of my classes; they started the work, submitted the work, caught up on zoom, and then well, shall we say, wandered onto a different road and offline out of my classroom for a little while.

It was a nerve-racking period of time; I had no idea if they were working (google classroom doesn't tell us if they've done a little bit and are saving the next section for later, or that they've not been on there at all). My mind and heart were panicked - were they on there - were they not?...AND then suddenly week 8 hits and a group of my class reached out...never have I been so happy to hear their voices in the typed messages, and YES, I am right here for you...what do you need?

A couple of hours in school with two of them, a couple of hours on zoom talking to others and emails back and forth...where I was 6 weeks ago to today is different on so many levels, worrying if my kids would submit their work and complete their course to knowing that some will now complete it. I really didn't think that we'd get to this point! Week 8 made me smile again!

I know that these are times that we have never dealt with before; in my heart, I hope that all of our kids, teachers, parents, and families are safe... we'll eventually get back into school, and this will be a moment in time that we talk about, knowing that we got through it to the other side...from me to you, take care of yourselves and those you hold dear...see you all real soon, you're doing a great job!!

**Miss  
Boulton**







Our library has a range of the Children's Book Council of Australia Shortlist candidates available to borrow. The winners will be announced on the 20<sup>th</sup> of August 2021. If you would like to borrow any of the books above or titles from the general collection, please contact the school, and we will arrange to have the books available for pick up from the front office. Simply click on the Oliver tab on the Intranet page to see what's available. The school's contact details are Warilla-h.school@det.nsw.edu.au or contact on 02 4296 3055.

*Mrs Atley / Mrs McInness*

## Wollongong 2022 Legacy Partnership Program

In September 2022, the world's best cyclists will come to Wollongong for the UCI Road World Championships (it's a pretty big deal). The Local Organising Committee, in collaboration with the NSW Government, has developed a Legacy Plan to engage with the wider community to deliver a long-lasting event legacy by providing funding to the local region that the event is being held in to promote all facets of cycling.

I am excited to announce that Warilla High School was a successful recipient of this funding. The money will be used to purchase a number of mountain bikes and helmets, which will be used to teach bike education and skills. Students will also be able to hire the bikes for a small fee (to assist with maintenance and upkeep) for use during sport and participation in mountain bike competitions. So if you are keen to get into riding but do not have a bike, this is a great opportunity to get involved.

I would like to thank Mr Wright for his assistance with the grant application and also thanks to Mark Nolan for the great pictures he has been taking at mountain bike events; I used some of these in my presentation.

*Miss Armstrong*







## Foreshore Centre

Well, after 5 weeks of homeschooling at the time of writing this, it is safe to say that this term has not gone the way that anyone expected. While this is obviously disappointing, we at the Foreshore Centre are extremely proud of the work that our students are producing and the resilience that they are displaying.

Some of the work that students in S3 have been involved with this term includes lessons about money, PDHPE activities on taking risks and personal safety, a novel study of 'Charlie and the Chocolate Factory' by Roald Dahl and art, cooking & craft fun related to the novel.

While learning from home, students have been encouraged to get outside and be active whenever possible. This is great for both their physical and mental health. Exercise activities, walks, and scavenger hunts are all great ways to be healthy and to make a day more enjoyable.

Again, we are very proud of our students during this particularly difficult time. A huge thank you to the parents and caregivers of our students, too. Without your help and support for your children and our school, learning from home would be impossible. We appreciate everything you are doing.

Sincerely, Foreshore Centre Staff.



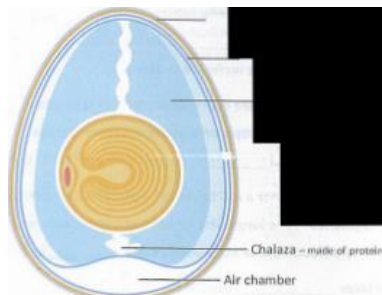


## Year 11 Biology

### Experiment: Osmosis in 'naked' eggs

#### Aim:

To determine how changes in the solute concentration surrounding a 'naked' egg affect its mass. First, we removed the shell using vinegar, and then we put the eggs in differently concentrated solutions.



#### Results:

Condition	Initial egg mass (g)	Final egg mass (g)	Change in egg mass (g)
Hypotonic	64g	90g	26g
Isotonic	63g	64g	1g
Hypertonic	63g	68g	5g

Conclusion: The results did/did not support the hypothesis. A hypotonic solution causes an egg's mass to ~~decrease~~ increase while a hypertonic solution causes an egg's mass to ~~decrease~~ increase. An isotonic solution causes an egg's mass to slightly change.

## 3 Keys to Overcome Anxious Thoughts

COVID brings a level of uncertainty and angst that is affecting all of us. Not only are the circumstances difficult, the mental battles are equally challenging. For many students and parents alike, we battle with anxious thoughts that can be intrusive and overwhelming. It is important that we support one another at this time, and we have a school partner who has a great resource available to you.

MyStrengths Australia has partnered with a number of schools, leading students to discover their strengths and develop a growth mindset. MyStrengths Founder, Dan Hardie, has been passionate about helping students and parents alike and has created a short online series that will help you and your children to better handle the anxious thoughts at this time. This 3-part series is FREE to all school partners and will help you take steps to overcome.

We recommend you take this Free Mini-Course, now available at [www.anxiousthoughts.com.au](http://www.anxiousthoughts.com.au)

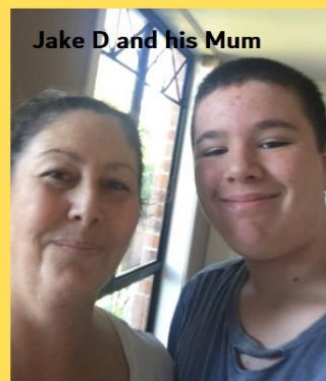
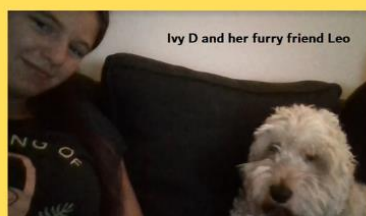
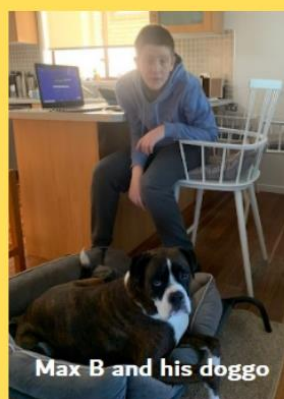




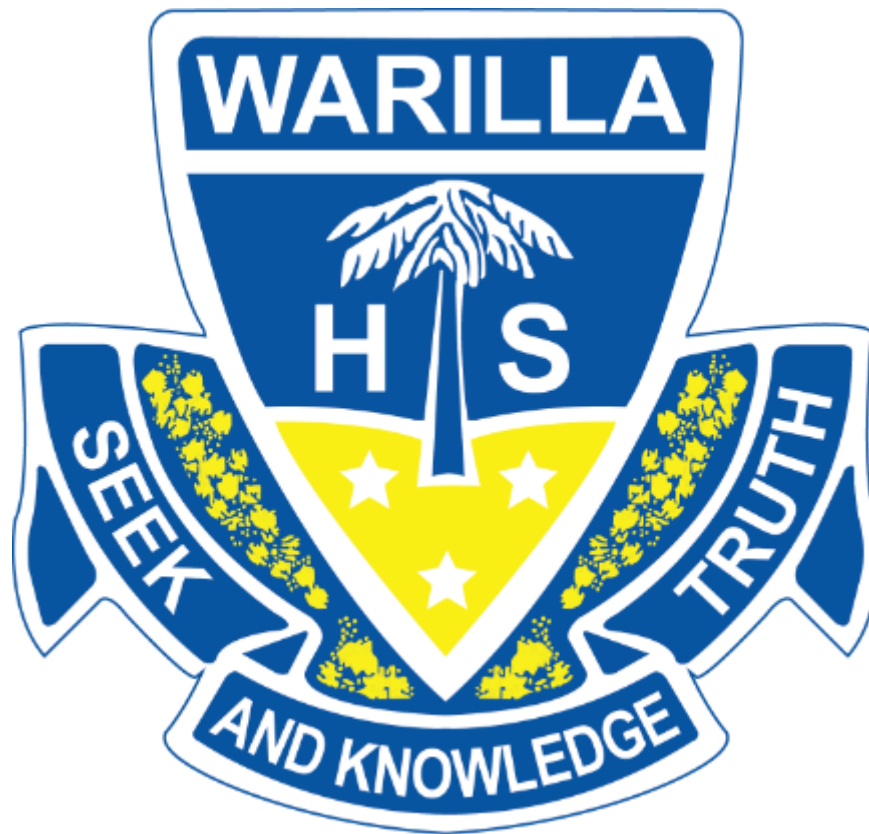


# THANKS FOR THE SUPPORT!

Mrs Goucher asked her classes who was helping support their remote learning. It is so great to see lots of people have a work buddy!







## **Warilla High School**

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