



Keross Avenue, Barrack Heights, NSW 2528

T: 02 4296 3055 F: 02 4297 2817

E: [warilla-h.school@det.nsw.edu.au](mailto:warilla-h.school@det.nsw.edu.au) FB: [WarillaHigh](https://www.facebook.com/WarillaHigh) W: <http://warilla-h.schools.nsw.gov.au>

29 May 2023 - Issue 1 – Term 2 – Week 6

## Principal's Message

Let me start with some good news and there is quite a bit to select from.

We have spent quite a bit of money around the school to make it a more appealing and comfortable place for the students. The first thing you would see is the weather shelter that was built to give students protection from the rain and sun. It is also nice to see parents and families using it while waiting for their students.

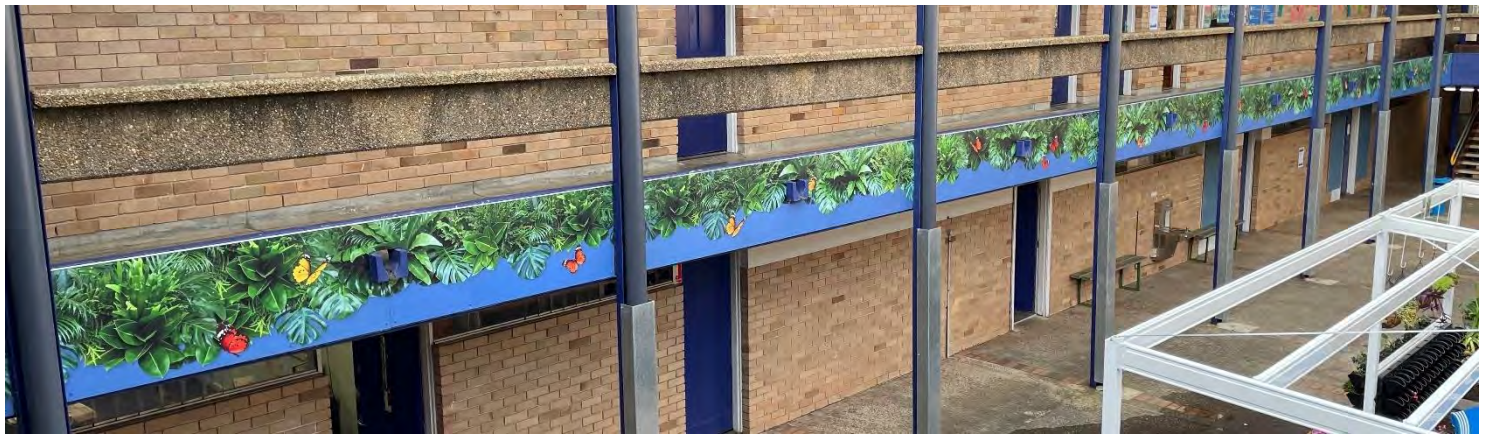
Around the school, we have had various artworks put up on walls to both “soften” all the bricks and to celebrate the excellence of various figures in history. In the maths area we have a lovely mural of Isaac Newton and near science, we now feature murals of Madame Curie and Albert Einstein, to name but a few. In the car park we have removed the rusty sign and now have a welcoming artwork with school colours of blue and gold, banksia, wattle and the school motto of “Seek truth and knowledge). In the E block we have had quotes from various literature sources put on the risers of the steps, with a lovely fantasy-type artwork at the top. Also, in this block we have the outside handrail now featuring what looks like a suspended garden, which was selected to go with the “sustainability” project in the middle of the block. The Foreshore Centre are working tirelessly on this, and the skills the students are demonstrating are very impressive. Mr Stephens has very much been part of the application for the grant and now the construction of the shelter. It isn’t finished, but it is coming along nicely. Today I came into my office to be greeted by the first “succulent” animal they created!!! I am calling him “Harold the Hedgehog” and he is taking pride in place on my desk!!!



To round up on “new” constructions around the school, we had a new roof put on the C Block (Canteen area) during the holidays, as I am keen to create more dry places for our students when it rains, and this area leaked like a sieve. Your students may have told you we have temporarily lost most of the main quad as we are also having all of the B Block (TAS) reroofed. Again this is in response to the flooding from last year, and while it is inconvenient at the moment, when it is complete, we will have fewer students having rain pouring down on them from the blocked drains and holes in the roof. We put in an insurance claim around this flooding, and over the last holidays, B2 was totally refitted and is now a clean and inviting area. Previously it was sodden from the rain and the “chipboard” was flaking. Now we have new laminated structures, complete with soft shut doors and drawers, this is such an improvement, and the students and staff are very much enjoying the improvement.







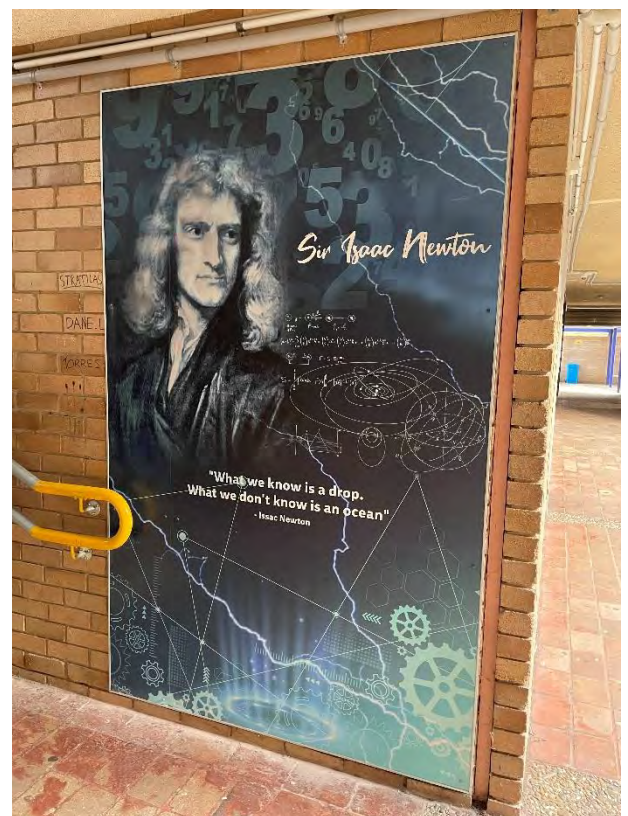


The school is very settled this term, and I appreciate that many families would have had conversations during the holidays about being kind and respectful to each other. I have reached out and the PCYC are making regular visits. We are up to three therapy dogs who visit weekly, and they, too have a calming effect on everyone. We are also providing students with a range of clubs and activities for them to access during various breaks, and they are mentioned later in this Newsletter, but art club, chess club, and games clubs are but a few activities we have on offer.



I have been pretty proactive in reaching out to various places. Year 7 started this term with a BBQ provided by the Shellharbour Council, and they plan to return and do the same for all of the year groups in turn. The one I didn't expect was two lovely ladies who are leaders of a number of foundations, and they are offering assistance. The first thing we are planning on doing is getting in Hunter Johnston and his team from the "Man Cave". "Our programs provide teenage boys with impactful programs, role models and resources that give them the language, permission, space and role modelling to explore and challenge the traditional scripts of masculinity they have inherited and engage with one another in a safe environment," he explains. It is still early days, but we are hoping this support will make a significant change. Please note that the girls have not been left out as our Welfare team are currently running a "Girls' Program). It is so very exciting to be able to meet up with members of our local community who are keen to contribute to making this school a respectful place that kindly celebrates the diversity of our students and moves to meet their various needs.

I appreciate the wet weather has made it a challenge to get the washing dry, but if your student must wear something other than school uniform, can you please send them with a note to this effect to avoid them being in trouble. We try to enforce the uniform policy so that everyone feels like part of the team, and having a mix of "greys" is not a good look. Please note, when you are purchasing uniform, plain navy blue from Kmart or Lowes is quite acceptable, and our uniform shop is open Wednesdays and Fridays. If finances are an issue, we also have student assistance funds to help pay for uniforms, you need only ask. I don't want students to be in trouble for not being able to afford the



uniform, and it is my way of supporting our students during winter that I will supply them with a warm school jumper, with only a letter from home for it to happen.

We have noticed that COVID numbers are slowly increasing. Please be vigilant and if you want test kits, just let us know. As a school, we are trying to support all of our community. Thank you for keeping us informed if your student is away with COVID, as it means we can track and see if there are patterns, such as one Year group that is perhaps passing it to each other.

Keep well, stay safe and warm!!!

*With kind regards,*

*Ms Brook, Principal*

## Deputies' Report

The role of a school is to provide all students with an opportunity to be successful. In a large comprehensive secondary school, student success comes in many forms and Warilla High School prides itself on providing a wide range of support and experiences for our students no matter their interests and talents.

It is, however, academic success that is the key driver of any school, and Warilla High School is working hard to maintain an environment where academic success is valued and attainable for all. Our staff are therefore involved in a whole school professional learning program titled 'Teaching for Student Growth' to ensure all staff are abreast of contemporary teaching and learning strategies and are implementing and critiquing these strategies in their classrooms. Year 12 students have been provided with the opportunity to receive additional subject and study advice through HSC Connect Seminars as well as the school subsidising UAC fees for those students wishing to apply for university entrance in 2024.

The school's HSC Success program is well and truly operational. This program supplies tutor support for students on a Tuesday afternoon and provides study space and resources for our senior students in our school library on a Thursday afternoon. It is the Wednesday afternoon Study Club that is this program's marquee event. Every Wednesday afternoon between 3 pm and 5 pm, students and staff volunteer their time to meet and support one another to study for upcoming examinations, complete assessments or reinforce content and concepts from class. Currently, we have over 70 students attending on a weekly basis, and the closer we move towards the HSC, the more support that will be offered.

Over the next few months, Year 11 will be offered the opportunity to be involved in a program titled 'Ace Your Exams'. Year 10 will be offered 'Time Management and Study Sensei' and Year 9 'Study Skills Kick Start'. All these programs are aimed at providing our students with the additional skills and knowledge required to make the most out of their school experience.

On a different matter, it is now widely understood that the NSW government has announced that from Term 4 2023, there is a ban on mobile phones being brought into public schools by students. This has come about as there is widespread evidence that access to mobile phones has had a detrimental impact on student learning. At this stage, the Department of Education has not released its policy to inform schools as to how this ban is to be implemented. This policy is expected to be made public for the beginning of Term 3, so that schools can plan for and communicate to their community the implementation of the policy within their context. What can be said is that most students will not be allowed to bring their mobile phones into school. If a student is currently using a mobile phone as their response to the BYOD message, this option will no longer be available, and families will need to commence planning for an alternate device to be used at school.

With the onset of the cooler weather, can we also remind families that our uniform shop has a range of school jacket options, including soft to-the-touch and very warm Sloppy-Joe jumpers. The message that only plain navy-blue tops and bottoms are acceptable to be worn at school seems to be understood and taken up by most of our students and that our uniform is being worn with pride. Parents are reminded that assistance is available when required in cases of financial hardship to help in getting students into an approved school uniform item.

*Mr Hales, Mr Ind and Mr Boscoscuro*





# Warilla High School Uniform Policy

## Junior

School dress



White Polo



School Jacket



Navy Jumper



Navy Shorts



Skirt or Skort



Navy Trackpants



### Shoes

should be predominantly white or black & be fully enclosed.



- Any unbranded uniform must be **plain navy**.
- Shorts, skirts or skorts should be mid-thigh in length.
- A **plain white** long sleeve t-shirt may be worn under the white polo .

Leggings or tights are to be worn under shorts, skirts or skirts – not on their own.

Please note this infographic is a summary. Please refer to comprehensive Uniform Policy on the WHS website.

Warilla High School, 2020





# Warilla High School Uniform Policy

## Senior

School dress



Senior Shirt



School Jacket



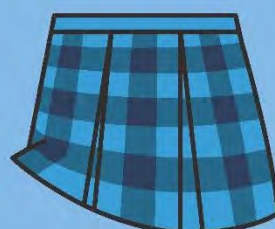
Senior Jersey



Navy Shorts



Pleated Check Skirt



Navy Trackpants



### Shoes

should be predominantly white or black & be fully enclosed.



- Any unbranded uniform must be **plain navy**.
- Shorts, skirts or skorts should be mid-thigh in length.
- A **plain white** long sleeve t-shirt may be worn under the senior shirt.

Leggings or tights are to be worn under shorts, skorts or skirts – not on their own.

Please note this infographic is a summary. Please refer to comprehensive Uniform Policy on the WHS website.





# Warilla High School Uniform Policy

## Sport

Sport Polo



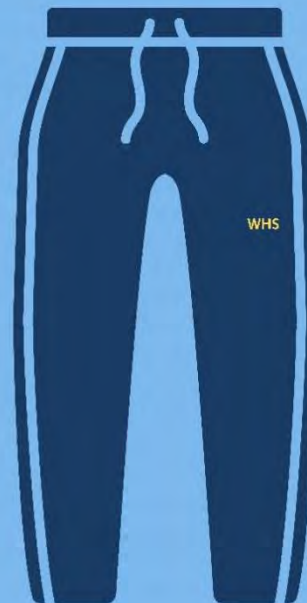
Representative Jumpers



Navy Shorts



Navy Trackpants



### Shoes

should be predominantly white or black & be fully enclosed.



- Any unbranded uniform must be **plain navy**.
- Shorts, skirts or skorts should be mid-thigh in length.
- A **plain white** long sleeve t-shirt may be worn under the sport polo .

Leggings or tights are to be worn under shorts, skorts or skirts – not on their own.

Please note this infographic is a summary. Please refer to comprehensive Uniform Policy on the WHS website.

Warilla High School, 2020



## Calendar

### Week 6B

29/05/23	Sorry Day Walk
31/05/23	Sea Life Excursion
31/05/23	Year 11 Bushrangers Bay
01/06/23	HSC Connect Education

### Week 7A

06/06/23	Year 11 & 12 Parent Teacher Evening
08/06/23	HSC Connect Education
09/06/23	Year 11 & 12 Good Reports Morning Tea

### Week 8B

12/06/23	Public Holiday
13/06/23	STEM Challenge Day
13/06/23	P&C Meeting
14/06/23	Year 11 2024 Subject Selection Expo

### Week 9A

19,21,23/06/23	Public School Visits
21/06/23	CAPA Showcase
23/06/23	Gold Award Student BBQ

### Week 10B

26/06/23	Celebrating Success Assembly
27/06/23	Ace Your Exams Yr 11
30/06/23	Last Day of Term 2

### Week 1A

17/07/23	Staff Development Day
18/07/23	Students return for Term 3
21/07/23	Year 10 Immunisations

## IMPORTANT MESSAGES

### LATE ARRIVAL – CHANGE OF PROCEDURES

Up until 9.30am 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 9.30am 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.

### FINANCIAL ASSISTANCE

Parents experiencing financial difficulties can apply for support through the Student Assistance Scheme. Funds are available to help with subject fees, school uniform and books. All enquiries through the front office.



## Sydney Writers Festival

The Sydney Writers Festival was a great event that we hope will continue in the future. The opportunities that we were given are definitely beneficial and useful for our future. This program is useful for students that wish to continue their education and pursue their writing goals. It was amazing to listen to authors give us tips and tricks on how to write a successful story and how to keep young readers interested and entertained. Being able to travel to Sydney and sit in the Sydney Town Hall was also a great experience!

We highly recommend this excursion to anyone who is interested in reading or writing. It was such an amazing event, and we thank everyone who made the opportunity possible for Years 10 & 11

*Chelsea James and Baxter Egan*

# ILLEGAL PARKING PUTS CHILDREN'S LIVES AT RISK

Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.

### NO PARKING

No waiting. You have 2 minutes to drop-off or pick up. You must stay within 3 metres of your vehicle.



Penalty from  
**\$191**  
 + 2 Demerit Points

### MOBILE PHONES

Extra fines apply for using mobile phones in a school zone. *May be subject to Double Demerits.*



Penalty from  
**\$457**  
 + 5 Demerit Points

### PEDESTRIAN CROSSINGS

1. In a queue of traffic, no part of your vehicle can stop on a pedestrian crossing.  
2. Do not let your child in or out of a vehicle at a pedestrian crossing as this is a No Stopping zone.



Penalty from  
**\$457**  
 + 2 Demerit Points

### NO STOPPING

You must not stop on a length of road with a No Stopping sign. The first 10m from an intersection is a No Stopping zone. Yellow kerb lines are also No Stopping zones.



Penalty from  
**\$344**  
 + 2 Demerit Points

### SPEEDING OFFENCES

40km/h is the speed limit. Children are vulnerable so slow down in school zones. *May be subject to Double Demerits.*



Penalty from  
**\$200**  
 + 2 Demerit Points

### U TURN

Illegal on or near a pedestrian crossing and across double white lines.

Penalty from  
**\$344**  
 + 2 Demerit Points

### BUS ZONE

Only a public bus can stop in a bus zone.



Penalty from  
**\$344**  
 + 2 Demerit Points

### DRIVEWAYS & FOOTPATHS

Do not park on or across a driveway or footpath.

Penalty from  
**\$344**  
 + 2 Demerit Points

### DOUBLE PARKING

Double parking is illegal and is very dangerous in a school zone.

Penalty from  
**\$344**  
 + 2 Demerit Points



Fines current as of 1 July 2019. Fines and demerit points are subject to change.



## Library

### International Harry Potter Day

Term 2 got off to a magical start with International Harry Potter Day celebrations taking place on May 2<sup>nd</sup>. This day was first created in 2005 to honour the beloved book and movie series by J.K. Rowling that has since become a worldwide phenomenon. Warilla High Library celebrated the occasion with games, puzzles, and a lunchtime movie screening.





## Clubs and Activities

We are very excited to have some lunchtime clubs and activities taking place in the library again. All students are welcome to come along and join the fun.

Lego Club will be taking place on Thursday at lunchtime, and Chess Club on Friday. The students have been very eager to build and create with the new Lego sets and challenge their mates to a game of chess using the brand new chess boards and pieces!





## National eSmart Week 22-28 May

Warilla High School is proud to be an eSmart school. As the digital world becomes increasingly entwined with our daily lives, it's more and more important to equip kids with the skills they need to navigate the internet with confidence and safety. Adolescence is a time of rapid change which sees a pivotal transition of young people

into well rounded, socially conscious adults. Technology has fundamentally changed the way young people grow, learn, and interact and has made this transition more complex. Every decision to pick up a mobile phone, post an image, reach out to a friend, or 'pile on' when someone has posted a controversial statement can have huge and long-lasting consequences.

How we help young people navigate through these choices to transition into socially conscious adults is one of the most pressing social issues of our time.

Research by the eSafety Commission released in February 2021 found that over 50% of teenagers aged 14-17 had at least one negative online experience in the last 6 months, and despite 9 in 10 teens seeking to build positive relationships online, 75% want more information through trusted channels as to how to engage better online with their peers.

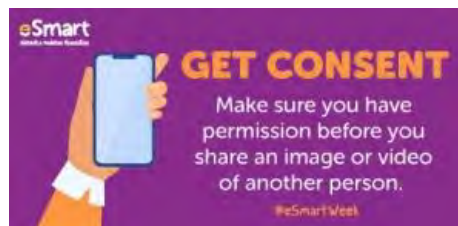
We are committed to continuing our efforts in teaching our students about staying safe online and being mindful of our digital footprint.

This term, Year 7 library classes have teamed up with the Alannah and Madeline Foundation and have been working towards getting their digital licence. Being eSmart, being a positive digital citizen and being an upstander to cyberbullying are all topics that are covered in the lessons.

We encourage you to keep the conversation going at home.

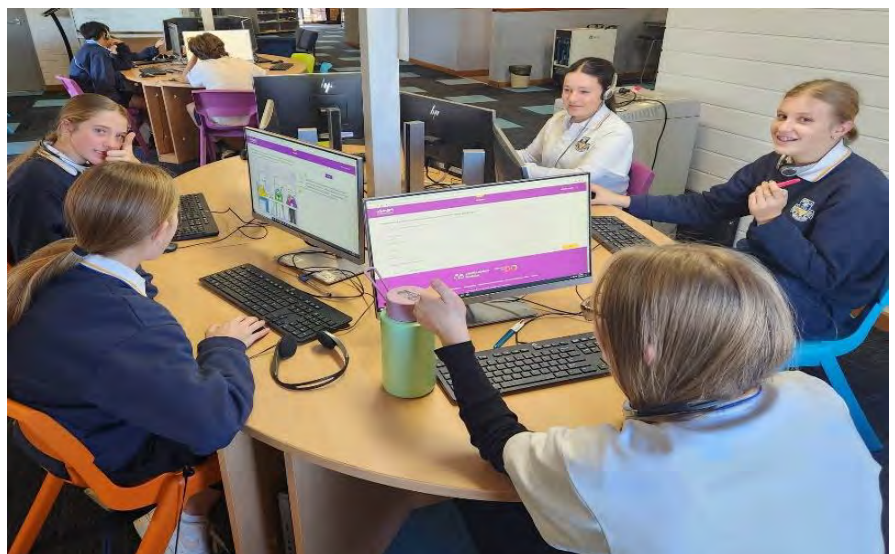
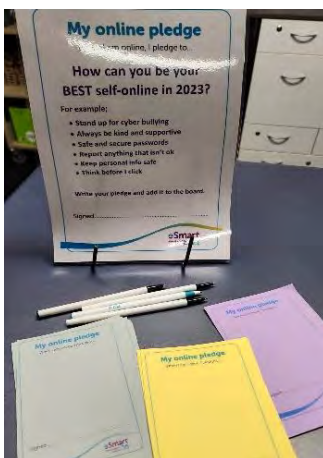
Here are some great starter questions to ask:

- In our home, is our use of technology balanced?
- Are we respectful of others online?
- How do we keep our personal information private?
- How can we encourage others online?
- Who should we speak to if we see our friends in trouble online?



The theme for National eSmart Week for 2023 is **“Be your best self online”**. Your behaviours online reflect your digital identity and are visible for others to read, remember and even save for later. How can you be your best self online in 2023? Year 7 have been writing and signing pledges this week, addressing areas they would like to work on, setting goals and committing to do so. Year 7 are to be commended for their efforts, engagement, and maturity levels shown towards this highly important issue.





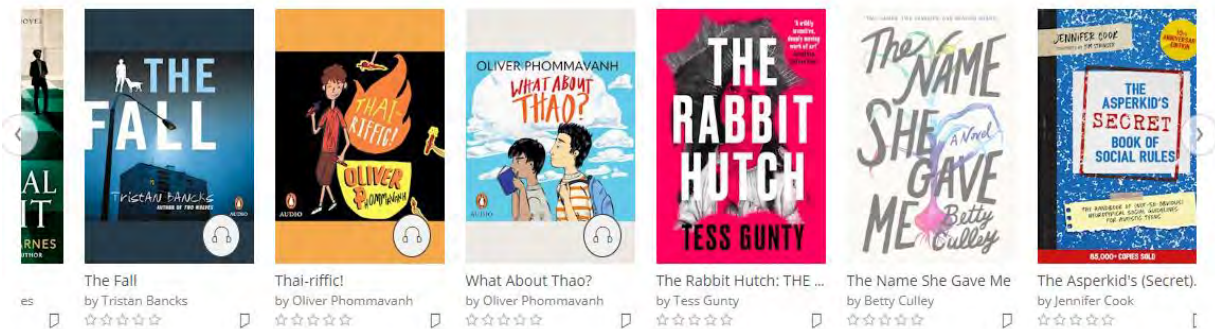






## New / Recent Releases

view more &gt;



## ClickView access available 24/7:

This is a reminder that Warilla High School has invested in ClickView for student access. Online access to our ClickView library means that every student can access clips easily at home for research, homework, assignments, and leisure.

All students can access ClickView Online by:

- Go to this link (<https://online.clickview.com.au/>)
- Enter your NSW student email address (example: john.smith@education.nsw.gov.au)
- Select your school (Warilla High School)
- Enter your student portal username and password to login.
- Search for videos or look in your subject folders.

If you wish to stream to your phone or tablet, there is also a ClickView App.

*"If you only read the books that everyone else is reading, you can only think what everyone else is thinking." – Haruki Murakami*

**Mrs McInnes & Mrs Atley**

**eBooks – available from our eBook library 24/7**

**Discover new worlds in eBooks**

**Borrowing our eBooks is as easy as**

- 1** Search for and download the ePlatform app from your app store
- 2** Find our library and log in using your library ID
- 3** Browse and borrow an eBook to read on your device

Search for and download the ePlatform app:

Download on the App Store | GET IT ON Google play | Available on Amazon

Ask at the counter for more information about our eBooks



## Foreshore Centre

### Mud Run

On Monday, 27<sup>th</sup> March, students from the Foreshore Centre conquered Challenge Valley at Cataract Scout Camp. Students stepped outside of their comfort zones and challenged themselves to overcome a number of different obstacles. They were challenged physically and mentally using their balance, scaling great heights, crawling through tight spaces and using rope swings, all of which required going through or landing in mud!

It was a fantastic day out with lots of smiles, mud, laughs, mud and some more mud!

All students represented Warilla High School to an exceptionally high standard and should be very proud of their efforts and achievements.





### Sustainable Growth Hub (Update).

The Structure in E Block has now been erected, and the 256 pots on the vertical garden wall are ready to be potted up with plants. Many of the plants have been struck or propagated and donated by generous staff and members of the community. The automatic watering system has been added, and some pavers have been laid to allow for access to the garden.

The First Nations Youth Community Greening Officer from the Australian Institute of Botanical Science will be visiting the school shortly to assist with a workshop on propagation in both the Sustainable Growth Hub and the large garden at the rear of the school.

Down the track, the Hub will be covered with roofing and shade cloth.

We will be growing a range of plants, including herbs & vegetables to be used in our Food Technology program, and we will be selling these from time to time to raise funds.

Many of the plants that are in pots around the garden will be for-sale ongoing, so come down and have a look and add some green to your garden at home.

**Please note that although the Foreshore Centre will be the main driver of the Hub, this facility is to be used by all students within the school. There are many skills that can be developed within the Hub, and teachers from all faculties are encouraged to utilise it and incorporate cross-curricular activities into their programs.**



### Gardening Excursions

Our excursions to Green Connect Community Garden and Five Islands College Community Garden were a success as the students gained some valuable insights into how our project may look.





### Carer's Day Plant Sale

The Foreshore Centre held a plant sale on the 10<sup>th</sup> & 11<sup>th</sup> May to enable students and teachers an opportunity to buy their carer(s) a last-minute gift.

We would like to thank all of those students who supported the event, as we were unsure how it might be received. Most of the plants were cultivated from the small garden in E Block, and re-potted. The pots were wrapped in foil, paper or hessian material to make the plants more attractive.

The Foreshore Centre raised approximately \$800, which will assist us in providing learning opportunities for the students in the unit.



### Past student recognised for traineeship achievement

Past student, Ellie Levy, was recognised at a special ceremony held at Ultimo TAFE and jointly hosted by TAFE NSW and School Infrastructure NSW (SINSW). The 1 March 2023 event marked the completion of a two-year NSW Government Infrastructure Traineeship program for over 70 trainees from the first cohort of 2021, including Ellie.



The NSW Government Infrastructure Traineeship program, managed by School Infrastructure NSW and the Construction Leadership Group, supports Year 12 school leavers with employment in the infrastructure sector while they continue their studies.

The program is a partnership, bringing government and industry together to deliver career options in the infrastructure sector for school leavers. Trainees combine study for a Certificate IV TAFE qualification and work in government and industry infrastructure projects. Trainees complete three eight-month rotations of work placements across three different government, industry and contractor positions.



### Interested in the traineeship program?

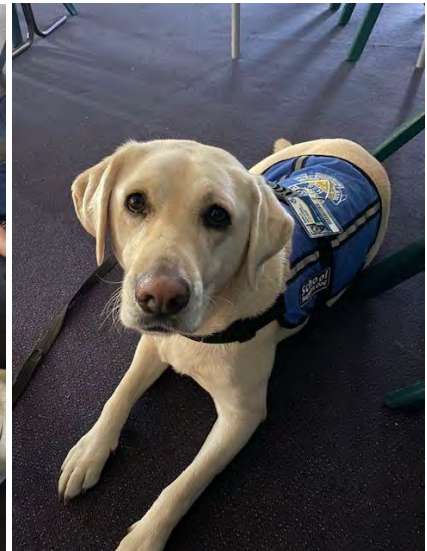
The Infrastructure Trainee program recruits Year 12 school leavers every year. You can find out more about the Infrastructure Traineeship and how to apply here:

<https://education.nsw.gov.au/public-schools/career-and-study-pathways/infrastructure-traineeships>

### Wellbeing

This term, we have several programs running which look at a range of different areas. Our Girls Group started this term with a group of our female students working with the Illawarra Women's Centre. The students have had positive feedback to this program so far. We have our Top Blokes boys program running into the second term sessions that cover a range of topics, including abuse, respect and sexual health.

Ollie has been making a lot of visits to different classrooms working with our students and she has shown how focus is an important part of learning. We were also lucky to have a visit from Ivory, one of Ollie's support friends. She has also got a new outfit for winter, where she continues to wear the school uniform with pride.



Our Breakfast program on Wednesday mornings is as popular as ever, with a huge number of students and staff coming together. It is fantastic to have all the students enjoying good food together. There is a great vibe with all the staff and students, so it is a great start to everyone's day. We thank all staff who volunteer their time to make this program a success



and, of course, **WOOLWORTHS stores: Warilla, Stoney Range, Shell Cove and Stockland** for helping support this program by donating food. We could not run the program without this support.



This term, our Year 10 students have started the Teen Mental Health First Aid Program, which is a fantastic program that teaches students about the ways they can notice and support their friends and peers who may be suffering from mental health issues.



We had a visit from Black Dog Institute to work with our Year 10 students, who have been surveyed since they were in Year 7. These students have been a part of one of Australia's largest and most comprehensive cohort studies of adolescent mental health. They will continue this survey all the way through their school lives.

Next week we have a resilience and strengths program called "My Strengths" running for our Year 7 and Year 10 cohorts. We started running this program last year, and we have had fantastic feedback from the students who were involved. It will be great for this year's groups to find out what their strong personality traits are.

We had our Wellbeing Team complete an after-school training and development course that looked at Mental Health Response Training. We were extremely lucky to have this program provided to us for free as Bendigo Bank sponsored the implementation of the program for a group of staff, and later, we will be offering this program to parents, which is a fantastic opportunity.



**UPCOMING  
TEACHERS MENTAL  
HEALTH RESPONSE  
TRAINING COURSE**

A recognised mental health  
accreditation facilitated by Mental  
Health Movement

**mhm**  
Mental Health Movement  
#startingtheconversation

**WHAT IS COVERED?**

- An overview of mental health.
- The signs and symptoms of common mental health issues.
- Approaching someone who is experiencing poor mental health.
- How to communicate and listen effectively.
- Questions you should ask.
- Phrasing difficult talking points.
- Handling challenging situations such as suicide.
- How to provide immediate or ongoing support.
- Strategies on how to maintain your own mental health.
- Where to get help and support.

**WHEN:** 23rd & 30th of May 2023 from 2pm to 5pm  
**WHERE:** Warilla High School

**Community Bank**  
Oak Flats, Shellharbour  
& Gerringong

info@mentalhealthmovement.com.au  
@mental\_health\_movement  
Mental Health Movement  
www.mentalhealthmovement.com.au

**MENTAL HEALTH RESPONDER  
CERTIFIED**



**BREAKFAST CLUB**

**WEDNESDAY**

**7.30 - 8.15**

**E33**

Kindly supported by Woolworths

### **Wellbeing Team & Ms Clark**

### **Young Womens outreach program**

We are really excited to have reconnected face to face with Illawarra Womens Health Centre following a long break during covid times.

Each term, Gabby & Chynna, both of whom have formal qualifications in psychology & counselling, will meet students from a selected year in a small and confidential group setting at school.



Using evidence-based strategies, the program empowers participants to make informed choices about their lives, bodies and relationships for today – and into the future as they grow into strong and independent women.

The eight-week health and wellbeing program aims to build resilience and develops the skills, knowledge and confidence of girls and to understand and protect themselves across three critical health domains: mental health, domestic, family and sexual violence and sexual and reproductive health.

This term, a select group of young women from Year 8 have started the group & covered topics of Identity and Body-Image, Mental Health and Self-care so far. Later in the term, the students will visit the Womans Health Centre in Warilla to see the space & meet the staff, a way to connect them to their community external of school.

***Jewel, Student Support Officer***







Black Dog  
Institute

Sleep Ninja®

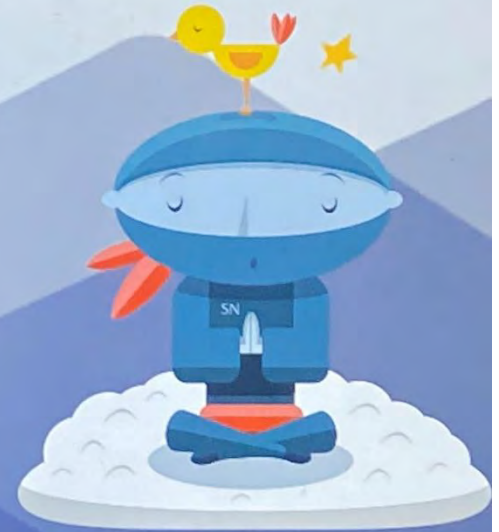
# Sleep Ninja®

keeps teens on track  
for good mental health



A free, evidence-based  
smartphone app to help young  
people improve their mood with  
a better night's sleep.

Download on the App Store or Google Play today!





Black Dog  
Institute

Sleep Ninja

# Sleep Ninja

An app to help young people improve their sleep



## What's

## Sleep Ninja?

Black Dog Institute developed *Sleep Ninja*, the first adolescent-focused app which helps young people improve their sleep.

Based on *Cognitive Behavioural Therapy for Insomnia (CBT-I)*, across six 'training sessions', Sleep Ninja teaches strategies to develop healthy sleep habits and improve sleep quality.

The 'choose your own adventure' style chat function allows young people to learn about sleep in a fun, interactive way under the guidance of the Master 'Sleep Ninja'.

Users of the app are awarded with 'belts' on completion of the training sessions with the ultimate goal of receiving a black belt in sleep.

The app also features:

- > A sleep tracking function.
- > Recommended bedtimes based on sleep guidelines
- > Reminders to start a wind down routine each night.
- > Clinician-guided relaxation audio to help prepare the mind and body for sleep.
- > A series of sleep tips and general information about sleep.

## The problem of sleep disturbance

Sleep disturbance refers to difficulty getting enough good quality sleep, at the appropriate times.

Up to 40% of young people experience some form of sleep disturbance, with most not getting the recommended 8-10 hours of sleep per night (particularly on school nights).

## How does it work?

Developed in consultation with young people and their parents, Sleep Ninja is designed for use during the day, not at bedtime.

The app:

- > Educates young people about the importance and role of sleep.
- > Helps them become aware of any habits contributing to poor sleep (e.g. sleep environment, daytime routine, bedtime routine).
- > Teaches both behavioural and cognitive strategies to change their unhelpful sleep patterns.

## Who's it for?

This app is suitable for young people aged 12-16 years who are experiencing mild to moderate sleep difficulties such as difficulty falling asleep or staying asleep, poor sleep quality, or not getting enough sleep.

If sleep disturbance is causing significant distress or is impacting school, work or other important areas of life, we recommend that they talk to a trusted adult or see a doctor.



Insomnia, which is the difficulty initiating and maintaining sleep such that it has a negative impact on daytime activities' effects around 10% of young people, with many more experiencing some insomnia symptoms.<sup>2,3</sup>

These sleep difficulties have an adverse impact on all aspects of a young person's life, including their mental health.

## Benefits for young people

Research shows that using Sleep Ninja can reduce sleep disturbances among young people. Depression and anxiety symptoms have also been shown to reduce after using the app.<sup>4</sup>

Sleep is important for general physical health and wellbeing.

Sleep can help with:

- > Growth.
- > Restoring energy.
- > Repairing injuries or illness.
- > Psychological wellbeing and mood.
- > Getting along with others.
- > Concentration, memory, school performance.

Not getting enough sleep can lead to:

- > Having trouble paying attention, concentrating, learning and solving problems.
- > Doing poorly at school, impairment in sports performance or other hobbies, too little energy to spend quality time with friends or family.
- > Increased risk of injury.
- > Increased risk of mental health problems.
- > Increased risk of physical health problems.
- > Irritability, aggression, difficulty dealing with stress, outbursts towards friends or family.

## What's the commitment?

Users level up and reach their next 'belt' by completing one training session and tracking their sleep for three nights (out of a 7-night period). Therefore, it takes approximately 6 weeks to complete the Sleep Ninja program (6 training sessions/ modules).

In a typical week, the user:

- > Completes a training session (takes about 5-10 minutes to complete).
- > Puts into practice what they are learning.
- > Unlocks the next level by tracking their sleep for a minimum of three nights to encourage a healthy sleep routine.
- > Uses the optional functions e.g. relaxation audio and reminders to wind down.

## How do I access Sleep Ninja?

- > The Sleep Ninja app is coming soon to the App store and Google Play.
- > We are currently taking expressions of interest from schools and parents who would like to be delivery partners in supporting this program during 2023.
- > For more information about Sleep Ninja, and how to get this app out to young people, please send your expression of interest to [sleep@blackdog.org.au](mailto:sleep@blackdog.org.au)

1. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.).

2. Ohayon, M.M., et al. (2000). Prevalence and patterns of problematic sleep among older adolescents. *Journal of the American Academy of Child and Adolescent Psychiatry*, 39, 1594-1556. <https://doi.org/10.1097/00004583-200012000-00019>

3. Twenge, J. M., et al. (2019). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset. *Journal of Abnormal Psychology*, 128(3), 2005-2017. <https://doi.org/10.1037/abn0000410>

4. Werner-Seidler, A., et al. (2022). The effects of a sleep-focused smartphone application on insomnia and depressive symptoms: a randomised controlled trial and mediation analysis. *The Lancet*. <http://dx.doi.org/10.2139/ssrn.4200346>





## More information

[blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/](https://blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/)



**Black Dog**  
Institute

Sleep Ninja



## Sport

There are so many impressive sporting achievements in this Newsletter. I hope you enjoy reading about the many successes. Please note the variety of sports our students have the opportunity to compete in.

### NSW CHS Open Boys Cricket Davidson Shield

This competition is the longest-running competition in the state. Our team were South Coast Champions playing against some very tough opposition and including some wonderful centuries from Jacob Coleman and Jake Monie (144) in South Coast matches. The first match the final ten teams in the state was against Hurlstone Agricultural College – their home game on a very tough wicket.

The boys had the team to win but will regret their batting effort – only scoring 83 runs. They will also regret the 5 dropped catches. Hurlstone Ag were 7 down when they passed the WHS score. Simply put, 'that's cricket'. The team was missing the contribution of their captain Mitchell Constantinou who was absent because he was representing at a higher level outside of school.

The caps should have been removed for this photo. However - Congratulations to: L-R: Cooper Simpson, Jaiden Robinson, Jake Monie, Max Carr-McCarron, Jarrod White, Coach: Steve White (no relation), Jacob Coleman, Cooper Simpson

Front: Logan Lawler, Noah McWilliams, Hunter Gittoes, David Coleman and Byron Taylor. Missing Mitchell Constantinou

Congratulations to our Year 12 students in Jake Monie, Hunter Gittoes, Mitchell Constantinou, for their outstanding contribution to WHS cricket over their high school years.





### South Coast Open Boys and Girls Tennis

Abby Scolamiero (Yr 12), Chelsea Scolamiero (Yr 12) and Mariah Stefanovic (Yr 10) again made the South Coast Tennis team and were selected to compete in the NSW All Schools tennis championships against NSW CCC and NSW CIS. Another impressive achievement. These 3 girls, along with Emma Grech (Yr 8), competed in the Illawarra Floris Conway KO in late May. The Warilla team came up against tough competition from Wollongong SPA and Keira HS and were beaten in the finals. Well done for your efforts, and thank you to young Emma who doesn't play a lot of tennis but put her hand up to play and, as a result, WHS was able to field a team.

Cooper Simpson was successful in making the South Coast boy's tennis team and will compete in the CHS State Tennis trials at a later date. The boy's team has, for the first time in many years, been nominated for the South Coast Stan Jones KO. They will play in early June, and we wish Cooper, Tyson Richards, Moses Fowler and Josiah Fowler well for the upcoming competition.

### School Sport Australia National Triathlon Championships – Devonport Tasmania

In 2022 Alexis and Skye Bell competed in the National Triathlon Championships in Hervey Bay, Queensland. This year was a very different location – in Tasmania. Freezing and blowing a gale. The girls competed in individual and team events – 2 full triathlons in a few days. That requires fitness!! Skye placed 8<sup>th</sup> at Nationals in the individual event, and then her team of 2 boys and 2 girls were second in the Intermediate relay. The senior relay that included Alexis won bronze. Fantastic results Alexis and Skye. Congratulations.

National All Schools Triathlon Teams events in Hobart this week. Skye's team came 2nd in Intermediate relay and Alexis's team came 3rd in the Senior relay. An outstanding effort in very trying conditions.



### South Coast Lawn Bowls Trials

Three students – Joshua Kidd (Yr 10), Zoe Davies (Yr 8) and a late bloomer, Caitlin Russell (Yr 12) trialled from Warilla HS. Congratulations to these 3 students for being wonderful WHS representatives.

Zoe gained selection in the South Coast team and will compete at CHS State Championships in late June.

Zoe is a very talented bowler who, at age 13, is in the NSW u18 development squad. She has a very bright future ahead of her.





### NSW CHS Under 15 Boys and Girls Touch

Warilla HS had 12 students trial for the South Coast team. To have this many students keen to compete at a higher level is a credit to all of them.

This was contested towards the end of Term 1, and we had five Warilla HS representatives in Madison Hemopo, Addison Corcoran, Tyler Lewis, Kobi Hayward and Jordan Barlow. It is always tough competition against Sydney regions and Hunter, where Oz Tag hasn't enjoyed as much popularity, and all 5 players should be very proud of their selections. Jordan Barlow was selected for the second NSW CHS team and will compete against NSW CCC and CIS systems for the opportunity to make an All Schools NSW Team to compete in Darwin later in the year. Well done to our 5 representatives.



### Girls Rugby League – Under 16's and Under 18's

In 2022, Indie Bostock was our first NSW CHS Rugby League Representative. Her CHS team were Champions after defeating CCC, CIS and ACT teams. She can look back in years to come with a wonderful sense of achievement.

In 2023, Indie Bostock was again selected in a CHS team, this time U18's after the Southern NSW team, coached by our very own Karra-Lee Nolan, who has been acknowledged as the best referee in the South Coast (unofficially) and has now earned 'Super-Coach' status after her U18 Southern NSW team were undefeated following the CHS state Championships at Collegians Figtree the 23<sup>rd</sup> and 24<sup>th</sup> May.

7 of the Southern NSW players were selected, including Indie.

Also, we had 9 girls trials for the U16's Southern NSW team. How impressive that 5 of these girls have made the team and will compete in the CHS trials/championships later this year. Congratulations to Madison Hemopo, Michala Hardy, Ella Greatz, Kiara Kostovski and Maddison Lewis on their selection. To the other girls who trialed, keep training and doing your best.

Pictured below the following the NSW CHS trials: Indie Bostock second from left and coach Karra-Lee Nolan





### U15 and Open Boys Rugby League

Jordan Barlow (U15) Hudson Bailey, and Drew Langdon (Opens) all made the South Coast Rugby League Teams and trialed for the Southern NSW RL Teams. Drew Langdon was successful in making the team and competed against other regional NSW Teams in late May for a place in the NSW CHS team. This is a very competitive competition and Drew should be very satisfied for making this team.,

### NSW CHS U15 Boys AFL State Championships

Warilla HS boasted 4 players in the South Coast team that competed in Albury early Term 2.

Harry Bailey (yr 8), Jack Thompson (Yr 10), Marcus Cuthbert (Yr 8) and Will Falconer (Yr 8) were members of the South Coast team who won their semi-final on the full-time siren to win a CHS bronze medal for coming third. Well done to these boys.





### South Coast Open Boys and Girls Soccer/Football Trials

Edvard Grujevski (Yr 12), Cassander Grujevski (Yr 11) and Caitlin Russell (Yr 12) were selected in their respective South Coast teams to compete in the NSW CHS State Football Championships in Cromer – Sydney North in early May. The boys South Coast team finished 8<sup>th</sup> and Edvard was named as a shadow reserve for the state team. This was a very impressive achievement considering the final place of the team. Well done Edvard. A wonderful comeback, having missed much of 2022 with an ACL injury.

Caitlin Russell, playing in her third and final year for South Coast School sport, has been selected in the NSW CHS FIRST team. What an achievement. Caitlin will represent former Warilla HS students Jynaya and Indiana Dos Santos, who are in the Young Matildas teams. Caitlin had a standout game in goals against Sydney South West and her good friends, the Dos Santos girls. She will compete against NSW CCC and CIS teams in June



### Warilla High Girls Volleyball

Our team to compete in the Northern South Coast Volleyball Championships at Unanderra was Sarah Sarudy, Amatiel Edwards-Rae (Yr 7), Lillian Wiecek, Taylor Edwards-Rae (Yr 9), Taya Bayliss, Claire Wilson, Emily Hood and Olivia Falconer (Yr 12)

The team played against Kiama HS, Keira HS, Bulli HS, Mulwaree and Wollongong HSPA. The team finished 4<sup>th</sup> at the completion of the competition and had a great day out, improving with every game.





### **South Coast Open Boys and Girls Touch Trials**

5 girls and 6 boys were selected to trial for the South Coast Open Touch teams. Congratulations to Maddison Lewis, Madison Hemopo, Kiara Kostovski, Zacc Lewis, Jordan Barlow, Riley Peters and Cooper Deegan, who will represent South Coast at the Boys and Girls NSW CHS State Championships towards the end of Term 2. That's 7 students from Warilla HS in the touch teams.

### **2023 Illawarra under 13's Shaun Timmins, 14's Buckley Shield/ Cochrane Cup and under 16's Dean Young Shield**

This was a big day of Rugby League played on 16<sup>th</sup> May. The 13's boys were washed out in Term 1, so all competitions were on one day.

The results after a morning of round games saw the Shaun Timmins 13's boys lose their semi-final. They played well as a team on their first gala day. Player of the day: Koby Matthesius.

Congratulations to the 13's boys: Koby, Chase Allbury, Harley Bird, Kohen Fielder, Ryder Haines, Hayden Hemopo, Thomas Kassem, Leron Elmazri, Oliver Linton, Xavier Lopez, Cooper Manton, Jake Martin, Kai Parker, Brock Peters, Bodhi Smith, Jamie Spindler, Chase Talbot and Tane Te Nana.

The U14's avenged their loss from last year. After losing to Edmund Rice 14-12, they won through to the semi-final and against. They won their semi-final 40-0 and now progress through to the Southern NSW RL Championships in Ulladulla. Nash Carter was a tackling machine, Darcy Farquhar's goal-kicking and Tyler Lewis' Ball playing were features of this team.

Congratulations boys: Izac Abela, Eren Aydogdu, Nash Carter, Phoenix Collins, Marcus Cuthbert, Liam Dowell, Darcy Farquhar, Tyler Lewis, Nash Hobbs, Bohdi Robinson, Kobe Sims, Mason Taylor, Conan Tynan, Zack Hardy, Rden Mills, Preston Ruiz, Kai Spindler.

U16: just missed out on the semi-finals after a strong first game and taking a narrow loss in the second game.

They had a few injuries early in the second game – meaning players were playing out of position.

Cruz Smith's defence was impressive, and Ben Bartlett was a great addition to the forward pack in his first game for WHS.

Well done to the 16's: Benny Bartlett, Callum Bleakley, Samuel Hellmann, Thomas Hogg, Tane Manukonga, Noah McWilliams, Ashton Oakley, Bodhi Osmond, Riley Peters, Liam Popovski, Jaiden Robinson, Cruz Smith, Kai Somerset, Darcy Stapleton and Cooper Stephens.

### **Warilla High School Swimmers**

The success of our swimmers this year has been overwhelming.

From the Southern Illawarra Zone championships, Warilla High School is the leading school.

Age champions from the zone are: 13 girls: Immy Walsh; 14 Boys: Kobe Sime; 14 Girls: Lillian Wiecek; 15 Boys: Cooper Walsh and 16 boys Lucas Krstevski

From the Zone Carnival, 40 students qualified for the South Coast Championships.

These students all contributed to Warilla HS being the number one swimming school in all of the South Coast. Every one of you can take a bow: Alani Sims, Georgia Mears, Immy Walsh, Bonnie Wrigglesworth, Chase Allbury, Tane Te Nana, Isabella Smith, Peyton Willis, Makayla Hill, Campbell Thompson, Kobe Sims, Logan Leppala, Baxter Devine, Maddix Burke, Mack Elliott, Cooper Walsh, Bryce Lowe, Lily O'Neill, Kalani Davies, Jayla Puljak, Lillian Wiecek, Kobe Hayward, Evan Tepania, Skye Bell, Ivy



Deller, Jack Thompson, Demi Neall, Taylah Baxter, Eli Wrigglesworth, Sienna Mason, Sienna Munro, Leivi Willis, Storm Balmain, Lucas Krstevski, Noah Johnson, Harrison Ditton, Kynan Burke, Alexis Bell, Jackson Walsh, Hunter Gittoes.

### NSW CHS State Swimming Championships – Homebush Sydney

29 of our students qualified for the NSW CHS State Swimming Championships, including 8 relay teams.

Chase Allbury, Georgia Mears, Alani Sims, Imogen Walsh, Tane Te Nana, Bonnie Wrigglesworth, Peyton Willis, Kobe Sims, Logan Leppala, Maddix Burke, Baxter Devine, Mack Elliott, Cooper Walsh, Lillian Wiecek, Skye Bell, Bryce Lowe, Jack Thompson, Storm Balmain, Noah Johnson, Lucas Krstevski, Leivi Willis, Demi Neall, Harrison Ditton, Alexis Bell, Kynan Burke, Hunter Gittoes, Jackson Walsh.

From these representatives, the following stand-out performances can be noted:

- Imogen Walsh: 13 girls freestyle final
- Imogen Walsh, Alani Sims, Peyton Willis and Bonnie Wrigglesworth: 13 girls 4 x 50m finalists
- Kobe Sims: 14 boys: 4<sup>th</sup> 100m Free; 4<sup>th</sup> 400m Free and BRONZE MEDAL – 3<sup>rd</sup> in 100m butterfly
- Storm Balmain, Leivi Willis, Noah Johnson and Lucas Krstevski – 16 boys 4 x 50m Freestyle final
- Kynan Burke, Hunter Gittoes, Jackson Walsh and Harrison Ditton 17 boys 4 x 50m Freestyle finalists
- Chase Allbury, Tane Te Nana, Maddix Burke, Cooper Walsh, Leivi Willis, Kynan Burke Finalists in boys All Age 6 x 50m Relay
- Kobe Sims, Logan Leppala, Baxter Devine and Maddix Burke SILVER MEDAL 14 boys 4 x 50m Free Final.

Outstanding results. Congratulations to all these sensational students who are a credit to their families and Warilla HS. We are so very proud of you – not only for the successes but because you a wonderful young people.

The boys 14 years relay team has qualified for the NSW All School Championships and will swim in Sydney against NSW CCC and CIS on June 1<sup>st</sup>. Our thoughts go to Maddix Burke, who has broken his collarbone and is unable to compete. Thank you, and congratulations to Tane Te Nana for stepping in for Maddix and being able to represent NSW CHS at All Schools.

Some photos are included to celebrate the outstanding performances of our swimming team.







### NSW CHS Rugby Girls 7's

Maddison Lewis (Yr 10) was selected in the South Coast Rugby 7's team to compete in the CHS State Championship. Maddison was a member of a team that wasn't meant to do as well as their other fancied opposition, who had players from selective sports HS and schools where Rugby programs were in place.

The team came away from the tournament with the silver medal after making the final and coming second to Sydney West. Fantastic result. Maddison is in Year 10 in an Open Team, so she has a few years of representing ahead of her.

Maddison is pictured back row, 3<sup>rd</sup> from the left, with the successful team.





So much happening in sport at Warilla HS. The next Newsletter will include a comprehensive report for Cross Country and Athletics as well as many other sports that are taking place each week.

### ***Mrs Clune***

#### **Caitlin Russell – Nominee for the NSW Training Awards - VET in Schools Student of the Year.**

Caitlin Russell is one of our year 12 Sport Coaching students. I have the privilege of nominating Caitlin for the VET in Schools Student of the Year Award this year. After engaging some of our other teachers as brains trust, Caitlin and I were able to submit her nomination for the award.

Caitlin is an exceptional Sports Coaching student and is able to develop and foster relationships with both her students and trainers. Caitlin is a positive role model for all students, whether coaching a class at our school, local primary schools or coaching young people to be the best goalkeepers in football (soccer) in the Illawarra.

During the holidays, Caitlin was shortlisted for the 2023 NSW Training Awards, Illawarra and South East region. She attended an interview where she was invited to share stories of her coaching experiences, communication and problem-solving skills in a variety of different areas. At this point, it was all about Caitlin and how she presented the best version of herself in her interview.

Fast forward a couple of weeks, and Caitlin has been selected as a regional finalist for the 2023 Illawarra and South East NSW Training Awards. Not only is this a huge achievement for Caitlin, but as a result, she has been invited to attend the awards night at the Novotel Northbeach later this term.

We wish Caitlin all the very best as a finalist in the Illawarra and South East NSW Region 2023 Training Awards Presentation. Congratulations on your nomination. Your hard work and dedication to this course is outstanding and should be recognised.

We're so proud of you!! Well done!

### ***Miss Boulton***





Zoe Davies has made the South Coast Bowls team for 2023. Zoe has also qualified for CHS Singles and Pairs in Term 2



CHS









## Careers

Year 7 are engaged in Career lessons in their guidance periods. They are learning about themselves and their career interests.

Year 8 are completing their resumes to assist them in gaining their first casual job.



Year 9 have completed their ready-to-work course, and many students are engaging in work experience.



Year 10 are participating in subject selection lessons in their PDHPE classes. In week 8 there will be a subject selection information evening for both students and parents. UAC booklets are expected to be delivered shortly for year 10 students. You can download a copy from <https://www.uac.edu.au/assets/documents/year-10/year-10-booklet-2025.pdf>

TAFE NSW 2023 TVET Guide, TAFE-delivered Vocational Education and Training (TVET) courses help students build practical skills and industry-specific knowledge and count toward school outcomes. Some courses contribute towards an Australian Tertiary Admission Rank (ATAR). Download a copy of the new 2023 TVET Guide now: <https://www.tafensw.edu.au/documents/60140/76288/TVET-Brochure.pdf>

Many year 10 students have been out on work experience, and this has led to some part-time jobs and offers of apprenticeships. TAFE Yes program has begun. Selected students have been given the opportunity to gain introductory skills for selected trades.

### **5 tips for Subject Selection for Years 11 and 12**

It is not an easy process, but we've got 5 tips for Subject Selection for Years 11 and 12 that could help to take some of the pressure off, giving you more headspace to make smart decisions about what you're going to study.

#### **First things first: what is subject selection?**

Essentially, it's where you get to choose (finally, hooray!) the subjects you would like to study and the ones you'd like to drop. This sounds great in theory, but the process to get there can be a bit more complex.

You get to pick your subjects to help you prepare for life once school is over. It means you can stop studying anything you definitely won't need, and you can specialise in in-depth learning in some of the areas that interest you. You don't have enough time to study everything, so you'll need to pick the subjects that best match your post-school plans.

Your subjects will also impact the qualifications you get when you leave school. You'll need to study the right combination of subjects to qualify for a certificate of school completion, and if you want to leave with a VET qualification, then you'll need to meet the criteria for that as well. If you're thinking about going to University, then you may need an ATAR, and if you want to get into a competitive course, then you may need to select subjects that will help you maximise your ATAR.



## 5 tips for Subject Selection for Year 11 and 12

### Tip 1 – what do you *have* to pick?

Are there any compulsory courses? These could be courses your school is making you take, like physical education, religion, or English. If you're not sure if there are any compulsory subjects you'll need to do at your high school, now is the time to check that out.

Get yourself down to the school office or ask your teacher. That way, you won't go ahead and plan 6 subjects you'd like to study only to have to sacrifice one or two for the compulsory subjects.

### Tip 2 – what are you passionate about?

If you love studying a certain subject or you have your heart already set on a career, that's fantastic. Doing what you love will not only make you happier in both the long and short term, but you're more likely to do well at it too. So if, for example, you love art, don't stop doing it in favour of another subject that you think typically scales better just to boost your overall ATAR score.

You should definitely choose subjects that you enjoy, but be realistic about what the long-term opportunities those subjects will give you and maybe compromise on one or two.

### Tip 3 – do your research

Before you commit to which subjects you'll take next year, you really should do some reading. Whether you're planning on going on to study further, take up an apprenticeship, or start working, you should find out what prospective institutions or employers will need from your high school education. If you'd like to go to University and have even a vague idea about what course you'd like to do, you should find out what the prerequisites are.

For example: if you want to study Engineering, Deakin University would require you to do Maths Methods or Specialist Maths in Years 11 and 12. Otherwise, you won't be accepted into the course. Each University has different requirements, though, so you might like to check a few and see if there's a common theme. Teaching and Medicine courses also tend to have strict subject requirements.

You can always use the [Subject Selection Calculator](#) to help you work out what may (or may not) be compulsory.

Note: many universities and courses now require you to have English as one of your subjects. We're also noticing that some universities are increasing their expectations, so you may need Maths as well as English.

### Tip 4 – keep your options open

You might love chemistry, physics and maths. And up until now, you've been doing really well in those subjects too. That's great; maybe you'll go on to love those subjects and enter a STEM-related career. But you might also decide in Year 12 that you've actually had enough of sciences and your passion is taking you down a different route.

Conversely, if you really don't enjoy maths but you're interested in a career in the science or health fields, chances are you'll need maths, so you may have to suck it up and at least take the baseline option. Either way, it's definitely worth considering spreading your choices wider and incorporating a few different subjects that'll give you more flexibility when it comes to choosing universities or careers.

You'll be amazed how much growing and learning you'll still do in the next 2 years of high school and beyond. It's exciting, and giving yourself more scope will ultimately just give you more options and more choices later in life.

### Tip 5 – challenge yourself

If you're looking at doing Maths, English or similar subjects where there are different levels, consider going for the advanced or higher levels. Why not take the easy option?

Because:



- Why would you want to limit yourself? Challenges are a great way to grow and to, increase your confidence, and discover what you're really capable of.
- At results time, you may benefit more in the scaling process and come out with an even higher ATAR than you expected or needed. Once again, that could open up new avenues for you to explore.
- Always aim high. If you're really struggling with the higher levels (either it's too stressful or the workload is too much for you), you can always drop down (even in Year 12), but you can't go up.

Important things to avoid when it comes to subject selection

A few of our recommended don'ts when it comes to subject selection include:

- Don't just choose what you think are the easy options; you're wasting your opportunity to be and to do so much more.
- Don't choose subjects to be with your friends or satisfy your parents' wishes.
- Don't choose subjects because you think they'll scale well or lead to a well-paid career. You might end up hating your time at school and University and putting yourself behind rather than getting ahead.
- Don't be unrealistic, e.g. don't choose chemistry and physics because you love animals and think being a vet would be nice. If you're not great at those subjects and are a bit squeamish anyway, you really need to find new and realistic ways to pursue your dream of working with animals.

Remember

Yes, it's a big decision, but the Subject selection in Year 10 will not define the rest of your life.

So don't stress about it too much. Give it some thought, do the research and choose subjects that will help you to enjoy your last two years at school.

You can always do bridging courses and find alternative pathways to get you where you want to be. That could be your plan B.

Taking the time now to choose subjects that you'll enjoy, do well at, and will get you where you want to be faster and with less time spent in struggle-town, will make your life less complicated in the long run. Ultimately, it will be time well spent.

Subject selections Video that you might like to view.

<https://uacdigital.easywebinar.live/replay-year102023?attendee=447a826207c12dd328a9cfa4a433dd38>

### UOW Shoalhaven Campus.

9 girls from Years 10 and 12 were successful in an EOI to participate in activities at the campus. Thank you to AVCON Projects for the lend of the minibus.

Year 11 attended the Careers Expo day held at Berkley sports stadium. Students had

the opportunity to engage with over 100 employers and other educational providers.







Year 11 participated in the UOW future me school workshop. There is also the opportunity to engage in further activities. See below.

2 lucky year 12 students were lucky enough to experience a day at Kembla Grange and Silverdale Horse Stud Breeding complex.



TAFE NSW

# Silverdale Academy

## Horse Industry

## Tour






In partnership with TSNSW – Regional Industry Education Partnerships (REIP Programs)

**Explore the Horse Industry – the jobs, the careers and the study pathways available. You will visit Training Stables, Kembla Grange Racetrack and a World-class Bloodstock Breeding Farm. Hear from those in the jobs, what's involved and how they got there.**





## Undergraduate fact sheet

# Key dates for 2023 to 2024

Dates are correct as at 16 March 2023 but subject to change. Times indicated are based on Sydney time.

## Application dates

Friday 29 September 2023  
Early bird processing charge deadline  
(Pay for and submit your application by this date to avoid the higher processing charge).  
Thursday 5 April 2024  
Applications close for semester 1, 2024.  
Some courses have early closing dates set by the institutions. Check the course descriptions on UAC's website at [uac.edu.au/search](https://uac.edu.au/search).

## Processing charges

**Early bird**  
All fees and charges are in Australian dollars, not refundable under any circumstances (except as required by law) and subject to change after 30 June 2023.  
\$78  
Saturday 30 September 2023 to Friday 2 February 2024  
\$215

## Year 12 results and ATAR dates

All dates determined by external organisations are subject to change.  
2023 NSW HSC students  
Thursday 14 December 2023  
HSC results released by NESA from 9am  
ATARs released on UAC website from 9am  
2023 ACT Year 12 students  
Thursday 14 December 2023  
Statement (including ATAR) issued by ACT Board of Senior  
Secondary Studies. ATARs released on UAC website from 9am

## International Baccalaureate (IB) students

To be confirmed  
Results released by IB Cardiff, UK  
UAC emails IB Admissions Scores to NSW and ACT students

## Offer dates

All dates are subject to change. For the latest information, check [uac.edu.au/key-dates](https://uac.edu.au/key-dates).

## Undergraduate

Institutions decide when they will make offers to their courses. There may be a significant amount of time between when you apply for a course and when the institution makes offers to that course. Most offers to 2024 semester 1 courses will be made in December and January.

Offer round	Apply and pay by 11:59pm on	Unfold PDF documents by 11:59pm on	Change preferences by 11:59pm on	Offers released at 7:30am on
April Round 1	Thu 6 Apr 2023	Thu 13 Apr 2023	Thu 13 Apr 2023	Thu 20 Apr 2023
May Round 1	Thu 20 Apr 2023	Thu 27 Apr 2023	Thu 4 May 2023	Thu 11 May 2023
May Round 2	Thu 4 May 2023	Thu 11 May 2023	Thu 18 May 2023	Thu 25 May 2023
June Round 1	Thu 18 May 2023	Thu 25 May 2023	Thu 1 Jun 2023	Thu 8 Jun 2023
June Round 2	Thu 1 Jun 2023	Thu 8 Jun 2023	Thu 15 Jun 2023	Thu 22 Jun 2023
July Round 1	Thu 22 Jun 2023	Thu 29 Jun 2023	Fri 7 Jul 2023	Fri 14 Jul 2023
July Round 2	Thu 6 Jul 2023	Thu 13 Jul 2023	Thu 20 Jul 2023	Thu 27 Jul 2023
August Round 1	Thu 13 Jul 2023	Thu 20 Jul 2023	Thu 3 Aug 2023	Thu 10 Aug 2023
August Round 2	Thu 17 Aug 2023	Thu 24 Aug 2023	Thu 31 Aug 2023	Thu 7 Sep 2023
September Round 1	Thu 24 Aug 2023	Thu 31 Aug 2023	Thu 14 Sep 2023	Thu 21 Sep 2023
September Round 2	Thu 7 Sep 2023	Thu 14 Sep 2023	Fri 29 Sep 2023	Thu 6 Oct 2023
October Round 1	Thu 31 Aug 2023	Thu 7 Sep 2023	Thu 12 Oct 2023	Thu 19 Oct 2023
October Round 2	Thu 5 Oct 2023	Thu 12 Oct 2023	Fri 3 Nov 2023	Fri 10 Nov 2023
November Round 1	Thu 12 Oct 2023	Thu 26 Oct 2023	Thu 16 Nov 2023	Thu 23 Nov 2023
November Round 2	Thu 26 Oct 2023	Thu 2 Nov 2023	Thu 30 Nov 2023	Thu 7 Dec 2023
December Round 1	Thu 2 Nov 2023	Thu 9 Nov 2023		
Main offer rounds for 2023 Year 12 students				
December Round 2	Thu 9 Nov 2023	Thu 16 Nov 2023	Fri 15 Dec 2023	Thu 21 Dec 2023
January Round 1	Thu 23 Nov 2023	Thu 28 Dec 2023	Thu 4 Jan 2024	Thu 11 Jan 2024
January Round 2	Thu 4 Jan 2024	Thu 11 Jan 2024	Wed 17 Jan 2024	Wed 24 Jan 2024
February Round 1	Thu 25 Jan 2024	Thu 1 Feb 2024	Thu 1 Feb 2024	Thu 8 Feb 2024
February Round 2	Fri 2 Feb 2024	Thu 8 Feb 2024	Fri 9 Feb 2024	Thu 15 Feb 2024
March Round 1	Fri 2 Feb 2024	Thu 29 Feb 2024	Thu 29 Feb 2024	Thu 7 Mar 2024

† There are short periods before each offer round when you are unable to change your preferences in your application.

† This is the final closing date to apply for courses starting semester 1, 2024.



**Warilla HS work ready workshops** - Preparing Year 9 students for Work Experience and Vocation Education.

Big shout out to Careers Adviser- Drew Cairncross & Transition Adviser - James Benning for the fantastic two days at the end of Term 1!

Students engaged in 4, one-hour workshops covering Roles, Rights, Responsibilities, Expectations and Behaviour whilst participating in external education activities.

A highlight of the Education Pathways Program (EPP) presentation from Head Teacher Careers - Tracy Hicks & School Based & Apprenticeship Training (SBATEO) - Tracy King was the inclusion of a student panel that included 7 senior students (Billie Gow, Jonte Wonson, Indi Bostock, Amelia Wright, Jack Rhodes, Max Carr McCarron & Alliyah McKenzie) from #Warilla High School who shared their journeys with SBAT, EVET courses, work experience and YES +.







Warilla High School students have been actively participating in a wide variety of initiatives as part of the **Educational Pathways Program (EPP)**. This is an exciting program, but it relies on the fantastic careers and transition team at WHS to be a successful – well done Mr Cairncross, Mr Benning and for providing so many amazing opportunities for the students at Warilla!

### Explore Chemistry Day @ UOW

Senior Chemistry students attended the *Explore Chemistry Day @ UOW*. The students participated in interactive workshops and labs that supported the hard work they are doing as part of their HSC learning. Mr Donovan supervised the students and provided great insights into the exciting pathways that science can provide.





**Big Day In @UTS.**

Interested students from yr 9 to 12 travelled to UTS in Sydney to attend the 2023 **Big Day In**. Industry professionals covered topics such as career paths, career opportunities, the latest developments, and the future of technology. During the breaks, students were able to speak with company and university representatives to learn about courses, degrees, work experience, internships, and apprenticeships and also engage with hands-on demonstrations of awesome technology

**EPP TAFE YES+**

EPP TAFE YES+ is offered each term to students at Warilla HS. Students have the opportunity to attend TAFE one day per week throughout the term to experience learning in a different environment and to explore a specific career path. Term 2 courses currently running include Allied Health, Early Childhood, Maritime, Retail, Sports Medicine, Hospitality, Metal Trades, Music Production, Screen & Media, Beauty & Photography.

This initiative is ongoing and open to Year 10 students. Term 3 courses have been advertised by Mr Cairncross, so head down to the careers room to collect an EOI!





### EPP HEADSTART INITIATIVE – MANUFACTURING AND UTILITIES WITH HVTC

Students from Warilla HS are currently undertaking 7 days of training at AVCON with HVTC in Manufacturing and Utilities (Electrical and Metal Fabrication). The Headstart program allows students to gain hands-on experience and also engage with major employers through work experience. Students are supported to apply for upcoming apprenticeships for 2024.



*Mrs Hicks*



## Lions Club

### Exciting Donation from Lions Club Enhances Educational Opportunities for Students in The Foreshore Centre

We are thrilled to share some wonderful news with our school community! The Foreshore Centre recently reached out to the president of The Lions Club of Oak Flats, Steven Sherwood, with a special request. We kindly asked for a donation of iPads to support our students in their educational endeavours. We are delighted to announce that this request was met with immense enthusiasm and generosity.

Steven Sherwood, accompanied by Gary Flint, the treasurer of Oak Flats Lions Club, visited our school on Friday, May 26th, to present a fantastic donation. They generously provided us with 8 iPads along with 8 sturdy protective covers. It was an exciting occasion, as we gathered for a morning tea celebration with our esteemed guests, Michelle Brook, Anthony Demertzis (Head Teacher), Zoe Nielsen (Teacher), and four exceptional students: Kasey Burnham, Kylah Jones, Ted Savage, and Zayden Lopez.

The students were filled with anticipation and joy as they accepted the iPads on behalf of the entire Foreshore Centre. These valuable tools will undoubtedly enhance their learning experiences and open up a world of opportunities for engagement with educational activities. The impact of this generous donation will extend far beyond the classroom, providing our students with the means to explore, create, and expand their knowledge in exciting new ways.

We extend our heartfelt gratitude to The Lions Club of Oak Flats and Lions Club Australia for their unwavering support and dedication to our school. Their commitment to fostering education and empowering our students is truly commendable. We are truly grateful for their partnership and the positive impact it will have on our student's educational journey.

As we look forward to the future, we are excited about the endless possibilities that lie ahead. With these iPads in hand, our students will have the tools they need to excel, explore, and embrace the world of learning. We remain deeply grateful for the generous support of the Lions Club, and we cannot wait to witness the incredible achievements and growth that will come from this collaboration.

Thank you, Lions Club, for your unwavering support and for helping us pave the way to a brighter future for our students.

**Mrs Nielsen**





## SRC

The SRC has had another excellent start to the year! 2023 has already seen the birth of many great initiatives, events and invitations from the community to make us proud. They kicked the year off with annual “Friendship Day” celebrations, where students were able to order roses, chocolates or messages of appreciation and admiration for their friends (and teachers!). This year, the SRC delivered these to their happy recipients during a whole school assembly. It was a great start to the school day for both those receiving the goodies and the Friendship Day elves delivering them.

The next big thing on the SRC agenda was the Leadership Camp – back at our old stomping ground – Mt Keira Scout Camp. Our school leaders were lucky enough to experience an awesome morning of team-building activities, games and some serious planning for the year ahead. With the help of Sonder Youth, the students got to know each other and shared their ideas in a welcoming, encouraging and respectful environment. The afternoon planning sessions were led by our amazing captains Charli Ryan, Keagan Nolan and India Bellhouse, who guided the junior SRC members to share their ideas for events and initiatives in a positive and effective way, leading by example from start to finish. On day 2 of the camp, the students enjoyed some bonding time while sharing cooking duties in the kitchen, followed by some well-deserved poolside recreation.

Throughout term 1, our school leaders represented Warilla High School at several community and school events. We had the pleasure of spending Harmony Day at Amity College, where students connected with culture, sport, art and food. It was a great day for all, learning about the importance of understanding, accepting and embracing one another. We were all the richer for it! The senior school leaders also received an invitation to break the fast with many other school leaders from schools in our community. Students enjoyed a feast of spiritual learning, traditional foods and sweet treats during the holy month of Ramadan while making friendships and connections with their peers. Early in term 2, our growing SRC members were officially inducted as school leaders in front of an audience of peers and families. This year, students were given the opportunity to invite five of their friends to be part of the audience as they received their badges from Ms Brook. The induction ceremony recognised each and every member of the SRC, beautifully addressed by Ms Brook and our captains Charli and Keagan, who all gave inspiring, moving and encouraging words to all present. It is such a pleasure to have the privilege of working with such a mature, fun, insightful and proactive group of students every single year. We look forward to another term of leadership, community and school spirit, and connectedness with our beautiful school.

***Mrs Crnogorcevic and Mrs Campbell***







# Warilla High School

## Canteen Price List 2023

### HOT FOOD

Flame Grilled Chicken Burger	\$5.00	Ham & Cheese Toastie on wholemeal	\$3.00	Ham, Cheese & Tomato	\$4.50
Grilled Chicken & Cheese burger	\$5.00	Ham, cheese, tomato	\$4.50	Tuna Salad Roll	\$5.00
Chicken Burger	\$4.00	Cheese & Tomato on wholemeal	\$3.00	Egg & Lettuce Roll	\$4.50
Meat Pie	\$4.00	Chicken Cheese & Avocado on wholemeal	\$5.50	<u>WRAPS</u>	
Potato Pie	\$4.50	Fetta, Avocado, tomato	\$5.00	Chicken Lettuce & Mayo	\$6.00
Sausage Roll	\$4.50	Baked Bean on wholemeal	\$3.00	Mexican	\$6.00
Burritos Beef	\$3.00	<u>SANDWICHES</u>		Chicken Caesar	\$6.00
Spinach & Cheese Roll	\$5.00	Salad Sandwich	\$4.00	Salad	\$5.00
Spinach Quiche	\$4.00	Cheese, Tomato, Beetroot, Carrot & Lettuce		Chicken Salad	\$6.00
Vegetarian Nachos	\$4.50	Egg Salad Sandwich	\$4.50	Tuna Salad	\$5.50
Sweet Chili Chicken Wrap	\$4.50	Cheese & Tomato	\$3.00	Egg Salad	\$5.50
Meatball Rolls	\$4.50	Chicken, Lettuce & Mayo	\$4.50	<u>DRINKS</u>	
Fried Rice	\$3.50	Chicken, Cheese and Avocado	\$5.00	Plain Milk small	\$2.50
Cheesy Garlic Bread	\$3.50	Chicken & Cheese	\$4.50	Large	\$3.00
Butter Chicken (Pre Order)	\$4.00	Ham, Cheese & Tomato	\$4.00	300ml Flavoured Milk	\$2.50
Spaghetti Bolognese (Pre Order)	\$4.00	Chicken Salad	\$5.00	Juice Bomb Varieties	\$2.00
Hot Dog	\$3.00	Ham Salad	\$4.50	Chill Iced Tea	\$2.50
Hot Dog with cheese	\$3.50	Chicken & Avocado	\$4.50	Harvest Fresh Juice Poppers	\$1.50
Sauce	.40	Egg & lettuce	\$3.50	Bottled Water	\$1.50
<u>SALAD BOWLS</u>		Curried Egg	\$3.00	Up 'N' Go	\$2.50
Salad Tuscan Chicken	\$6.20	Vegemite	\$2.50	Up 'N' Go Large	\$4.50
Salad Chicken & Ham Caesar (Order Only)	\$6.20	Cheese	\$3.00	Ice Break	\$4.00
Garden Salad	\$4.50	Tuna Salad	\$5.00	<u>SNACKS</u>	
Sweet Potato Salad	\$5.50	<u>ROLLS</u>		Yoghurt	\$2.50
Roast Pumpkin Salad	\$5.50	Salad Roll	\$5.00	Carton Custard	\$3.50
Mexican Salad	\$6.00	Egg Salad Roll	\$5.50	Popcorn	.50
Ham Salad	\$5.50	Chicken, Lettuce & Mayo	\$5.50	Muffins	\$2.50
Chicken & Avocado Salad	\$6.50	Chicken, Cheese & Avocado	\$6.00	Banana Bread	\$2.50
Egg Salad	\$5.50	Chicken Salad	\$5.50	Fruit Salad Bowl	\$4.00
Tuna Salad	\$6.00	Chicken & Cheese	\$5.00	Watermelon Bowl	\$3.00
Greek Salad	\$5.50	Ham Salad	\$5.50	<u>ICE CREAMS</u>	
<u>TOASTIES</u>		Chicken & Avocado	\$5.50	Frozen Fruit Cups	\$1.00
Cheese Toastie on wholemeal	\$2.50	Cheese & Tomato	\$4.00	Frozen Yoghurt	\$2.00
		Vegemite Roll	\$3.50		





### Warilla High School UNIFORM SHOP

#### Order Sheet

ITEM	PRICE	SIZE	QUANTITY	TOTAL
Girls				
Senior Girls Blouse	35.00			
School Dress	68.00			
Senior Tartan Skirt	48.00			
Girls Skort	40.00			
Boys				
Senior Boys Shirt	35.00			
Unisex				
Unisex Shorts	35.00			
Junior Polo	35.00			
Fleecy Jackets (limited stock)	20.00			
Softshell Jacket	73.00			
Sloppy Joe	45.00			
Sports				
Microfibre Jacket	65.00			
Sports Shorts	35.00			
Trackpants	45.00			
Sports Polo	38.00			
Accessories				
Scarf	12.00			
Junior Tab Tie	8.00			
Senior Tab Tie	8.00			
Boys Tie	20.00			
Girls Tie	10.00			
Others				
Reusable Tote Bag	1.00			
<b>TOTAL AMOUNT \$</b>				
<p>Wednesday 12:00-5:00pm Friday 8:00am-1:00pm</p> <p>Shop phone number: 0401 680 325 (only switched on during open hours)</p> <p>Purchase online: <a href="https://www.daylightsportswear.com/warilla">https://www.daylightsportswear.com/warilla</a> - pick up from uniform shop</p> <p>WE ACCEPT MASTERCARD, VISA, AND EFTPOS</p> <p>NO CHEQUE PAYMENTS</p> <p>* Prices are subject to change without notice</p>				





# Warilla High School



[www.hp.com.au/byod](http://www.hp.com.au/byod)

Access Code: Warillahs

All Prices Include: Free Delivery & 3 Years Onsite Support

Optional Accidental Damage Protection Insurance:

For HP ProBooks Only \$97 (\$0 Excess Fee)

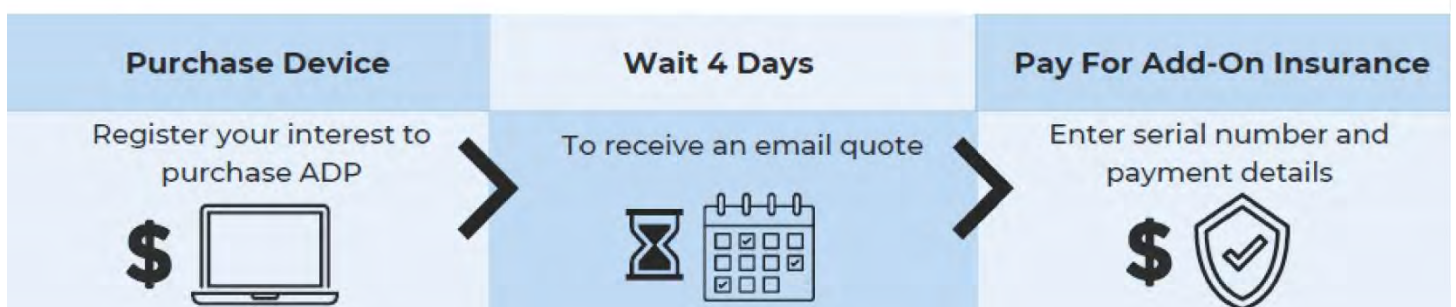
For HP EliteBooks Only \$264 (\$0 Excess Fee)



For any assistance please call  
your friendly HP BYOD specialist  
Fidoh Natividad 0403 944 111

 <p><del>\$1,565</del> <b>\$1,087</b> SAVE \$478</p> <p><b>HP ProBook 445 G9 14"</b> AMD R5 + 3yr Onsite Support 8GB RAM / 256 GB Storage</p>	 <p><del>\$1,737</del> <b>\$1,187</b> SAVE \$550</p> <p><b>HP ProBook 440 G9 14"</b> Intel i5 + 3yr Onsite Support 16GB RAM / 256 GB Storage</p>	 <p><del>\$2,007</del> <b>\$1,387</b> SAVE \$620</p> <p><b>HP ProBook x360 435 G9 13.3"</b> AMD R5 + Pen + 3yr Onsite Support 8GB RAM / 256 GB Storage</p>
 <p><del>\$2,095</del> <b>\$1,457</b> SAVE \$638</p> <p><b>HP ProBook x360 435 G9 13.3"</b> AMD R5 + Pen + 3yr Onsite Support 16GB RAM / 256 GB Storage</p>	 <p><del>\$2,243</del> <b>\$1,587</b> SAVE \$656</p> <p><b>HP ProBook 440 G9 14"</b> Intel i7 + 3yr Onsite Support 16GB RAM / 512 GB Storage</p>	 <p><del>\$2,539</del> <b>\$1,787</b> SAVE \$752</p> <p><b>HP ProBook x360 435 G9 13.3"</b> AMD R7 + Pen + 3yr Onsite Support 16GB RAM / 512 GB Storage</p>

## STEPS TO PURCHASING ACCIDENTAL DAMAGE PROTECTION INSURANCE







Warilla High School



[www.hp.com.au/byod](http://www.hp.com.au/byod)

Access Code: WarillaHS

Student ready devices direct from  
HP at discounted Prices

### BYOD Program

Buying directly from HP ensures your child has the right device and support to work in the school environment. Importantly, it guarantees the latest learning devices at affordable pricing. All devices have been selected to meet the schools minimum device requirements.

### How Do I Purchase?

The easiest way is to purchase online at [www.hp.com.au/byod](http://www.hp.com.au/byod) and use your school code. You can also purchase via the HP Call Centre 1300 725 017 (Mon - Fri 9am - 8pm AEST)

### Payment Options?

- Pay with Visa, Mastercard, American Express, PayPal, G Pay, Apple Pay
- Latitude Pay Finance Interest Free for 24 or 36 months contact for more information

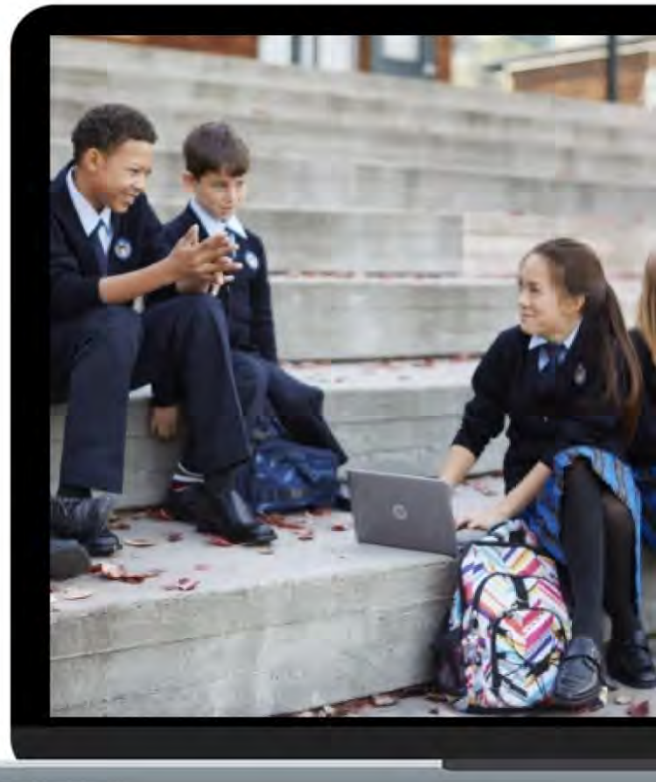
### What is Accidental Damage Protection (ADP)?

ADP covers the device against accidental drops, spills or damage. Zero excess for three major claims over 3 years. E.g if a student were to drop their device and crack a screen we will come to site to repair at \$0 excess including parts and labour.

### IMPORTANT UPDATE REGARDING THE SALE OF ADD-ON INSURANCES !!!

The Australian Securities and Investments Commission has introduced new regulations regarding the sale of add-on insurance products. These regulations now require a 4 day 'pause' between the purchase of a device and any add-on insurance associated with that device. We are still more than happy to assist you to purchase once that time has lapsed.

**BE SURE TO CLICK YOUR INTEREST and we will contact you.**



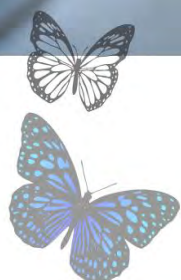
For any assistance please call your  
friendly HP BYOD specialist  
Fidoh Natividad 0403 944 111





# ILLAWARRA WIG LIBRARY Inc

*invites you to*



## High Tea



*with bubbles on arrival, raffles, guest speakers and entertainment*

1:00pm Saturday 3 June  
Warilla Bowls & Rec Club  
Jason Ave, Warilla

Tickets \$60 per person  
Table for 8 \$450  
Table for 10 \$550

**BOOK YOUR SPOT TODAY!**

FOR MORE DETAILS & HOW TO BOOK

Visit: <https://facebook.com/illawarrawiglibrary>

RSVP by 19 May 2023

Illawarra Wig Library Inc is a not-for-profit, 100% voluntary service.  
All funds raised from this event go towards the Illawarra Wig Library.





the  
power of  
humanity



set your pace  
for the human race...

SPOT  
PRIZES!

# KIAMA fun RUN

SUN 11 JUN 2023

9am START: 2 distances  
**9km & 5km**  
Minnamurra/Bombo  
to finish @ surf beach

7am START: surf beach  
**21.1km** Minnamurra  
surf beach

21.1km \$50 per runner  
9km/5km \$20 Adults, \$10 Kids  
OR \$50 family (2adults + all your kids!)

Register at [www.kiama.com.au](http://www.kiama.com.au)  
or phone Kiama Tourism on 4232 3322

Proudly  
sponsored by:



PRIZE DRAW  
FOR EARLY  
REGISTRATION

RUN  
OR  
WALK!

DOGS  
(ON LEASH)  
WELCOME





## 2023 KIAMA FUN RUN/WALK

**Sunday – 11 June**

It would be greatly appreciated if you could promote our upcoming charity event via your in-school Newsletter and/or website. I have attached our poster, a detailed outline of the event and map of the route.

We are calling upon the community to support the Kiama Fun Run by getting the most entrants to participate on the day. Get your family & friends, sporting & fitness groups, teachers & students, businesses & employees - wear team colours and compete. We encourage groups to enter to achieve the most entrants. There are also prizes for winners of each category and many “spot” prizes.

**21.1KM** from Kiama Surf Beach return to Surf Beach Starting at **7.00am**, \$50 per runner (all runners finishing half marathon receive a medallion)

**9KM** from Carson Place - Minnamurra to Surf Beach starting at 9am

**5KM** from Northern Car Park - Bombo to Surf Beach starting at 9am  
\$20 Adult; \$10 School-aged Child; \$50 Family (2 Adults & Children)

Enter on-line and be in the running for an early bird prize, or go to above starting points on the day. ***All proceeds go to “local” Red Cross Programs.***

**Registration:** <https://kiama.com.au/listings/events/kiama-fun-run>

**\*\*\***

### **CAN'T RUN OR WALK? CAN YOU HELP US??**

**Volunteer Marshalls Needed** - *if you are interested in volunteering for this event between 6:30am - 10am, please contact Judi O'Brien via email: [judi\\_obrien@hotmail.com](mailto:judi_obrien@hotmail.com)*

Any enquiries can be directed to Judi O'Brien at [judi\\_obrien@hotmail.com](mailto:judi_obrien@hotmail.com) or Vicki Robb at [therobb2533@gmail.com](mailto:therobb2533@gmail.com)

**With thanks, Kiama Red Cross Branch Members**





THIS INITIATIVE IS SUPPORTED BY FUNDING FROM COORDINARE SOUTH EASTERN NSW PHN THROUGH THE AUSTRALIAN GOVERNMENT'S PHN PROGRAM



Family Services AUSTRALIA  
Health & Wellbeing

# Girls Group

WE'RE RUNNING A GROUP FOR GIRLS 12-14 WHO ARE LOOKING TO BUILD MORE SOCIAL CONNECTIONS IN A SAFE AND FUN ENVIRONMENT!

YOU WILL GET THE OPPORTUNITY TO:

- MEET NEW PEOPLE AND FORM FRIENDSHIPS
- WORK TOGETHER WITH OTHERS ON CRAFTS AND GROUP ACTIVITIES

WHEN AND WHERE:

- LOCATED AT FSA PSYCHOLOGY OFFICES (STOCKLAND)
- 3:30 - 4:50PM EVERY FORTNIGHT FROM 23/03/23 TO 01/06/23

TO BE ELIGIBLE FOR THE GROUP YOU WILL BE:

- A GIRL/FEMALE IDENTIFYING PERSON AGED 12-14
- NOT CURRENTLY ACCESSING AN NDIS PACKAGE
- OPEN TO MAKING NEW FRIENDS!

PARENTS/CARERS WILL ALSO BE WELCOME TO CONNECT WITH EACH OTHER AND A PEER WORKER OVER TEA AND COFFEE WHILST THE GROUP RUNS.

TO REGISTER: CALL 1800 372 000 (OPTION 2) OR SEND US AN EMAIL AT [TRIAGE@FAMILYSERVICES.ORG.AU](mailto:TRIAGE@FAMILYSERVICES.ORG.AU)





# BACK-TO-SCHOOL NSW VOUCHERS

Redeemable in-store **ONLY**

*Don't forget to  
use your  
vouchers!!*

find out more on:



**EXP**  
**JUN 30 2023**

[service.nsw.gov.au/back-to-school-vouchers#related-information](https://service.nsw.gov.au/back-to-school-vouchers#related-information)







## SHELLHARBOUR CITY UNIT

# OPEN DAY

A family friendly event showcasing the NSW SES

\* SATURDAY 17 JUNE 2023

10:30AM - 2:30PM

NSW SES SHELLHARBOUR CITY UNIT

127 TONGRARRA RD, ALBION PARK



### COME AND SEE:

**Vehicles & Floodboats**

**Interactive sandbagging display and information**

**Incident Management Team**

**Live Height Safety Kit display**

**Live chainsaw display**

**Flood Safety/Home preparation**

**Paddy Platypus/ Kids activities**

**Community BBQ**

Our recruitment teams will be on hand to talk with you about volunteering with the NSW SES.

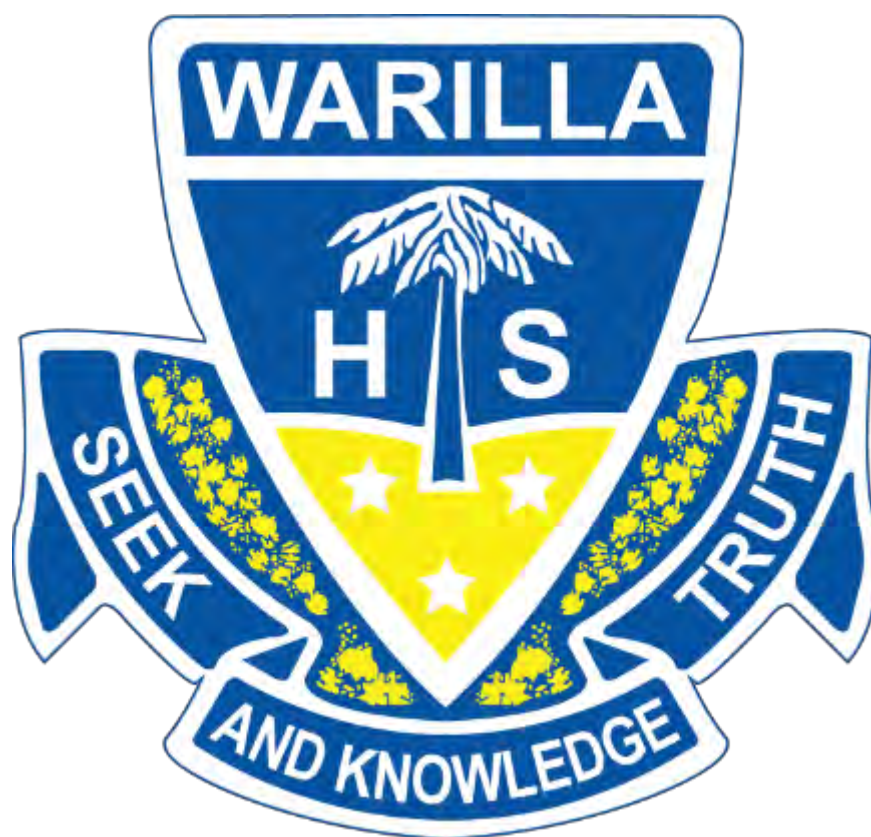
You can sign up on the day!

\* Will be cancelled in the event of bad weather. Parking on street only.

More info on our socials







## **Warilla High School**

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

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

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

**Web: <https://warilla-h.schools.nsw.gov.au>**

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

**Sentral: <https://warilla-h.schools.nsw.gov.au/portal2>**