Term 2 Week 10 – Monday 22 June 2015

Thank you to everyone who has contributed to such a successful Term 2. Your efforts and support have been appreciated.

Excellence Assembly
Our Term 2 Excellence Assembly will be held on Wednesday 24 June, commencing at 12:45 pm in Currie Hall. Students and parents involved have received an invitation to attend the assembly and the light luncheon that follows. Please RSVP by Tuesday morning.

Senior School 2016 (Preliminary & HSC) Information Night
Wednesday 24 June – 6:00pm Currie Hall - WWHS
Students and parents/caregivers are invited to come along so they can make informed educational decisions for their future.

WWHS Dance Spectacular 2015
Tuesday 23 June 7:00pm – Currie Hall
Tickets $10.00 available for purchase from the Admin office from Monday 15 June or on the night at the door.
This year the students have been working extra hard on their performance skills and have put together a fantastic showcase of their talent. The theme for this year is Musical Theatre. Not only will you see the Dance works they performed at the Riverina Dance Festival but you will see some spectacular dance items from well-known musicals such as Matilda, Les Miserables and Legally Blonde. The Special Education class will be performing an excellent dance as well as the Year 8 and 9 elective dance classes, and Junior and Senior Dance Ensembles. The Drama Ensemble will be performing their work as well as being involved in our special ANZAC day tribute. There will be singing items from some of our talented singers at WWHS and as always the WWHS Staff Dance will be a hit – this one time only performance is one not to be missed.

Semester 1 Reports
Students in Year 7-10 will receive their Semester 1 reports later this week.

Term 3 Return Date
Students return to school on Tuesday 14 July.
Please be aware that the school office will not reopen until this day, due to Staff Development activities.

Sports News
Student Sports Choices for Term 3
Please log into the students Sentrail portal using the following link http://web1.waggawagga-h.schools.nsw.edu.au/portal. Use the dashboard dropdown to select activities and then your sport.

Boys Soccer
Term 2 was a good one for the Open Boys Soccer team. Our boys put in a confident performance against Tumut and took the game 6-0, with captain, Sam Jenkins scoring the majority. We faced Kooringal next and again gave another solid performance. Goalkeeper Brad Yeomans kept another clean sheet, while Sam Jenkins again contributed the lion’s share of the team’s five goals. This took us to the Riverina semi-final, where we faced last year’s regional winner, Albury High. Our boys will now focus on defending their title in Wagga’s after school CHS tournament, the Creed Shield, in Term 3. Wagga High was well represented in the CHS Riverina Open Boys team this year, with five of our boys selected in the team for this year’s state knockout: Aaron Hausfeld (Yr 12); Isaac De Vries; Grant Jenkins; Sam Jenkins and Brad Yeomans, Yr 11. The boys and their Riverina teammates had some close games and bad luck in front of goal. However, they still managed to finish ninth in the state. Well done boys.

Go Wagga Warriors
The Wagga High School Cheerleading group, led by Mrs Griffiths have qualified to compete at National level in QLD. Congratulations to the team who have put a tremendous amount of effort into training towards this success! Medals and certificates will be presented to students once they have been organised.
Team members: Mary–Kate Ingold, Mackenzie Putrill–Wright (Yr 7) Niamh Johnson, Jessie Skein, Claire Doneley, Charlotte Bruce–Goodlet, Nikia Leighton–Popple, Grace Stein (Yr 8) Montanna Brownfield (Yr 9) and Madeleine Moon (Yr 12).

Aerobics Team Achieve Huge Success at Finals
After a long week waiting with suspense for the state final results, they finally came via a phone call during sport time.
Aerobics Group 1 – entered in the stage 1 classic section will receive BRONZE medals for their entry.
Aerobics Group 2 – entered in the Stage 2 team section will receive SILVER medals.
Madeleine Moon – GOLD, for her solo entry. She will also compete at finals in QLD.
Montanna Purtill–Wright – SILVER.
Congratulations to Mrs Griffiths and all her aerobics entrants. Medals and certificates will be presented to the teams when they arrive.
Team members include: Mary–Kate Ingold, Katie Kelly (Yr 7) Charlotte Bruce–Goodlet, Nikia Leighton–Popple, Charlotte Ryan, Grace Stein, Niamh Johnson, Jessie Skein, Emily Deaver, Claire Doneley (Yr 8) Montanna Brownfield (Yr9) Montanna Purtill–Wright (Yr10) and Tokombok Williams (Yr12).
UNSW ICAS English Competition

A reminder that money and entries are due for the UNSW ICAS English Competition. To enter simply pay your money to the office by the due date.

Entries Due: Thursday 25 June 2015
Date of test: Tuesday 28 July 2015
Cost: $8.00 – pay to the office
Open: to all students Years 7 to 12
Students in EEE, ACE and Advanced classes should consider their entry compulsory.

WHY? - This is a valuable opportunity to test your English skills and perhaps gain a certificate to add to your list of achievements.

Refugee Week

The focus for Refugee Week this year was courage. Many of our students and staff wrote messages for a courage wall which is displayed in our library. Year 10 student, Ja Ing Lagang showed great courage to share her story at our special Refugee Week assembly on Wednesday. In her emotional speech she talked about her journey from Myanmar to Australia and the struggle of the early days at Wagga High when she could not speak English. The overwhelming message of her speech was her gratitude for the support she has received from teachers and students at Wagga High, as well as from the wider community. On Saturday a number of our students and ex-students were involved in the community celebration of Refugee Week at Henschke Primary School.

Thriving and Surviving in Year 12

From your Year Adviser and School Counsellor

We have been thinking about you and decided to share some ideas from the work of Dr Michael Carr-Gregg a leading adolescent psychologist. You can also check out his book “Surviving Year 12 – A sanity kit for students and their parents”.

So here’s to looking after you:

Eat Smarter – Eating right can help your brain and body function better. Before you eat check whether you are actually hungry or whether it’s just nerves making you think of food.

Exercise – A good exercise session in the middle of the day aerates the brain. A good sweat-out seems to give you a sharper edge when it comes to concentration and retention of information. Remember “Healthy body, Healthy mind”

Understand Stress & Anxiety:

Take deep breaths - Under stress you are likely to hold your breath without knowing it. Remember that shallow breathing is a bad idea. It reduces oxygen in the blood stream and causes muscle tension SO TAKE DEEP BREATHS

Manage Time – One of the greatest sources of stress is over commitment or poor time management. Give priority to the most important things and do those first. DO NOT OVERWORK YOURSELF

Connect with others – Being by yourself is terrific but being lonely is a different matter - so participate in activities with others.

Talk it out – Bottled up emotions increase frustration and stress. Share your feelings with a family member, friend, teacher or counsellor.

Relaxation - Learn some techniques like Meditation and Mindfulness breathing – download the Smiling Mind AP

Sleep – Sleep is food for the brain. Find the balance. Get adequate sleep - 8-9 hours and don’t become sleep deprived

Stay on Track - Motivate - Motivation is essentially about two things- your attitude and your study behaviour. Watch out for negative thoughts - think about what you are thinking.

Plan – Have a ‘things to do list’. Help yourself overcome procrastination.

Watch this space for more. If you have questions please contact your School Mentor, Year Adviser or School Counsellor.

Check out the 2015 HSC Study Guide.

Uniform Shop

Our uniform is available from our Uniform Shop run by Daylight Schoolwear which is open on Tuesday mornings and Thursday afternoons. Girls navy tights are now available from the uniform shop for $9.50.
Careers News

Year 10 Work Experience

Last week over 100 Year 10 students participated in Work Experience in various local and interstate placements. Students went as far as Qld, Sydney and Canberra as well as local placements in Wagga and the Riverina. All students gained knowledge and skills in their chosen career interest areas and widened their understanding of the world of work. Students are to be congratulated on receiving glowing comments from employees, representing themselves, their families and WWHS in a positive way.

Some of the comments below showcase some of our students week,
Mohammad Ahmadi - Ashmont Auto Port.
"Mohammad was one of the best work experience students this employer had ever had in his business showing initiative and common sense in the workplace."

Henry Standley - Country wide Engineering
Henry transferred his Metal work skills from school into the workplace welding together a furnace for the workshop.

Samantha McPherson - Go Dental "Samantha was brilliant in her time here."

Marc Tagalog – Forest Hill Public School "Marc was a very helpful work experience student"

Adam Boyd – G J Hulm "Adam is very well mannered, confident and hardworking young man."

Accountancy Cadetships For 2016

Bush & Campbell will be recruiting new accounting cadets for 2016 later in the year with a view to commence January/February or July/August 2016. Like us on facebook to keep up to date with any future career opportunities.

If you wish to learn more about our cadetships and would like to come in for an informal chat about how our cadetships work, please contact our Business Manager, Jan Centrelia on 0269 384600 to arrange an appointment.


Tertiary Awareness Day - Winner of the $300 JB Hifi Voucher

Thanks for coming to see us at the Tertiary Awareness Day on Tuesday! We had 246 entries in our competition and are pleased to announce that our lucky winner of the $300 HIFI voucher was Johnny Hill from TRAC.

For those of you who were unsure of the answer to our question "What is Bush & Campbell's slogan?" the correct answer was "Experts by your side".

WEPStudent Exchange – Learn and Discover the World!

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in NSW, QLD and VIC. Applications for short and long-term programs commencing from November 2015 onward are open now. Students can choose from over 25 countries to live with a volunteer WEP host family and attend an overseas high school for a summer, semester or year. To request program information for your family, visit www.wep.org.au, email info@wep.org.au or call 1300 884 733.

$5.00 Canteen Specials

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Calendar

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<td>Tuesday Dance Night</td>
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<td>Friday Yr7 English Animated Film Study Excursion</td>
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