Term 3 Week 4 – Monday 3 August 2015

Congratulations to:

Liam Krebs (Yr 12) will be representing Wagga High in the unique State Senior Wind Band program next week. After 4 days of rehearsals, the program will conclude with performances in the Festival of Instrumental Music in the Opera House on Monday and Tuesday nights. Great work Liam!

Moving up the levels

Congratulations to the following students who have moved up recently in our school honours system: Gold: Colin Finemore (Yr 12); Platinum: Jonathon Lally, Clara Bate and Mikayla Argus-Anderson (Yr 12) and Honours: Emily Cox (Yr 12). Great work! Congratulations also to the following students who will receive Principal’s Awards - Academic: Aurora Bellany (Yr 10) and Emily Cox (Yr 12); Sport: Jonathon Lally (Yr 12). Well done!

Education Week

Wagga High was a hive of activity last week during Education Week. Wagga High dancers, singers, bands and musicians starred during Education Week celebrations at the Marketplace on Monday and Tuesday. On Wednesday our Education Week Assembly featured NAIDOC week activities, the launch of the Chicktionary girls’ program supported by a $5000 grant from Transgrid, as well as a performance from our Ska band. To finish off a hectic week our Special Education students performed at a concert for parents and friends followed by afternoon tea on Thursday.

HSC Metals students build a boat trailer

HSC Metals and Engineering students have been working designing and building a boat trailer as part of their course recently. They have constructed the trailer from the ground up. This has included fabrication of the frame, winch post and spring hangers, packing new wheel bearings and installing the axle assembly, wiring the LED lights and fitting all the rollers. A special thank you needs to go to David, from Mac’s Trailers for his continued support of the engineering program and Daniel from BCF who assisted us with all the components. The skill level of these boys is first class and they are to be congratulated on their precision and work ethic. Pictured from left to right are Mr Harpley, Head Teacher of Technology, Jamie Burgess-Kalis, Craig Fisher, Aaron Hausfeld, Poloma Huntley and Ryan Mitchell.

Sports News

The Under 15’s Girls Basketball team, “Wagga High Wildcats”, travelled to Tumut last Tuesday to play in the CHS Knockout Gala Day against three very strong teams from the area. This was the first time the team had played a game and they had only completed a couple of training sessions. All girls played really well and tried their best. They came away with third place on the day. Macy Trainer was great in attack when she drove the ball down the court.

Sarah Meiklejohn was an aggressive defender proving that she’s stronger than she looks. Emilia Campbell was skilful in defending; throwing her body on the line at times. India Becroft showed great sportsmanship and switched between attacking to defending with ease. Milly Thomson showed the most improvement on the day from being a timid player to stealing the ball on many occasions. Krystal Jessup and Ellie Bennett were excellent at getting rebounds and passing the ball back to the team. Zara Hebels strived as captain of Wagga High Wildcats demonstrating great leadership. The girls represented Wagga High with great pride and respect for others and received lots of positive feedback and comments from the referees. Lastly, a big thank you is in order to Nathan Riach who provided his quality refereeing skills on the day.

Congratulations to the Open Girls Touch team who regained the Preston-Butcher Cup, which is the after school touch tournament. The girls defeated Kildare 3-2 in a drop off last Tuesday. Throughout the competition, the team were undefeated, successfully beating TRAC, Mater Dei and Kooringal High School. The team would like to massively thank Carter Lovell for refereeing each day, especially in trying conditions at Forest Hill.

Around the Traps

Year 12 students are reminded that they must submit their awards to Mr Powell by the end of Week 7 if they wish to progress in the Honours System and have these awards presented at their Graduation Assembly.
TVET Parent and Student Information Evening

TAFE NSW Riverina Institute in conjunction with National Skills Week is holding a parent and student information session on Wednesday 26 August at the Wagga Wagga Campus Library from 5pm to 7pm.

Student Leaders 2016

Written applications are due to Mr Powell by 3:30 pm tomorrow, Tuesday 4 August.

Year 8 History River Field Trip

Ms Henderson’s Year 8 History class now see the landscape around the Murrumbidgee River and Wollundry Lagoon differently, after a guided walk with Pete Ingram. Pete pointed out natural features, plants and animals to be seen and interpreted by keen observers, explaining how the area would have looked before European contact and how the Wiradjuri used natural resources. Rex Gallaher’s response reflected the thoughts of many students in the class when he thanked Pete and said he felt like he had learned more in the tour than in many years of classroom learning. All students are commended on their positive participation and we again thank Pete for sharing his expertise.

Parent Teacher Evening

The next Parent/Teacher interview to allow you to consult with your child’s teachers will be held on Tuesday August 18. Teachers will be available for interview by appointment from 4:00pm until 6:30pm. Interviews will be conducted in Currie Hall and the Gym and are of seven minutes duration.

- If you wish to see any of your child’s teachers, you need to secure an appointment time using our online booking system. If you do not have access to the internet your local library may be able to help, or alternatively you can call the school office.
- The booking system will only be accessible from this Friday 7 August through to 12:00pm on Tuesday 18 August. No interview requests will be accepted outside of these times.
- In your web browser type in the school website www.waggawagga-h.schools.nsw.edu.au and when this appears click the link for ‘Parent Teacher Interviews’.

Artitude Annual Art Exhibition

Wagga Wagga High School’s annual art exhibition Artitude will take place on Tuesday 11th of August from 5:00pm to 7:00pm at Gallery 43, located within the TAFE Riverina Institute Campus on Macleay Street. The exhibition is a display of art works from a range of students and mediums showcasing the school’s diverse talents in both Visual Arts and Photography. It is also a great opportunity to see this year’s HSC works before they are presented for marking later in the year. The evening will also consist of live music and light refreshments. We hope to see you there.

Thriving and Surviving Year 12

Monitoring your stress levels - Tips for parents and students

We hope you are are eating smartly, taking time to relax, managing your time, avoiding procrastination, getting good amounts of sleep and staying on track. Also hoping you and your parents can be partners in your preparation for your exams. Share your thoughts and feelings and have regular conversations about what you are thinking and feeling.

OK so what's going on in your body? Are you experiencing any of these more than normal? Headache, feeling high levels of irritability, fatigue, feeling overwhelmed and out of control, feeling moody, having difficulty concentrating.

The above are just a few of the signs of stress. You may be experiencing others and not feeling like you are coping so here are some things to me mindful of. (All basic common sense stuff but we don’t often pay attention)

1. Identify warning signs in your body such as tensing your jaws, grinding your teeth, feeling irritable and short tempered.
2. Identify the triggers such as too many late nights, being with negative people, having too many things going on at one time
3. Practice calming yourself down and possibly remove the triggers
4. Establish routines such as regular meal times, planning ahead to do particular tasks on set days
5. Spend time with people who care – especially those friends and family who are uplifting.
6. Don’t ‘bottle up’ your feelings - share them with others and create more space to think clearly
7. Look after your health – take time to do some activities that are calming, relaxing and uplifting.
8. Notice your ‘self-s talk’ – watch out for unhelpful self-talk like “I can’t cope”. “I am too busy” “I will never be ready”. You can change your self-talk to something like “I can cope because I am doing my best” or “I will calm down”, “I will breathe easy”
9. Practice relaxation: Find a script on line, download some calming music or download the Smiling Mind
10. If you need more information and guidance phone the School Counsellor

NAIDOC

Local Wiradjuri man, Mark Saddler joined us at our NAIDOC assembly offering encouraging words and highlighting the importance of celebrating NAIDOC week. He entered the hall playing the didgeridoo and performed the Brolga dance.

Mark in his role as a New Careers for Aboriginal (NCAP) Officer with the support of a representative from State Training outlined the process of Apprenticeships and Traineeships as a fulltime or as a school based option.
Selling Chocolates

Students are reminded that they must seek permission from the principal before selling any chocolates in the school. Our fund raising focus is on SRC projects as well as supporting other initiatives related to the school.

Post School Expo for Students with Disabilities

Discover the pathway that’s right for you at the post school options expo for students with a disability.

Who should attend: Students, Parents, Guardians, Advocates, Teachers and Support Staff. We encourage all students and families to attend even if the young person will not be leaving school for several years as the information distributed at this event will enable you to make informed choices for the future. Join us at the EXPO to discover all you need to know about Transition to Work; Community Participation; Supported Employment; Open Employment; Apprenticeships & Traineeships; Further Education and much more!

Date: Tuesday 25 August 2015 TIME: 5:00pm – 7:00pm
Cost: Free
Location: Wagga RSL Club, Mirage Room-Dobbs St Wagga Wagga. For wheelchair access use lift in front foyer
For more information contact Lisa Parnell on 69251076 or lisa.parnell2@det.nsw.edu.au

Free Graduated Licensing Scheme Information Session for Parents of Learner Drivers in Wagga

Young drivers are three times more likely to be involved in casualty crashes. That’s why the Roads and Maritime Services (RMS) has introduced a new licensing scheme, with more supervised driving practice for learner drivers.

To help parents in supervising learner drivers, the RMS has set up a FREE 2 hour workshop for parents that offers practical advice on how to help learner drivers become safer drivers.

The session will be conducted by David Riches on Monday 14 September at the Wagga RSL from 5.30 pm to 7.30 pm.

Early bookings are advisable, so phone David on 0434 964 764 now to reserve your place, or email saferlearnerdrivers@gmail.com

Banned List

There are several things which you should not bring to or use at school. The list of banned items below gives you an idea of most of these. Some of them will be confiscated like mobile phones, but others will get you into a lot of trouble if you bring them to school!

Aerosol cans [deodorant, hair spray, etc]
Metal rulers and other sharp or dangerous objects
Tobacco, cigarettes, matches, lighters
Skateboards, scooters, blades, skates
PSPs, laser pointers, yo-yos
Liquid paper, permanent textas
Water bombs, stink bombs, etc
Pornography
Studded belts and wrist bands
Clunky jewellery, long earrings
Clothes, hats, bags, etc with logos or slogans which are offensive or which advertise drugs or alcohol

In addition to the above items, the following are illegal and are ‘special cases’.

Fireworks, weapons, drugs and alcohol will result in an automatic suspension.

P & C News

Our next P&C meeting will be held tonight Monday 3 August at 7:30pm in the Ted Drake Room. All parents and caregivers are encouraged to come along and support our school.

Making Payments

You can make payments with cash or cheques by using the school’s payment envelopes (correct amount ONLY in envelope – no change given) or an eftpos facility is available at the front office for contributions, fees, calculators, excursions, etc. When filling these out, please make sure all details are completed including name, year, subject and amount. This information is most important for office staff to be able to receipt correctly.

You can make payments for a range of things with the one transaction.

Getting to Sport Rule

Make sure you are in proper sports uniform and that you obey all school and traffic rules on the way to sport – remember that you are on show and the school is on show.

Go to sport by the safest, most direct route – no loitering! Do not walk or ride on your own – always go with a group of other students.

Get there before 1:30 pm and report immediately to your supervising sports teacher.

Reminder

Parents are reminded we cannot take any action regarding custody issues unless we have a copy of court documents.

DOB in a DOER!

It’s great to hear news of our students doing well in sporting and cultural activities outside of school, but we don’t hear about all of them! How about letting us know of our students’ successes? Just give the school a call on 6925 3611 and ‘dob in a doer’!

$5.00 Canteen Specials

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<td>Tuesday</td>
<td>Hamburger</td>
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<td>Wednesday</td>
<td>Chicken Chilli Wrap</td>
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<td>Friday</td>
<td>Hot Dog &amp; Sauce</td>
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Calendar

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<td>7</td>
<td>Friday</td>
<td>Mt Selwyn Ski Trip</td>
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<td>18</td>
<td>Tuesday</td>
<td>Parent/Teacher Evening</td>
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<td>9</td>
<td>Wednesday</td>
<td>Excellence Assembly</td>
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<td>10</td>
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<td>Year 11 Preliminary Exams Begin</td>
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