Moving up the levels

Congratulations to the following students who have moved up recently in our school system: Platinum: Troy McKenzie (Yr 12); Diamond: Taylah Habel-Noack and Elise Toyer (Yr 11) and Cameron Ivey (Yr 12) and Honours: Rivine Mansour, Sarah Hogan and Abbey Fellows (for an amazing 6th time!) (Yr 12). Great work! Congratulations also to Year 12 student, Molly Stewart, who received a Principal’s Academic Award.

National Science Week & ICAS Science Competition Results

National Science Week is an annual celebration of science in Australia, an opportunity to join together to enjoy and explore the wonders and benefits of science. It’s been running for 18 years! What better way to acknowledge our success in science at Wagga High than to announce the award winners in the ICAS Science Competition that was held earlier in the year. 49 of our talented students undertook the challenge with students achieving the following results:

- Distinction - Edward Prescott (7), Rohan Curry (8), Thomas Lawlor (10), Peter Baker (11), Eamonn McInerney-Robertson (11), Tom South (11)
- Credit - Frank Allen (7), Isabel Cox (7), Kein Crevatin (7), Harshil Rawal (7), Edward Gunter (8), Connor Higgins (8), William Li (8), Edward McDougall (8), Dean McMullen (8), Cameron Angel (9), Tom Canty (9), Sophie Lamont (9), Dominic Leighton-Popple (10), Brad Li (10), Kaitlin Jeffries (11), Nari Crevatin (12)
- Merit - Robert Willis (7), Alex Cox (8), Samuel Croxton (8), Nikia Leighton-Popple (8), Vanessa Angel (11), Bradley Yeomans (11), Jessica Canty (12)

Well to done all the participants and award winners.

Mr Curry (Head Teacher Science)

Burrabinya Program

Recently some of our students participated in the Burrabinya Program at Riverina Community College. This program which is aimed at building the capacity of Year 10 Aboriginal and Torres Strait Islander students, developing their confidence, skills, knowledge and understanding in the world of work. Through the program the girls were able to access information on appropriate presentation at an interview, including what to wear, hair, makeup and nails. The staff at the Riverina Community College assisted the students with applying makeup and giving them a manicure. The girls, while having a fun day, learnt many skills.

Thanks...

To all students for the orderly way they complied with the Emergency Evacuation Drill last week. Your cooperation was appreciated by all staff!

Around The Traps

Year 12 students are reminded that time is running out to hand in awards. The end of Week 7 this term is the deadline!

Something to Sing About

Something to Sing About was started in 1998 by Heather and David Wall as a small concert to raise funds for the Riverina Conservatorium Scholarship Fund. The concert now features two performances with audiences of around 1,000 and is held every two to three years. The concerts have raised over $30,000 for local services and charities.

This year, as in the past, Something To Sing About will be held at the Wagga Civic Theatre and will involve a large number of Contemporary vocalists who will work together to create an exciting production filled with music and dance. We have Kathryn Fisher and Melissa Brown as choreographers for the concert and they will be working with the Junior and Senior Dance Ensembles from Wagga Wagga High School.

One of the beneficiaries of this year’s concert will be “Variety” the children’s charity which celebrates its 40th anniversary in 2015. Variety – the Children’s Charity is a national not-for-profit organisation committed to empowering Australian children who are sick, disadvantaged or who have special needs to LIVE, LAUGH AND LEARN. Part of the profits from this year’s Something To Sing About will also raise funds for the Riverina Conservatorium of Music Scholarship Fund.

This year’s performances will be Saturday 19 September @ 7.30pm and Sunday 20 September @ 2.00pm.

Tickets can be obtained from the Wagga Civic Theatre booking office. Phone 0269 269688 Ticket prices are $33.00 for Adults, $23.00 for Concession / Pensioners and $13 for Children.

Casual Staff Required

We are currently seeking expressions of interest from suitably qualified people who would like to be added to our list of casual Administrative and Support Staff.

Required Criteria:
- Applicants must be well presented
- Previous office administrative experience a distinct advantage
- A qualification in Office Administration/IT/Word Processing would be highly regarded
- Be prepared to obtain a Working With Children Check number
- Be prepared to undergo a Police Record Check

Interested persons should forward their current resume and a brief letter of introduction to the School.
P&C News
Our next P&C meeting will be held in the Ted Drake Room on Monday 31 August at 7:30pm. All parents and caregivers are encouraged to come along and support our school.

Careers News
University of Sydney Early Offer Year 12 (E12 program) - online applications now open, more information can be accessed from the E12 website on USyd website.

University of Sydney - Dux Scheme to reward the Dux from each school a guaranteed place with a minimum ATAR of 70 based on the recommendation from their school.

Any students from year 12 interested in applying to this opportunity must let Mrs Fellows know ASAP.

1st Year Apprentice Electrician – position to start January 2016
Applications open now! Our client is seeking a 1st Year Apprentice Electrician to join their well establish electrical business in Wagga Wagga.

University of Sydney Early Offer Year 12 (E12 program) - online applications now open, more information can be accessed from the E12 website on USyd website.

University of Wollongong early admission program closes Friday 28 August 2015.

Parent Teacher Evening
The next Parent/Teacher interview to allow you to consult with your child's teachers will be held on Tuesday 18 August. 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 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'.

Youth Advisory Council applications are now open
The NSW Youth Advisory Council plays an important role in guiding NSW Government youth affairs. The Council meets regularly throughout the year to discuss a range of relevant topics, as well as monitoring and evaluating youth-related policies and legislation which affect young people. The functions of the Council include:

- Advise the Minister and the Advocate for Children and Young People (ACYP) on the planning, development, integration and implementation of government policies and programs concerning young people.

- Consult with young people, community groups and government agencies on issues and policies concerning young people.

- Monitor and evaluate legislation and government policies and programs concerning young people and recommend changes if required.

- Conduct forums, approved by the Minister, on issues of interest to young people.

- Collect, analyse and provide the Minister and the Advocate of Children and Young People with information on issues and policies concerning young people.

The 12 member Council is made up of young people between the ages of 12 and 24, from all over the State and will be broadly representative of the diversity of young people living in NSW.

Information and application forms for membership of the Youth Advisory Council are available from the ACYP website at www.acyp.nsw.gov.au, by email to acyp@acyp.nsw.gov.au or by phone on (02) 9286 7231.

Applications close at 5:00pm Monday 31 August 2015

Artitude 2015
A big thank you to all those who were involved and came along to support our fantastic Visual Arts and Photography students in this year’s Artitude exhibition at Gallery 43. It was a great night with the best of Wagga Wagga High School’s creative talents on display in a range of skills and mediums. The night also saw students from years 9, 10 and 11 provide an array of musical items that kept the crowd thoroughly entertained. We look forward to next year’s event and to enabling students to further explore the world of art and design.

Community News:
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 5:00pm to 7:00pm.

Uniform Shop 20% off Sale
All items in the uniform shop are on sale, except for blazers and any special orders. The sale is for two weeks, commencing Tuesday 8 to Thursday 17 September – last two weeks of Term 3. Shop stock only, no refunds or exchanges.

Students who are Sick at School
All students who become sick whilst at school should notify their class teacher. The teacher will then give them a sick bay form to report to the office and Admin staff will contact a parent/carer. At no time should students contact (phone or text) parents directly to pick them up, outside of this process, as this creates confusion both for parents and school staff.
Reducing your Stress Levels

Overbreathing can cause breathlessness, increase in heart rate, tiredness, exhaustion, inability to concentrate, stiffness in the muscles etc. The balance between oxygen and carbon dioxide is necessary for the energy reaction in the body to be regulated correctly.

Try these exercises to help you maintain the correct rate and depth of breathing:

Breaths per minute exercise:
This exercise will determine the rate you are breathing. It will tell you whether your respiration rate when at rest is within ‘normal’ limits or whether it is excessive. You can use this exercise at different times during your day and note whether there are certain times when your breathing rate is higher. It will of course be higher if you have been exerting yourself, but you will also find it is higher when you are in a STRESSFUL SITUATION.

This can be done anytime anywhere – all you need is a watch with a second hand.

To see what your breathing rate is, sit quietly and count the number of breaths you take IN during a 60 second interval.

Write it down: ___________________

If yours was greater than 14 try to slow your breathing rate down by taking fewer breaths through your nose. Close your eyes if you feel comfortable. Try to get your breathing rate down as slow as you comfortably can.

Record the new rate here: ___________________

The average breathing rate when we are at rest should be between 10 and 14 breaths per minute. If you originally had above 20 breaths per minute try and practise for a few weeks until you get it down to ‘normal’ limits.

The Breath Waltz:
The breath waltz will help you to correct symptoms of over breathing

- Take one breath every six seconds – breathe in and out in a six second cycle. Breathe in for three seconds and out for three seconds (use the second hand of a watch to determine the timing).
- This will produce a breathing rate of 10 breaths per minute.
- Say the word “relax” to Yourself every time you breathe out.
- Try to breathe in a smooth and light manner.
- Try breathing like this until your symptoms of over breathing have gone.

The Wagga Wagga High School P&C Association ‘Markets on the Hill’ are on!

We are now taking bookings for stall holders, please see details below.

Date: Saturday 12 September 2015
Times: 9:00am till 3:00pm (Please note there will be no vehicle access to the venue from 8:45 to 3:15).
Venue: Wagga Wagga High School top car park and gymnasium (Parking and access off Macleay St).

Site Availability & Fees:-
- Outdoor $20 - 5 metres by 5 metres, no power available - 44 sites available
- Outdoor with power $25 - 5 metres by 3 metres.
- Outdoor near the gym $20 - 5 metres by 3 metres.
- Indoor $30 - 5 metres by 3 metres, some with power ($35) - 17 sites available. No hot food or drinks to be prepared in the gym.

Email: mcochrane74@internode.on.net to check availability.

As part of your site fee we ask a small donation of your goods suitable for the Raffle to be collected and drawn on the day.

Bookings: - Paid in advance by direct deposit BSB 032-769 Acc. No. 444221. Please enter your first and last name, or your Trading Name to identify your deposit.

Once you have paid, please send a confirmation E-mail to mcochrane74@internode.on.net with details of products you are selling so we can allocate you a site.

Please note: - No refunds will be available, if the weather on the 12th September is unsuitable, the Market will be held on Saturday 19th September.

Insurance: - If you are selling food or drinks or have stallholders insurance, you are required to provide a scanned copy of your Certificate of Currency with your confirmation E-mail.

Restrictions: - No BBQ food sales (WWHS P&C are conducting a BBQ) No coffee sales (WWHS Hospitality Students are providing Coffee sales).

Entertainment: - Wagga High School Students will be in various locations busking throughout the day.

Please note: - This event is a fundraiser for Wagga Wagga High School P&C Association and is run by volunteers.

Questions: If you have any questions please contact mcochrane74@internode.on.net or reply to this E-mail.

Please do not contact Wagga Wagga High School Administration.

WWHS Aerobics Raffle 2015
Tickets $1.00

1st Prize – 3.4 kg bar of Toblerone Chocolate
2nd Prize – 7 inch, 8GB, Laser Tablet
3rd Prize – 4 x Movie Tickets (adult or student)

Tickets must be handed in and paid for by the 16/08/15

Prizes will be drawn on 19/08/2015 during regular school assembly

Tickets can be purchased at the Mathematics staffroom of from a member of the Aerobics team.

PCYC Survey

All students have been emailed a link to a survey from the Wagga Wagga PCYC. The PCYC are interested in feedback from young people regarding the current issues our youth are facing within the community. The results of this survey will be analysed and presented in an application for grant funding to enable the development of a Youth Advisory Committee through the Wagga Wagga PCYC. The aim of the Youth Advisory Committee will be to promote awareness of issues that youth in Wagga Wagga are facing and to plan and develop activities and events to address such issues. At the end of the survey, you will have the option to put your contact details for follow up if you wish to participate in the Youth Advisory Committee. This will involve giving up your time for one meeting a month with the addition of any events/activities that the committee may organise.
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’!

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Vandalism contact phone number

In the case of vandalism to school property during the school holidays or after hours, the community are encouraged to report anything that requires urgent attention by phoning 1300 880 021.

Thank you for your concern and diligence.

Cyber-Bullying Website

The Department of Education hosted a Cyber-bullying forum late last year, bringing together national experts on the subject. If you would like to know more about cyber-bullying and what can be done about it, or if you’d like to contribute your opinion or experience to the online blog, you’ll find it at www.cyberbullyingforum.org

$5.00 Canteen Specials

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<thead>
<tr>
<th>Day</th>
<th>Special</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Pizza</td>
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<tr>
<td>Tuesday</td>
<td>Hamburger</td>
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<tr>
<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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<th>SEPTEMBER</th>
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<tr>
<td>18</td>
<td>9</td>
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<tr>
<td>Tuesday</td>
<td>Wednesday</td>
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<tr>
<td>Parent/Teacher Evening</td>
<td>Year 11 Preliminary Exams Begin</td>
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<td>10</td>
<td>18</td>
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<td>Thursday</td>
<td>Friday</td>
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<tr>
<td>Year 12 Graduation Assembly</td>
<td>Last day Term 3</td>
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