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Issue 11  20th November 2014

QUALITY PORTFOLIO INTERVIEWS
Thank you to Mr Van de Scheur, Mrs Olive and the student support team, our parent and community volunteers, past students and staff, our staff and students who gave up their time to be members of our panels. Some outstanding student presentations impressed panel members, with students clearly focused on personal best and quality work. However there are still some students who are not taking that approach to their studies and we hope they listen to the feedback provided and look toward improvements in 2015. Student focus on personal best and quality work is expected at our school. Students gain valuable interview skills through this process.

SCHOOL PICNIC
The School Picnic day is fast approaching. This year Wollumbin High School is off to Wet ‘n’ Wild. To attend the school picnic students must have achieved a Deputy Principal’s Award and not have a history of disobedience, truancy, untrustworthy behaviours or suspension. Permission slips will be handed out on Monday 1st December. Permission slips and money can be returned to the front office from the 2nd December until 11th December. Students can check with the Deputy Principal if they wish to confirm their eligibility to attend. Students attending should have paid their school fees. The 11th December is the absolute deadline for notes and payment.

REMEMBRANCE DAY
The school assembly was conducted on the 11th November, with Mr Kevin Cheetham as our special guest. Congratulations to MacKenzie, Torren, Odette, Billy, Mandu and Maddie who played important roles in the assembly.

AWARDS NIGHT
Awards Night will be held on 15th December in the gym, commencing at 6.30pm. We look forward to celebrating the achievements of WHS students and invite parents/carers to this important event for our school.

District P & C Meeting: 25th November 2014 at 7pm in the Library
Educational Excellence — High Expectations — Student Success
CONGRATULATIONS
DEPUTY PRINCIPAL’S AWARD

Year 7 - Jessica Maloney, Lisa Hourn, Thomas Edmed, Samuel Pollock, Christopher Pilon, Daniel Bennett, Madison Hackenberg, Hannah Carmody, Mitchell Hosier, Elle Hyde, Jaidyn Larrescy, Talisha Atkinson, Sarah Walsh, Dominic Weston, Jason Merton, Zahlen McKay

Year 8 - Ben Rawlings, Delaney Constable, Jordan Howlett, Tahni Bolton, Harlan Hitchens-Grothe, Chloe Gear, Cherry-Ella Fields, Michael Larrescy, Hannah Wright, Jacob Marriott

Year 9 - Harry Liebke-Pereyra, Daniel Tredrea, Ross Beames, Vincent Hynes, Zack Larter, Aron Forrest, Rex Foster, Jasmine Cooper-McCredie, Bailey Hurley-Ables, Ty Manz, Blake Lang, Ryley Farrar, Katie Stewart, Chelona Farrar, Duncan Miller, Harrison Harvey, Samuel Tunsted, Djindu Willoughby-Noble, Rueben Golsby, Ethan Sutherland, Bodhi Litherland, Belle Ward

Year 10 - Amber Conaghan, Samuel Naoum, Dana Morgan, Millicent Cotmore, Isaac McKay, Georgia Fahy, Blake Lam

CONGRATULATIONS
PRINCIPAL’S AWARD

Year 7 - Will Bray, Lisa Hourn, Ethan Gascoine, Jacob Costas, Lucas van Egdom, Calam Nixon, Molly Phillips, Bree-Anne Wihlborg, Riley Hall, Christopher Pilon, Caleb Booth, Shyne Driver, Asher Rossi, Sarah Walsh, Casey Dawson, Dominic Weston, Zahlen McKay, Samuel Pollock

Year 8 - Jason Riolo, Samuel Cook, Corey Hayes, May Guinea, Benjamin Rawlings, Jesse Rosenich, Erica Mellor, Harlan Hitchens-Grothe, Grace Sheffield, Chloe Gear, Cherry-Ella Fields

Year 9 - Jasmine Cooper-McCredie, Hayley Hyde, Ryley Farrar, Duncan Miller, Harrison Harvey, Karinne Wihlborg, Tahni Bolton

Year 10 - Ruby-Rose Barton, Dana Morgan, Millicent Cotmore, Isaac McKay, Amber Conaghan, Isaac Holtby, Blake Lam

CONGRATULATIONS
AWARD OF EXCELLENCE

Year 7 - Lisa Hourn, Ethan Gascoine, Ayla Bowden, Zahlen McKay, Christopher Pilon, Monty Murray, Sarah Walsh, Casey Dawson

Year 8 - Georgia-Rae Gibson, Erica Mellor, Harlan Hitchens-Grothe, Rhys Kennedy, Brittany Doohan, Laetani Brehaut

Year 9 - Hayley Hyde, Jasmine Cooper-McCredie, Harrison Harvey, Le-Keisha Steadman, Jacob Kennedy

Year 10 - Fiona Stanley, Tansie Noble, Millicent Cotmore, Georgia Fahy, Blake Lam

CONGRATULATIONS
AWARD OF HONOUR

Year 7 - Ayla Bowden

Year 9 - Jasmine Cooper-McCredie

CONGRATULATIONS DAVID

David Bath was awarded the Rotary Club of Murwillumbah Excellence Award in Volunteering. David has been volunteering in Learning Support on a Thursday for the past 14 years - a total of over 2000 hours!

On the left is Rotary Club President Judy Mason, District Governor Electorate Anne Egan and David Bath.

REQUIREMENTS FOR EARLY LEAVERS AND LATE ARRIVERS

Where possible appointments during school time should be avoided as absence requires students to catch up on missed learning. Should a student need to leave school early then parents must supply a written note to the student that morning providing an explanation and time that you will collect them from the Administration Office. Students will not be released from class without this note. A text message from a parent to a student's mobile phone cannot be accepted. There may be times when parents come to the Administration Office and ask for their student to be released from class, we will then send a runner to collect your student. We cannot release a student into the care of another adult unless permission is provided by the parent, preferably in writing.

Students arriving late to school need a note from parents to explain their absences; otherwise the absence is identified as unexplained. School commences at 8.45am – students should be at school prior to the start time. Students who consistently arrive late will be required to make up learning time during breaks and may be referred to the Home School Liaison Officer.

AUSTRALIAN AIR FORCE CADETS

The Australian Air Force Cadets, based at Elanora High School, is now recruiting and is open to males and females aged 13-18 who wish to join an aviation based youth organisation. More information can be found at www.aafc.org.au.

MURWILLUMBAH CHRISTIAN COMMUNITY PRESENTS...

Peter Shurley
In Concert
Friday November 29th 7.00pm
Murwillumbah Community Centre, Knox Park
For enquiries: 0481 395336
This is a free event

WHAT’S ON!

Term 4 2014
♦ 24th & 25th November  Year 7 Quality Portfolio Interviews
♦ 25th November  P & C Meeting 7pm (final meeting for 2014)
♦ 27th & 28th November  Year 10 Quality Portfolio Interviews
♦ 1st December  Year 6 Parent Evening 6.30pm - Library
♦ 2nd December  Year 6 Orientation Day
♦ 12th December  SRC Mufti Day, Gift Giving Tree (Donation to charity), P & C Red Day
♦ 15th December  Awards Night 6.30pm - Gymnasium
♦ 16th December  School Picnic
♦ 17th December  Last day for students

2015
School resumes for students:-
♦  Year 7, 11 and 12 on Wednesday 28th January
♦  Year 8, 9 and 10 on Thursday 29th January
SPORTS NEWS

MURWILLUMBAH SHOW RELAY

Wollumbin High School entered two teams in the annual show relay. One junior team consisting of Grace Sheffield, May Guinea, Bailey Lateo and Jack Dawson.

The senior team comprising of Drew Magnum, Dylan Whyborn, Matthew Wells and Katrina Marr (pictured) won the race with the junior side closely behind in second. The school received a cheque to the value of $175 which will be used to purchase items for the school sports program.

TWEED UNITED FOOTBALL CLUB

Tweed United Football Club are looking for female players of all ages and abilities to join their U18’s, Premier Women, Division 1 and 2 Women leagues.

Preseason beach training is held Thursday evenings at 6.30pm (NSW time).

For more information contact Siobhan on 0434 834205 or Armando on 0419 859611.

PAN PACIFIC MASTERS GAMES

Josh Baker and Jaime Enseleit volunteered at the Pan Pacific Masters Games on the Gold Coast for a week. They worked at the Accreditation Booth, registering participants and also at the Sports Booth. After their first day they were training the new volunteers. The quality work that Josh and Jaime provided was acknowledged by the internship they were offered. As a result of their volunteer work they are now able to receive paid work at the Commonwealth Games.

Both Josh and Jaime agree that the experience was invaluable resulting in contacts and developing their leadership skills. They also said that staying in a penthouse for a week was awesome!

2014 PREMIER’S DEBATING CHALLENGE YEARS 7 & 8

Five year 7 and 8 students attended the Premiers Debating Challenge. They were Ethan Gascoine, Jodie Swift-Devine, George Townsend, Riley Pappin, Chester Stadler and Te’a Hallac.
2014 RRISK SEMINAR

Reduce Risk Increase Student Knowledge

Risk-taking in adolescence is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one’s friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4200 students from more than 53 high schools from Port Macquarie to Tweed Heads have registered to attend one of 9 RRISK Seminars. Wollumbin High will be attending the Tweed Heads seminar at Twin Towns with all Year 11 students on the 5th December. As we feel RRISK is a fantastic program and opportunity, a bus will be provided free of charge to enable all students to attend. The bus is funded through prize money won by our PDHPE staff in 2011 for their drug education initiatives.

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au and in this newsletter over the coming weeks. Mr Brooker and Mr Lambert will be providing more information at Year Meetings closer to the date.

THE WOLLUMBIN “GIRLS”.

Our beautiful and very spoilt hens have been laying since mid August. They regularly attend Maths (upstairs!), English and Korean classes of their own accord. Year 8 Ag are managing them and studying the advantages of rearing chickens at home and the intricacies of the poultry industry.

We supply the Canteen and Food Technology with eggs every week, free of charge. Excess are sold to the staff and over the counter in the front office. They have been so popular that eggs are sold before they are laid (pre-ordered!)

We have reared these girls since they arrived as ‘day olds’ back in March. Ms Stevenson, Ms Underwood and Mr Shearman look after them on weekends and school holidays at school.

We are not able to keep them over the Christmas holidays and have already found good homes for them.

PUBLIC TENDER

Item: 1 only Single Standard Roller Door (brand new) Maroon Colourbond, manual lift. Includes all fixings and personal access door.

Roller door must be collected from Wollumbin High School.

Please email all written submissions to the P&C Correspondence Secretary - Sharyn Currant shaz1912@bigpond.com

All tenders need to be received by 3pm Friday the 28th November 2014. The winning tender will be notified by phone on Monday 1st December.

P&C Committee
TOP 10 TIPS FOR PARENTS TO MANAGE CHILDREN’S TECHNOLOGY USE

It can be hard to tell whether your child is doing legitimate work online or if they are getting distracted with gaming, social media and the like. Here are some tips to help you manage your child’s technology use.

1. **Model Good Technology Behaviour**
   If you’re always using technology, even for work, you are sending a message. Take time to “unplug” eg. turn off your phone when you are having family time (even for a short burst).

2. **Try to Understand the Technology your Child is Using and Why**
   To help your child manage the way they use technology, spend time understanding what they are using technology for and why. This will help you set reasonable limits.

3. **Set Clear Limits in Relation to Technology Time**
   Parents need to decide when devices can be used. Options include: no technology before school, a time limit each day and games on the weekend only.

4. **Monitor Technology Use**
   If it’s not possible to move the child/computer where you can monitor use, consider doing quiet activities in the space they are using, such as reading or ironing, to monitor their use.

5. **Establish “Screen Free” Systems - Days, Spaces etc.**
   Establish “screen free” spaces eg. the kitchen and dining table. Perhaps have a screen free day on the weekend? This encourages more activity and interaction for the whole family.

6. **Centralise storage of handheld devices**
   Have a rule that all handheld devices are stored in the one place, so when it’s not an approved technology time, the device is away and not causing a distraction.

7. **Use Technology Time as a Reward**
   Show that you can be reasonable and flexible. Using screen time as occasional reward is fine. However, mixing up the rewards with other activities will benefit the whole family.

8. **Provide Lots of Opportunities for Physical Activity and Socialising**
   Providing opportunities to participate in meaningful and enjoyable activities away from technology helps develop interests and connect with people. Try sports, music or craft.

9. **Use Parental Controls to Block Particular Sites**
   The Australian Government’s CyberSmart program has information on parental controls [http://www.cybersmart.gov.au/Parents/About%20the%20technology/Parental%20controls.aspx](http://www.cybersmart.gov.au/Parents/About%20the%20technology/Parental%20controls.aspx)

10. **Change the WiFi Password**
    If nothing else works, and your child is constantly on social media or surfing the net, consider changing the WiFi password…even for a few hours.

Learn more this year about how to work effectively at home and manage distractions by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au). Our school’s access details are:

- User name: wollumbins
- Password: 48success

CONGRATULATIONS

Congratulations to one of past student Dylan Wotherspoon. Dylan made his debut for the Kookaburras (Australain Hockey Team) last week in Perth, against India. The Kookaburras defeated India 4-0.

FRIENDS OF THE POUND

“Have your pets photo taken with Santa”

Where: 100% Pets Harvey Norman Centre
       Greenway Drive South Tweed

When: 6-7th & 13-14th December

Time: 10.00am
At Coolangatta Dental Group we would like to offer to you:

- CDG Dental Care plan for just $1 a day
- We bulk bill under the Child Dental Benefits Schedule
- We offer nursing home and retirement village visits
- We are preferred providers for MBF/BUPA, Medibank private, smile.com and HCF

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To make a appointment please call 02 6672 1068
144 Murwillumbah St, Murwillumbah NSW 2484

Supporting Wollumbin High School
Murwillumbah
Sunnyside Shopping Centre
Email: murwillumbah@harveyworld.com.au
PH: 02 6672 3400

Has arrived in town
Director Melanie Hughes has performed in various ballet companies all over the world and
NOW IN TWEED HEADS
Registered in ABC syllabus
Melanie and her team welcome all levels from Tiny Tots to Terrific Teens to Professional and Active Adults
Located @ ‘The Ballet Factory’
62 Greenway Dr, Twd Hds Sth

DANCE CLASSES ON OFFER
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144 Murwillumbah St, Murwillumbah NSW 2484

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HSC DESIGN AND TECHNOLOGY MAJOR WORKS

YEAR 8 ORGANIC GARDENS

CRIPES IT’S TRIPE!