

# NEWSLETTER

May 2019



## FROM THE PRINCIPAL

On behalf of the staff I'd like to welcome back to term 2. I hope you all enjoyed your Easter break and have recharged the batteries ready for a productive term of learning at Warrawong High.

Some exciting student centred activities are occurring or are being planned for this term. Led by student and staff teams some of these activities include:

Our Wellbeing team have attended a Year 9 camp to Wombaroo, in the Southern Highlands. Students participated in such activities as: tree climb, high ropes and giant swing. Our teachers reported back that our students enjoyed themselves in all the activities and made some life long memories. Thank you to our amazing year advisor Miss Allnutt, thank you also to Miss Fallo and Mr Stefanelli who also gave up their time to support this event and our students.

Our Student Representative Council (SRC) are preparing for their induction and Education week activities. Their induction involves a school assembly whereby students will be recognised for their leadership and appointment to the SRC. The students will undertake a pledge in their support of the school community. Education week preparations are also taking shape: The theme this year is 'Every Student, Every Voice' as such we will host a Community of Schools public speaking competition during this week. We will also be opening the school classrooms to the community and hold a whole school assembly which celebrates our diversity. 'Carnivale' will also return in term 3.

Our school Technology team is student centred and as such are always developing improvements in our school which cater to the future learner being; collaborative, creative, critical thinker and communicative. This team is now exploring a futures focused learning space in our school with plans to design a prototype which then can be spread to other parts of the school.

Our Literacy team have designed and completed some important preparation regarding our recently completed NAPLAN tests.

This team developed preparation packs, complete with relevant questions and activities to expose our students to the types of activities to expect in their testing. To further support our students we provided a 'hearty' breakfast on the days the tests are conducted.

Our ATSI team are preparing for the upcoming NAIDOC week. To support this celebration we are developing an inclusive program of activities to acknowledge the contribution and recognition of Aboriginal people in our school and wider community. Cultural activities and a recognition assembly are being planned and will be inclusive of our local elders.

Our Professional learning team focus on developing teacher capacity in delivering student centred learning in order to engage our students. At our most recent staff meeting our Head Teacher Teaching and Learning, Emma Wilkins led professional learning for teachers in providing students with effective feedback. This professional learning included: presenting feedback in manageable units, being specific and clear with feedback messages, keeping feedback as simple as possible and to providing feedback after learners have attempted a solution. Our belief is that for students to improve, relevant, timely and constructive feedback will enable our students to add value to their work, which will improve upon their results.

P.T.O.



Proudly  
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Ph: 42740707

Fax: 42762836

[warrawong-h.school@det.nsw.edu.au](mailto:warrawong-h.school@det.nsw.edu.au)

[www.warrawong-h.schools.nsw.edu.au](http://www.warrawong-h.schools.nsw.edu.au)

On the staffing front, I would like to congratulate; Steig Nordstrom who has accepted a position at Warilla Office as our Regions Transition Officer, Nicole McGoogan who has accepted a teacher position at Randwick Girls High School and Lyle Sansbury who has accepted alternate employment in Aboriginal mentoring.

Congratulations and thank you to all.

Finally, I look forward to seeing you all at our next Parent Engagement Group meeting on Wednesday 29<sup>th</sup> May 2019 commencing at 6 pm in the Common room.

**Brad Hughes**  
**Principal**

### **DEPUTY PRINCIPAL REPORT**

It has most certainly been a busy start to Term Two and we would like to commend the vast majority of our students for their positive behaviour so far. This was reflected in the fact that 120 students were invited to and attended the Incentive Excursion to the Easter Show on the last day of Term One. Thank you to Mrs Daenell for her wonderful organisation of this excursion and to the rest of the staff who attended. Congratulations to the Year 9 students who attended camp in Week Two at Wombaroo. Another big thank you to Ms Allnutt for her terrific organisation of the camp as well as to Mrs Fallo and Mr Stefanelli who attended.

Year 12 received their reports on Monday 20<sup>th</sup> May so it is important that each student takes the time to evaluate their progress so far with their parents/carers. Student conferencing took place on Tuesday 21<sup>st</sup> May which gave each student the opportunity to meet with the teachers of Year 12 in order to reflect but also to discuss what other support mechanisms could be implemented to assist them in achieving the best possible HSC result. Thank you to Mrs Goldspink, Mrs Wilkins and Mrs Hijazi for their coordination of student conferencing.

As you would be aware by now, all of the winter stock is available in our school uniform shop situated near the school library. Opening hours are now Tuesday from 8-11 am and Friday from 1-4 pm. We really appreciate the effort made by the students and parents/carers who have purchased the new uniform which continues to be heavily subsidised by the school. It is expected that all of our Year 7 and 11 students are in the correct new winter uniform whilst any students who have not yet purchased the new shell or fleece jackets are reminded that they should be wearing a plain black jumper devoid of any big logos. If your child requires any financial assistance with uniform please contact Mrs Daenell at the school.

We are looking forward to our incoming Year 7 students for 2020 attending the school on the 3<sup>rd</sup> and 4<sup>th</sup> June to undertake online reading and numeracy assessments which have been developed by the Australian Council for Educational Research. These Progressive Achievement Assessments are designed to provide objective, norm referenced information to teachers and parents/carers about their students' skills and understanding of a range of key areas. These assessments will also allow Warrawong High School to start evaluating how to best support the learning of all of our students transitioning into high school. Mr Stanizzo and Mr Curley have visited each of our five feeder primary schools in order to discuss and explain the purpose of these assessments to the respective students and staff.

A reminder that if any parent/carer has any concerns regarding an incident or the academic progress of your child in a particular subject that is advised that you contact the teacher concerned in the first instance or the Head Teacher of that particular subject. This process should result in the matter being resolved in a more timely fashion.

We are looking forward to many of our students participating in AIME once again in 2019 but also sharing shortly with our parents/carers the Personal Learning Pathway Plans which members of our Aboriginal Learning Team have been developing with each of our students. We would like to wish Lyle Sansbury who did an amazing job in his brief time as our Aboriginal Learning Support Officer all the best in his new job. It is anticipated that we will be in a position to announce his replacement in a couple of weeks. There will be an opportunity for several of our Year 9 Aboriginal students to participate in a Pilot Program being organised by the University of Wollongong titled Leading Culture which will involve two visits to the University of Wollongong Campus this term to participate in taster sessions and work with mentors. Thank you to Mr Oczos who organised for several of our students to take part in a joint initiative overseen by the Defence Force and the St George Illawarra Dragons which took place on Tuesday 21<sup>st</sup> May.

Mr Sovrano and Mr Stanizzo are currently developing learning plans with all of our Year 7 and 8 ASPIRE students. This entails meeting individually with each student and having them identify individual learning goals. Once these plans are finalised they will be communicated to parents/carers.

**Michael Stanizzo**                      **Christine Goldspink**

## TASAM FACULTY NEWS

During semester one in **Technology Manufacturing: 7TMB** have been working on the assembly of a fully lined tote bag. Students have learnt how to use the sewing machine and during the making of the tote bag they've had to use ironing skills on a regular occasion to press seams during the production of their tote bag. Students have learnt a variety of different skills e.g. joining seams to panels, topstitching creating an interesting effect, fabric handles were made, plus much more. The most important skill learnt was how to machine a straight line when joining fabric pieces together. Tuesday 3<sup>rd</sup> May 2019 students were ready to finalise their tote bag.

Attaching right sides of the inner lining and outer bag together. Two seams are pinned and then tacked to hold the two layers together. With the straps sandwiched in the middle. Next session after completing of tacking, students were ready to machine around the top opening. Seams graded to eliminate bulk. Through the opening of the side seam of inner lining bag, the bag was turned inside out. Seams pressed, slightly tucking under the lining fabric so it wasn't visible. Edge stitched using the sewing machine to complete tote bag.





## HEAD TEACHER ADMINISTRATION NEWS - MR GUNNER

Throughout Term 1 Warrawong High School focused on whole day attendance at school. While we continue to monitor, support and engage students and families in ensuring they are attending each day, Term 2 will have a bit of a different focus.

Students will continue to be rewarded for positive attendance in Term 2. Following Year 10 taking out the title of 'Year Group with Best Overall Attendance' last term, each year group will be battling it out to claim the prestigious title of:

### 'Most Punctual Year Group'

The year group with the lowest late arrival rate will be victorious! It's true – the early bird gets the worm!

The standings (as of 8 May) are:

1<sup>st</sup> place - Year 7 (0.28 late arrivals per student)

2<sup>nd</sup> place – Year 8 (0.44 late arrivals per student)

3<sup>rd</sup> place – Year 10 (0.48 late arrivals per student)

4<sup>th</sup> place – Year 11 (0.54 late arrivals per student)

5<sup>th</sup> place – Year 12 (0.58 late arrivals per student)

6<sup>th</sup> place – Year 9 (0.6 late arrivals per student)

A reminder that parents and carers are expected to provide a valid reason for any absence within 7 days. This includes whole day absences, late arrivals, and early leavers.

## AFRICAN DANCING

Every Wednesday during break 1, girls meet together to dance to traditional African music, mainly from Burundi and Rwanda. We encourage others girls from Warrawong High to join us in B13 in the IEC to learn our dances. We want to bring together all of the cultural groups we have in our school to share the fun and joy of dancing together to vibrant, traditional music. Ms Leattie, one of our IEC SLSOs, is our creative choreographer.



## MEDIEVAL ARMS AND ARMOUR PRESENTATION

During April, HSIE 8.1 class and Support faculty attended a presentation on the historical development and use of medieval arms and armour. There was a wide range of equipment on display including helmets, shields, chainmail, plate armour, swords, padded armour and much more. This was a rare opportunity to see such historical equipment up close and personal with students also enjoying the opportunity to try on some of the items. This presentation provided a taste of things to come for HSIE 8.1 which will be studying the Middle Ages this year. Mr Morales.





## YEAR 9 FOOD TECHNOLOGY

Students in Term 1 studied the unit: Food Selection and Health.

As part of their assessment they had to research a dietary condition and discuss prevention, causes and treatment by adopting healthy dietary practices. Students made posters and designed a healthy snack food.

Students who designed the healthy snacks did a fantastic job of presenting their dishes and enjoyed eating them even more.



## NAPIER'S NEWS- HEAD TEACHER SECONDARY STUDIES

### Years 7, 8 & 9 Learning and Assessment Folders

Years 7, 8 and 9 students have now received their Learning and Assessment Folders. It is a resource developed to support students and parents in monitoring and building an understanding of the learning and assessment opportunities and expectations of the students at Warrawong High School.

The folder is to be used to follow learning and assessment occurring within all subject areas and to collate the assessment students complete and the feedback they gain throughout the year.

The Learning and Assessment Booklet provides students and parents with an understanding of the types of assessment, importance of assessment, student's roles and responsibilities surrounding assessment and specific assessments students must complete in all subjects at Warrawong High School.

Assessment is a celebration of what the students have learnt. The feedback they gain from their assessment tasks is valuable in helping them improve throughout their time at Warrawong High School. When collated in their Learning and Assessment Folders, students and parents will be able to see how the students are progressing in all subjects throughout the year.

### Students Online

Students Online is a government site that works as a source for information about students study from Year 10 to the Higher School Certificate. All students in years 10, 11 and 12 should have a Students Online Account.

Students Online provides students with access to their enrolment details, results for years 10, 11 and 12, student newsletters and HSC Examination Timetable. It also allows students to download their credentials if required.

During their year meeting in term 1, year 10, 11 and 12 students were advised of their NESA number and were shown how to activate their Students Online account. If your child has not activated their account yet, they must do so ASAP. If your child needs further direction, they should see Mrs Napier or their Year Advisor as soon as possible.

Early in term on, stage six students attended an excursion to the NSW Art Gallery in Sydney to view the Art Express exhibition, which showcases the elite artworks from the 2018 Visual arts HSC. Students engaged in artwork analyse activities to broaden their knowledge of mediums and conceptual content for their current and future Body of Works.

Later in term one five year 10 Visual Arts students Kalei, Lilyana, Stacey, Anastasia and Emilia attended an exciting workshop at the Wollongong Art Gallery. They explored one of the current exhibition, Monochrome Works from the Collection and made artworks as part of a collaborative installation, which can be viewed now at the gallery. The students all stated the workshop exceeded their expectations and they all thoroughly enjoyed their day. Well done girls for proudly representing Warrawong High School at this event.





## NEWS FROM MR CATTLE

Week 9 Term 2, the week beginning Monday the 24<sup>th</sup> of June 2019, all Year 10 students will be required to go out on work experience. There will be no timetabled lessons for year 10 during that week. This is a program that supports and allows students the opportunity to investigate a possible career pathway and assist in finding casual employment.

Work experience can open up your mind to the great possibilities of your career. Handled well, you can learn a lot about the workplace you visit, the types of education and training required to get there, and what sort of fit this career might have with your own life. Often parents and students think that the purpose of work experience is to assist you to obtain part time work, but this seriously undervalues work experience as a program to help explore, develop, and refine your career aspirations.

Students are encouraged to find their own placement as employers support the initiative a student displays in seeking this individual experience. I have many contacts in the Career Office and students who are struggling in finding a placement are asked to seek my assistance.

Students have been given the paper work and information booklets to take to employers to get completed. In each pack there is a **Workplace Guide for Parents and Carers**. Please take time to read through the information so that you understand the responsibilities of all parties involved. Please also ensure that **employers are given their guide and additional information on how the employer section is to be completed**.

The experience should be organised for the week, beginning Monday 24<sup>th</sup> of June and concluding Friday 28<sup>th</sup> of June. Parent / student information and signatures are also required on the forms. It is important that you complete all required information so that students can be provided support where needed in the workplace.

Completed paperwork should be submitted by **Monday 3rd of June** to Mr Cattle in the Careers Office.

Please feel free to contact me with any questions you may have.

Mr Cattle  
Careers adviser  
Warrawong High School  
[Peter.cattle@det.nsw.edu.au](mailto:Peter.cattle@det.nsw.edu.au)

## YEAR 11 NEWS

Year 11 have had a busy start to the Term and have been working hard in their subject areas. I encourage all students to ensure they are using their time wisely and taking a committed approach to their learning.

A Team of students have created a committee and worked with me to select and design their Senior Jackets. This team has attended meetings and worked together to create a Jacket that suits their needs while also ensuring it fits in with Warrawong High Schools new uniform. We have had the design approved by the School and are awaiting sizing samples to be sent out so we can start placing orders. More information on the ordering process and costs will be sent home with the students.

The Geography class are attending a Field work excursion next week and we look forward to hearing about their day out at Minnamurra River.

**Mrs Bell**  
**Year 11 Year Advisor**



## YEAR 7 NEWS

Year 7 have experienced an exciting start to the term as the Year 7 camp quickly approaches! Students attending should have already paid a deposit, and should now be focusing on paying off the remainder before the end of term. A shout to Mr Hughes for helping subsidise the Year 7 school camp! A reminder that the camp will be from Wednesday, August 14 to Friday, August 16. We are all incredibly excited!

A select group of girls are involved in a program delivered by Barnardos focusing on emotional intelligence and holistic wellbeing. We look forward to hearing the feedback from the group as we may decide to deliver this to another select group of students.

A reminder that students should be striving to achieve 5 Positive Incidents in order to receive an invitation to the Term Two incentive excursion. We all had a great time at the Easter Show and we look forward to our next fun day out!

**Mr Costello**  
**Year 7 Year Advisor**





## An important cybersafety message

Our school has registered to take part in eSmart, a guiding framework for schools to manage cybersafety and wellbeing.

eSmart will help teachers, students and the whole school community embrace the benefits of technology and reduce our exposure to cyberspace risks such as cyberbullying, identity theft, online sexual predation and accessing or sending inappropriate images and content.

eSmart is an initiative of The Alannah and Madeline Foundation, a national charity committed to protecting children from violence.

Our work towards achieving eSmart status will involve the whole school community—for example, we'll be integrating cybersafety into our wellbeing policies, establishing clear procedures to deal with incidents, and delivering curriculum around the smart, safe and responsible use of technology.

We'll regularly update you on our progress through this newsletter. More information is also available at [www.esmart.org.au](http://www.esmart.org.au)



### YEAR 9 CAMP

Our Year 9 campers arrived at Camp Wombaroo this term for 3 days and 2 nights of fun.

Day 1 of camp included initiative games, the big swing and canoeing. Our students even set the table for lunch and dinner for our team, so parents, it is possible to get them helping around the house!

All students came together at night time for some challenging minute to win it games and finished with our daily circle debrief where each student outlined a positive thing about their day, one thing they are grateful for and something or someone they are proud of.

Day 2 of consisted of a bush walk to see Mt Jellore and some challenging initiate games that tested our students team work, leadership and persistence. Next they conquered their fear of heights on the high ropes course and lastly, our teams attempted to build a raft using barrels, wooden logs and rope. Unfortunately most broke once entering the water. The night time activities consisted of a night walk to find some local animals and toasted marshmallows on the camp fire.

Day 3 consisted of a beautiful sunrise with the lovely sounds of an air horn as a wake up call. The day consisted of a tree climb and some archery shooting. Alex p was clearly our best shooter with three bulls eyes!! What an awesome three days spent together away from school. Friendships were formed and positive vibes were shared by all.

Thank you to everyone who supported our Bunnings fundraiser and Krispy Kreme drive. Without your support, our students who not have been able to attend this amazing experience.



### NOTICE OF HEAD LICE

We suspect that nits/head lice are present in the hair of some students within our school.

Please check your child's hair for nits/lice tonight using the methods recommended in information from NSW Health (<http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>). If you find any eggs or lice please commence treatment as recommended.

Further information on head lice is available on the NSW Health website (details above) or through the Department's website at <http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php>.



# Chickenpox and Shingles

*Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.*

Last updated: 08 April 2018

## What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

## What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

## How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

## Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

## How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

## How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

## What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

## How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

## What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)





### LEARNING LABS (FOR YEARS 7 TO 10 DURING 2019)

DATE: 11 and 12 July, 2019  
LOCATION: University of Wollongong  
TIME: 9:00am - 3:30pm  
FEE: \$175 - \$185

### LEARNING MINI-LABS (FOR YEARS 7 TO 10 DURING 2019)

DATE: 10 January, 2019  
FEE: \$95  
Location and times are same as above

### PROGRAM INFORMATION

Learning Labs is an enrichment program designed for students who are excelling in their area of interest within their year group, and are seeking a challenging and fun experience during the school holidays.

All workshops are held over one (mini-labs) or two days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants- please see more details on how to apply for these places on the website.

### WORKSHOPS ON OFFER- FULL LIST & DESCRIPTIONS ONLINE

Learning Labs workshops cover a range of diverse and innovative disciplines that are designed to challenge and stimulate the interest of self-motivated and curious learners. Here are **some examples of what's coming up** in July:



#### From Idea to Stage

Are you a creative, dramatic, deep thinking, bubbly person? Do you yearn to have the bright lights of the theatre shining on you?

In this workshop, you will have the opportunity to perform and play with a range of styles using your voice and body as the tool, to create unique and interesting characters culminating with a performance at the end of each day. All you need is flexible ideas (and clothing) and the energy to make this happen.



#### Facial Approximation: Art, Anatomy & the Skull

This workshop is an intensive introductory experience in creating a 3D facial reconstruction.

Students will use clay to model the individual muscles, glands, fat and skin over a unique human replica skull, all the while learning about the methods used in archaeological and forensic facial reconstructions. After this workshop you will never look at a person's face the same way again!



#### Rules vs Laws

This workshop introduces foundational concepts in law, such as, rules versus laws, contracts, and dispute resolution using fun, lively and engaging activities. Why are rules and laws important and what is the difference between them? We will draw on and debate examples from everyday experiences, as well as learn to negotiate rights and obligations and draft a contract. Finally, what happens when things go wrong? How do parties settle their disputes? This is where the courts and the justice system come in.

A full list of the available workshops to choose from will be posted on the website in April 2019 when applications open. Please note that the program books up quite quickly, so ensure you submit your application as early as possible.

### APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQ's, and the online application form, please go to: [uow.info/learninglabs](http://uow.info/learninglabs)

For all other enquiries, please contact the Learning Labs team via:

E: [learning-labs@uow.edu.au](mailto:learning-labs@uow.edu.au)

P: (02) 4221 5557

Facebook: [www.facebook.com/UOWOandP](https://www.facebook.com/UOWOandP)

**APPLICATIONS CLOSE WEDNESDAY, 29 MAY 2019**

UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

# Learning Labs

**JULY 2019**

**AN ACADEMIC ENRICHMENT PROGRAM FOR HIGH ACHIEVING  
STUDENTS FROM YEAR 7 TO YEAR 10**

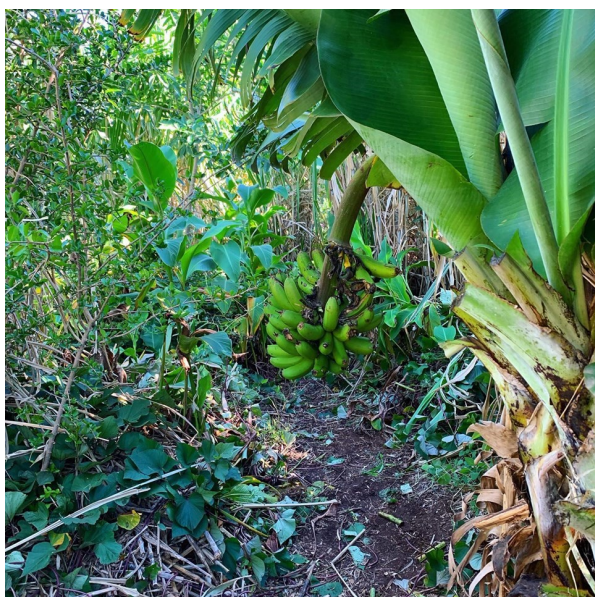
More information about the workshops on offer and the application process can be found online at [uow.info/learninglabs](http://uow.info/learninglabs)

**APPLICATIONS CLOSE WEDNESDAY, 29 MAY 2019**



## PERMACULTURE NEWS

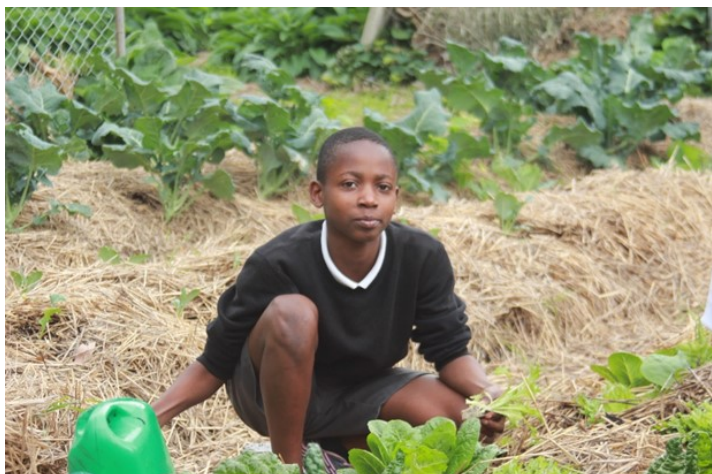
Permaculture Immersion Day on Friday, 17th May! 7.4 had the opportunity to spend the afternoon in our high school's amazing Living Classroom. They had the opportunity to learn about where their food came from, feed and pick fruit from the trees, made and cooked their own cheese and spinach triangles, and had a tour of Green Connects sustainable farm.





***DIGGING THE NO DIG***

Another term has started and students from the IEC are back out in the garden where they have been busy planting vegetables in the No Dig vegetable beds, feeding the fruit trees and “chopping and dropping”. This term classes 1D, 2C, 3DC and 3R have been working hard and having fun growing food and maintaining the school Permaculture garden. This term we have students from Syria, Lebanon, Thailand, Vietnam, China, The Philippines, Burundi, Kenya, Uganda, Democratic Republic of the Congo, Ethiopia, Sudan, Iraq, and Japan all working together to help make our school garden flourish. Twenty-eight of the students will graduate at the end of this term and will be going to different high schools in Wollongong. We would like to thank them for all their hard work in the garden while they have been at WHS and the IEC.





## **OUR CLASS EXCURSION TO THE AUSTRALIAN NATIONAL MARITIME MUSEUM**

On Wednesday, April 10th, IEC Class 4L went to Sydney to visit the Maritime Museum. The reason why we decided to visit the museum was because we were learning about the First Fleet in History and we were curious about what life was like on a ship and the equipment used. Everyone was super excited and thrilled to learn something new.

First, we met at Wollongong station to catch the train and arrived about 9:30 at Town Hall station. We were early so we decided to walk through the beautiful Queen Victoria building and look at the giant Royal Clock which was really unique.

At the Maritime Museum we were greeted by the tour guide who was an amazing and helpful person. He took us to a sailing ship named James Craig, a 19th century 3-masted barque, which was pretty huge, and we were fortunate to see The Endeavour sail out of the harbour. While we were on board the ship we learned about the parts of the ship such as stern, (the back of the boat), bow, (the front), galley, (the kitchen) etc. and we were shown a bag of artefacts connected with shipping.

After we left the James Craig we explored a submarine and destroyer. The companion way on the submarine was really narrow which meant we had to go in backwards and walk through in single file. We learned how the submariners slept in a really tiny space; unfortunately, life on board could be a real struggle for people who are tall.

After lunch at Darling Harbour, we took the ferry to Circular Quay and enjoyed the amazing harbour views. When we arrived in Circular Quay, Grace realised she'd left her back pack on board but luckily Ms Benham rushed in an heroic way and was able to stop the ferry leaving while she retrieved her bag!

Walking around Circular Quay we saw some Aboriginal musicians doing an amazing performance and we were able to have some photos taken with them.

Finally, we had to go back home. Everyone got home safe and sound but we were all sad that the day was over and are hoping there will be another excursion.

Chanrasmeey Chea, WIEC, Class 4L.





# 5

tips to reduce

# TEST ANXIETY in CHILDREN

Big Life Journal

## 1 PUT TESTS INTO PERSPECTIVE

- Encourage children to do their best, but remind them that one test won't make or break their future.
- Tell them they will be **loved and valued** no matter what test score they earn.
- Explain this test will provide **helpful information** about what they're great at and what they still need to practice.



## 2 HELP THEM PRACTICE

- If your child is nervous, start by **asking why** they feel nervous.
- Consider **finding practice tests** online you can discuss together.
- **Don't push your child** to study for the test; these tests are meant to measure what your child already knows.



## 3 PROVIDE USEFUL TEST-TAKING TIPS

- Answer the **easiest questions first**, mark difficult questions and return to them later
- Use **process of elimination**, crossing out the answer choices you know are wrong
- Make an **educated guess** when needed
- **Read** all the answer choices before choosing one
- If penalized for incorrect answers, don't guess **unless** you can eliminate some answer choices
- If aren't penalized for incorrect answers, **don't leave any questions blank**. If time is about to run out, bubble something for each unanswered question



## 4 TEACH CALMING STRATEGIES

- Experiment with **calming strategies** to find some go-to techniques.
- **Remind** they won't know every single answer on the test, and that's okay.
- Give them a **plan** for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time **practicing these strategies** before test day.



## 5 PROVIDE ENCOURAGEMENT

- If your child voices a negative statement, like, "I know I'm going to fail," **acknowledge your child's feelings**: "I know you're feeling nervous about the test. Tests can be scary."
- Counter with a **positive and encouraging** statement: "You've practiced really hard and learned a lot this year. You might know a lot of the answers and get a higher score than you're expecting."
- You can also leave your child **encouraging messages** in a backpack or on the mirror with dry-erase markers.



**BONUS TIP:**

### HELP THEM FEEL THEIR BEST ON TEST DAY

- Choose movement and exercise
- Get plenty of rest
- Stick to your usual bedtime routine
- Avoiding excessive screen time
- Providing a protein-rich breakfast in the morning, like oatmeal or eggs
- Keeping conversation positive, encouraging, and lighthearted
- Share laughter and sing favorite songs on the way to school, if driving. Listen to our Big Life Journal playlists on Spotify!
- Leave your child with a big hug and words of encouragement

TESTS CAN'T MEASURE MY  
RESILIENCE  
POTENTIAL  
IMAGINATION  
CREATIVITY  
HEALTHY HABITS  
PASSION  
CONFIDENCE  
COMPASSION  
PERSEVERANCE  
COURAGE  
KINDNESS  
DAILY PROGRESS  
AMBITION  
IDEAS  
PATIENCE  
FRIENDSHIPS  
SENSE OF HUMOR  
SENSE of ADVENTURE  
SELF-WORTH





## Women in Surveying Day Article

Maths Teacher – Maria Pestana and Year 11 students – Carmen Bawelkiewicz and Tominika Malufuka from Warrawong High School had the opportunity to participate in the inaugural Women In Surveying Day on March 6th, as part of NSW Women's Week.

Hosted by the Association of Consulting Surveyors NSW with the NSW Surveying Taskforce, the day was a chance for female school students from all around the state to put their love of maths, geography, IT and other STEM subjects to the test, to discover just what a career path in surveying might look like for them. The hope was that the event would inspire, excite and engage the students – and it certainly appeared that it did just that!

### The day's activities

Starting at ANZAC Memorial in Sydney's Hyde Park for some engaging and challenging Maths in Surveying challenges set up by registered surveyor Ian Iredale.

The line-up of activities were received enthusiastically by the students. Including tasks that involved navigation, estimating the height of the ANZAC Monument and measuring distances, the girls had the run of Hyde Park as they took to each aspect of the exercise with gusto.

From the very beginning, the stature of the event was apparent, with special guest attendee NSW Governor General David Hurley on hand to welcome the girls. He was joined by the NSW Surveyor-General Narelle Underwood, who would go on to address the attendees at the Hyde Park Memorial and explain the role that surveyors played in the recent Memorial Centenary Project.

The day would see even more surveyors offer the students their expertise and insights when the proceedings moved to Doltone House for a delicious three-course lunch. There, some of the state's most prominent female surveyors took to the microphone to discuss what a career in surveying entails – the challenges, the excitement and the rewards!

### Media interest

This exciting opportunity for female students in NSW didn't have a problem inspiring the press – it's clear that now is the time to be talking about women in surveying!

The Sydney Morning Herald highlighted the Women in Surveying event and wrote about STEM opportunities for young women, placing the magnifying glass on surveying and surveying work experience by quoting NSW Surveyor-General Narelle Underwood. You can read [the Sydney Morning Herald piece here](#)

A life without limits

# Community News:

## WOLLONGONG JUNIOR CHESS CLUB

JNR CHESS TOURNAMENT  
2019 AUTUMN SUNDAY  
(Under 18 Year Olds)

7 ROUND SWISS

WHEN: Sunday 26-May-2019 (10:00am to 4:00pm)

WHERE: FAIRY MEADOW COMMUNITY CENTRE - KEIRA ROOM  
Guest Park - Crn Cambridge Ave and  
Princess Hwy Fairy Meadow  
(Opposite Woolworth)

Trophy Prizes: 1st, 2<sup>nd</sup>, 3<sup>rd</sup> + Age Groups

Games will be rated by NSWJCL

Results will influence qualification to  
NSWJCL Country Championship

Entry Fee: \$10

Lunch: Players should bring their own lunch and refreshments.

Arbiter and Information: JOHN MAZZIERI  
Phone: (02) 4283 3080  
e-mail: [mazzieri@exemail.com.au](mailto:mazzieri@exemail.com.au)

WOLLONGONG JNR CHESS CLUB  
meets Thursdays 4:00-6:00pm (not school hols)  
Fairy Meadow Community Centre

Future SUNDAY TOURNAMENTS  
26-May AUTUMN Sunday

**PLUS fitness**

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