Sri Chinmoy Oneness-Home Peace Run is a global torch relay that promotes international friendship and understanding. The Peace Run team stopped at Wagin DHS last Tuesday to teach students the International Peace Song and to plant an olive tree as a living symbol of peace & friendship.

BANK DETAILS TO PAY FEES
You may prefer to pay school accounts through Direct Debit.
The school bank account details are as follows:
Account Name: Wagin District High School
BSB Number: 036 153
Account Number: 139315
(Westpac - Katanning)
Please ensure that the student’s name is used as the reference for all Direct Deposits
STAFF PROFESSIONAL LEARNING
Staff have been preparing for the new term with Monday October 12 spent in Professional Development to enhance our Teaching and Learning Programs. Our teaching and learning program aims to inspire students to achieve their academic potential through varied learning experiences that engage, excite and challenge. It is our goal to provide a high level of academic care to our students, combined with a broad, balanced, vibrant and seamless curriculum that meets the needs of individuals and creates positive pathways for the future. This term is packed full of camps, interschool carnivals, Kindy transition, Zoo excursion, Remembrance Day considerations and end of year celebrations. The days are getting longer and the weather is getting warmer and there is always a sense of excitement as we enter our final term for the year. Mrs Harris-Moroney will be on leave this term. Mr van-denBerg will be our Secondary Deputy. Mrs Willey will also be taking two weeks leave during the term, Mr Mullin will be acting in her role. This is an excellent opportunity for our staff to experience a different role within our school. We will try our best to do an exemplary job running our school for the term and will continue working with students, families and staff of Wagin District High School to ensure we are Aiming High.

APEX
We have our amazing and talented Shakira representing Wagin DHS at the Australian APEX Finals in Melbourne this weekend. We are very proud of Shakira and wish her all the best for the finals!

ATHLETICS CARNIVAL
Good luck to all the competitors involved in the interschool athletics carnival. We hope that you will represent Wagin well and show good sportsmanship on the day. Thank you to Miss Rayner, Mrs Eckersley and parents who will be busy supporting our team. We greatly appreciate your time, effort and dedication to our school.

COMMUNITY POSITIVES
Increasingly, we are receiving calls from members of the public who wish to share the good deeds being carried out by our students in the broader community. It is always really nice to hear the positive stories about our students and encourage anyone who has positive praise about our students to share it with staff.

WATER WEEK ACTIVITIES
This week is water week and all classrooms have been involved in activities cultivating an understanding of water issues in Australia. Water Week activities will be on display in the Brenda O’Neill courtyard after the Assembly on Monday for viewing by parents and community. The displays can also be viewed during the rest of the week. For more information and activities to do with water week see:

Joelene Abbott
Welcome back for an action packed and exciting term 4 in the High School. The final term of the school year is normally very busy with transitions into the next year level, finalising assessments, end of year events and the departure of our Year 10 group as they progress onto further education as young adults. Last week we welcomed back our fantastic Country Week Basketball and Netball teams who represented Wagin DHS proudly for the 3rd time. Congratulations to all of the competitors from Year 7 – 10 and a huge thankyou to Miss Pip Rayner, Mr Reid Mullin and Mrs Nicole Kirk for their organisation, supervision and support of our students on the week long sporting experience.

During last term, three of our Year 8 students, Jayden Pelham, Matthew Price and Ethan Henry participated in a practical learning opportunity with myself which resulted in the boys planning, designing and installing a manually operated reticulation system into the school’s Kitchen Garden area. The group learned measuring in a practical environment, drew a scaled plan, calculated the materials required, then physically dug trenches and installed all the pipework, connections and sprinklers. In addition to the reticulation task, the boys also developed some signwriting/painting skills as they created the four metre banner displayed as part of Bart’s 30th Birthday Celebrations. Thanks also to Shakira Buck and Tahnee-Lee Montgomery for assisting the boys in “fine tuning” the banner before it’s delivery to the Wagin Shire.

Another collaborative project that our high school students have been involved in was the Youth Focus event that occurred during the last school holiday period. A large group of active Year 9 and 10 students volunteered their time to assist Sue Dowson from the Wagin Shire with the organisation and running of the event. This was a fantastic opportunity for the students to participate in and gain skills when organising a community event. Well done to all the students involved.

Today has seen another collaborative project start in the Secondary area. The YMCA Narrogin have commenced a 7 week program with 14 Secondary Boys in which they will learn skills relating to the umpiring and coaching of AFL, Rugby, Hockey and Soccer. The program will run over two days during the week and should result in the boys attaining Intro Level Coaching Accreditation by the end of the 7 weeks. It promises to be a very exciting weekend for Year 8 student, Shakira Buck as she travels to Melbourne with her family to represent Wagin DHS and Western Australia as the winner of Wearable Art in the 2015 Apex Teenage Fashion Awards. Good luck Shakira, we are so proud of your efforts.

All secondary students have been issued with their term 3 Interim Report. Please view your child’s report with them. The report is a snapshot of the progress they have made in all subject areas and can be used as a tool for goal setting for the remainder of the year. Teachers may have requested interviews with some parents, please contact the school or teacher involved to make an appointment time to discuss your child’s progress in these areas.
Water Wise Week
This week students have been doing activities in their classes to celebrate National Water Week. This event is held to raise public awareness and improve understanding of water issues in Australia. This year’s theme is Water Innovation. A Snapshot of activities will be displayed in the Brenda O’Neill Courtyard for your perusal following the Whole School Assembly. The display will be left up for the rest of the week if you are not able to see it on Monday afternoon. This is part of our aim to showcase the great work our students are doing at Wagin DHS.

InTerm Swimming
It is that time again that we are calling for swimming teachers to nominate for InTerm Swimming for Term 1 2016. If you would like to teach, please let Robyn know as soon as possible. If you would like to become a swimming teacher there is an Austswim Course being run in Narrogin on the 14th and 15th November. Please refer to advertisement later in the newsletter.

Super readers: Congratulations to the following students who have been reading regularly at home: Tabitha, Isla, Malachi, Angus and Latika.

2015 National Assessment Program - Science Literacy Assessment
Tomorrow a sample of Wagin Year 6 students from across Australia will take part in a national online sample assessment in science literacy. The purpose of the online test is to inform schools, education ministers and the community about the levels of student achievement in science literacy among Year 6 students across Australia. This assessment is not a pass/fail test and participating schools will receive reports summarising their students’ results. More information about the assessment framework can be found at www.nap.edu.au.

Long Service Leave:
I will be away from October 28 to the November 11 on Long Service Leave. Reid Mullin will be relieving in my position and Michelle Patterson will be teaching in the Year 4 classroom.

Book Launch
The TAGS students will be having a Book Launch for the mystery novels that they have written following their Scitech Excursion in the Library next Tuesday afternoon starting at 2pm.

Hats
All students need to wear hats during PE lesson, recess and lunch times. If students do not have a hat, they will be asked to play in the shaded areas. Bucket hats for the Primary students, can be purchased from the Uniform Shop on Friday mornings.

Robyn Willey

A Kindy Orientation program will be conducted by Bridgit Gannaway, 2015 Kindergarten teacher, during Term 4 in Room 26 (current Kindy classroom). All children who are starting Kindy in 2016 are invited to attend these sessions with a parent or carer. The children will be introduced to the routines of Kindy and the parents will be provided with information regarding the school to assist in making the transition into school easier.

27th October: 9am – 10am followed by Wagin Early Years Network Fun with Paint Day at the CRC
10th November: 9am – 10:30am
24th November: 9am – 10:30am
8th December: 9am – 10:30am – Talks from the School Nurse, Pia Lambert and Nicole Samulkiewicz, Health Promotion Officer (Healthy Lunchboxes)
**What to say when kids become anxious**

by Michael Grose - Australia's No 1 parenting educator

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

*You're okay. I'm here and I won't be going anywhere.*

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

*You don’t have to do anything right now. Just breathe.*

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

*Let’s go for a walk and see if we can take some big breaths.*

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

*Take some big, deep breaths. I’ll do it with you.*

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hard-wired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness.

You might say:

*I'd like to understand what your worry feels like for you. Can you teach me?*

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

*What would you say to a friend who was going through what you go through?*

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

*Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.*

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.
To ensure the safety of all students at the school we urge all parents/carers to only send “safe” foods to school with their children. “Safe” foods are those which do not contain nuts or nut products (this includes peanut butter and Nutella sandwiches). Your cooperation with this request is greatly appreciated.

Student of the Week

Congratulations to the following students who were nominated by their teachers and received this award in Week 2:

K/PP B – Latika Baxter & Yorick Gibb
Year 2/3H – Talegan Baxter & Bailey Smith
Year 2/3P – Guy Thomson, Te Ariki Kingi & Lucas McInnes
Year 3/4H - Stephanie Farmer & Xaviar Marino
Year 5M – Claire Smith & Leah Horne

P.E. News

Mr Mullin, Mrs Kirk and I took an incredible team to the annual District High School’s Country Week Carnival. Although we didn’t come back with any trophies, Netball placed 4th and Basketball placed 3rd in our divisions, we displayed excellent sportsmanship and team skills throughout the week. We received comments on how well our students behaved, participated and were great ambassadors for our school.

Next Friday 30th October is the Interschool Athletic Carnival at Gnowangerup District High. Our Wagin team will be notified in the coming days, we look forward to aiming high and representing Wagin D.H.S next week.

Miss Pip Rayner
Health and Physical Education Teacher
Canteen Roster

Please attend by 9am. Children are not allowed in the canteen, due to insurance requirements.

Any queries; ring the canteen on 9861 1348.

Thankyou for your time and support.

Term Four Diary

YMCA Secondary Sport
Tuesday & Thursday Weeks 2 - 7

WEEK 2
Saturday, October 24 - APEX National Finals

WEEK 3
Monday, October 26 - Whole School Assembly
Monday October 26 - P&C Meeting
Tuesday, October 27 - Kindy Orientation Day
Wednesday, October 28 - Year 8 Immunisation
Wednesday, October 28 - School Social 6-8pm
Friday, October 30 - Year 2/3 Zoo Excursion
Friday, Oct 30 - Interschool Athletics Carnival Gnowangerup

WEEK 4
Wednesday, Nov 4 - Margaret Cotton Festival Dumbleyung
Wednesday, November 4 - Warrick SHS Netball Incursion

WEEK 5
Tuesday, November 10 - Mock Job Interviews
Tuesday, November 10 - School Council Meeting
Wednesday, November 11 - Remembrance Day

WEEK 6
WEEK 7
Tuesday, November 24 - Black Dog Team visit - Secondary

WEEK 8
Monday 30/11 - Friday 4/12 - Year 6 Camp
Tuesday, December 1 - Senior Citizens Christmas Dinner

WEEK 9
WEEK 10
Monday, December 14 - Reports available for collection
Tuesday, December 15 - School Presentation Day
Thursday, December 17 - Student’s final day

Whole School Assemblies 2015
Assemblies are held on Mondays
starting at 1.50pm
Family & Friends Welcome!

Term 4
Week 3: October 26 - K/PP Barley

P&C Meeting
Monday, 26th October 12.30 in the School Library. Agenda items to Melanie at limelake@bigpond.com

If you are interested in being involved with the P&C please come along and see what is involved. The main objective of the P&C is to raise funds to contribute to school projects and equipment. You are also kept up to date with the happenings at the school. The P&C also controls the School Canteen and the Uniform Shop. The AGM will be held on Wednesday, 25 November at 7.30pm at the Palace Wine Bar. All positions will be vacant so we encourage you to get involved.

Canteen Roster

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Any queries; ring the canteen on 9861 1348.

Thankyou for your time and support.

TERM 4

Thursday, October 22
Rowena Platt

Friday, October 23
Wendy Abbott

Monday, October 26
Emily Holt

Tuesday, October 27
Mandy Harrington

Wednesday, October 28
Wendy Farrow

Thursday, October 29
Catherine Ward

Friday, October 30
Rachel Pederick

Monday, November 2
Carmel Leary

Tuesday, November 3
Narelle Gibbs

Wednesday, November 4
Rachel Martin

Phone: 9861 1877 / Fax 9861 1835
Email: wagin.dhs@education.wa.edu.au
Website: www.wagindhs.wa.edu.au
COMMUNITY NOTES

AUSTRALIAN YOUTH SCHOOLS LEISURE SERVICES

ATTENTION KIDS

DO YOU WANT TO EXPERIENCE A SUMMER YOU’LL NEVER FORGET

REGISTRATIONS ARE NOW OPEN

FOR JANUARY 2016

SIGN UP FOR 4 NIGHTS, 5 DAYS OF INTERNATIONALLY RECOGNISED ACTIVITIES

Ages 8-12 (general camp)
& 13-15 (teen camp)

For more information visit our website www.campkulin.com.au

Call 9880 2000 or email campkulin@kulin.wa.gov.au

AUSTSWIM COURSE

Teacher of Swimming and Water Safety

ARE YOU SIXTEEN YEARS OF AGE OR OVER, ENTHUSIASTIC, ENJOY WORKING WITH CHILDREN AND CAN SWIM - THEN ENROL NOW IN THE AUSTRALIAN YOUTH SCHOOLS LEISURE SERVICES

“Teacher of Swimming and Water Safety Course”

SATURDAY 14TH & SUNDAY 15TH NOVEMBER

AT THE NARROGIN LEISURE CENTRE from 8.30AM TO 5.30PM

TO ENROL CALL AUSTRALIAN YOUTH SCHOOLS LEISURE SERVICES ON 1300 885 666

SWIMMING TEACHERS ARE DESPERATELY NEEDED IN WAGIN AND MANY OTHER COUNTRY TOWNS FOR IN-TERM AND VACATION SWIMMING SO ENROL NOW AND BECOME A QUALIFIED SWIMMING TEACHER

CALL 1300 885 666 OR ENROL ON THE WEBSITE WWW.AUSTRALIAN YOUTH SCHOOLS LEISURE SERVICES.COM.AU

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Walk Over October aims to get people walking more and sitting less. Walking is a simple and cheap way to be active. Walking for transport is also good for the environment as it reduces pollution from cars.

**How much walking is enough?**
10,000 steps each day is the recommendation for good health, or about six kilometers. Why not try using a pedometer to count your steps each day?

**How can you get involved?**
Your school can get involved in *Walk to School Day* (21st October 2015 or another chosen time in the month)
- Community and workplace events
- Online walking challenge


**What happens when October is over?**
Walking is a good way to be active all year round. If possible, try and include some of these every day.
Wagin District High School P&C

General Meeting

A Wagin District High School P&C meeting held on Monday 14 September 2015 at 12.30 pm.

Minutes of Meeting

1. Meeting Opened: 12.36pm
3. Apologies: Cath Painter
4. Confirmation of previous minutes – moved Mandy seconded: Cass
5. Business arising from previous minutes:
   > Canteen donated $3000 to Library
   > New volunteers for canteen so the canteen committee will no longer discuss closing for one day a week.
5. Correspondence out: Nil
6. Correspondence in:
   ➢ Letter from John Parker re: Lego – Cass and Jo taken letter and will speak to John.
7. Reports
   ➢ Principal:
     • Cass will be away next term. Jo Abbott filling in
     • Bring feedback re: Athletics Carnival to admin
     • NAPLAN – results are back and Wagin is still improving.
     • Changing Bell time – as in newsletter
     President: see attached.
     Treasurer - see attached
     • Fundraising going really well, will need to get wishlists from teachers to be able to donate around the school.
     • School Council Report – mainly discussed school time changes, as noted in newsletter by Cass.
8. General Business
   • Wagin Spick Specktacular was very successful and raised approximately $4000 to go towards the Nature Play
   • Nature Play Committee – Martina and Nicole to join committee brings the total committee to Melanie English, Amber Ward, Julie Manglavite, Bridgit Gannaway Anna Scott, Martina Pascoe, Nicole Ward
   • AGM date – Wed 25th November Wine Bar 7.30pm
   • Yabbie Fundraiser/CBH – not really needed this year, will look at next year
   • Sports Equipment – Cass believes there is enough equipment, the school needs to look at the ticket system and make sure that it is working.
9. Other Business
   ➢ Jo asked if the P&C are interested in doing the Senior Citizen dinner, as she is stepping in to Cass’s position and will be unable to do the cooking. P&C to get back to Jo.
10. Next meeting is 26 October 12.30
11. Close 1.40pm