Term 4 Diary

WEEK 3
Monday, October 24
Whole School Assembly
(Kindy/Pre-Primary Class)

Friday, October 28
Interschool Athletics Carnival
In Ravensthorpe

WEEK 4
Wednesday, November 2
School Photo Day
(students to wear school uniform)

Thursday, November 3
School Social - Year 6 Camp

WEEK 5
Whole School Assembly
(APEX & Pre-Primary Class)

WEEK 6
Thursday, November 17
P&C AGM 7pm

WEEK 7
Monday, November 21
Whole School Assembly
(Kindy Class)

Friday, November 25
White Ribbon Day

WEEK 8
November 28 – December 2
Swimming Lessons PP, Yr1, Yr7

Seventeen students from Wagin DHS recently had the privilege of going to Perth as part of Country Week Sport. We took a mixed basketball team and an all-girl netball team to compete against other district WA schools. We competed against Dongara, Wyalkatchem, Meekathara, Bullsbrook, Mukinbudin and Geraldton Grammar to name a few. Both teams did exceptionally well through the sweat, tears and injuries. The Basketball team came 1st in their division and the Netball girls won the school Sportsmanship Award.

There was also time to have some fun during the week, the first night we all went out for dinner and had a tour of the city and Elizabeth Quays. The second night the Year 10 girls won the Master Chef challenge, which could have ended badly with a raw chicken entry from another team. On the third evening we enjoyed a BBQ tea and then went to Bounce for a flipping good time. Night four was dinner and shopping in Joondalup followed by Dark Light Lazer Tag which was lots of fun despite a few injuries and some cheating by teachers!! The grand final and closing ceremony were held on the fifth day and then it was back to Wagin, via lunch in Armadale. Thank you to all students for doing your best at all times and a huge thanks to Mr Mullin, Miss Bennison, Mrs Kirk and our bus driver Bob.

Shine and Kolbi

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
From the Principal

Welcome back, Term 4 as usual is set to be very busy, I hope everyone had a relaxing break and are ready to go. The end of Term 3 was once again an exciting, rewarding and action packed one for Wagin District High:

Kolbi Edwards will be representing our school and showcasing her amazing outfit on Saturday October 22 in Melbourne at the National Finals.
Our Country Week Mixed Basketball team are B Grade Champions
Our Netball team won the Sportsmanship award (this is the third year our school has won this award)

We can and will continue to achieve amazing sporting, social and academic outcomes for our children and young people if we all keep working together and keeping our students needs our number one priority.

COUNTRY WEEK
As already mentioned, our Country Week team was very successful and students came back bursting with pride and tales of their adventure. I would like to thank Ms Bennison, Mr Mullin and Mrs Kirk for being our supervising teachers, coaches and generally ensuring the week went smoothly. Thank you to the Wagin Shire, WAGS, Wagin P&C and the Wagin Student Council for their donations. It is amazing what we can achieve with dedicated and committed staff, students and parents. Thank you also to all the families who travelled to Perth to support our team.

YEAR 6 CAMP
This term we will be holding a Year 6 camp students will go to Perth for the week December 5 to December 9. Mr Mullin has planned an amazing itinerary. Keep an eye on the newsletter and notes coming home about some further fundraising to support our fantastic Year 6 class.

MENTAL HEALTH
Congratulations to Megan Henry and Melanie English for their courageous, insightful and thought provoking art works on the topic of Mental Health. Wagin District High students also entered art works showcasing an adolescent perspective. This is a vitally important topic; one we all need to keep working on to understand. The Can You See my Mind exhibition is open in the Town Hall; closing this Friday.

We were also lucky enough to have the R U Ok Wheelbeing cycle team visit our school on Tuesday October 18 to further discuss the importance of talking, listening and helping each other.

BEHAVIOUR TIPS FROM JENNY MACKAY
You may have read in previous newsletters about our work with Jenny Mackay to continually improve our knowledge, skills and abilities to successfully manage student behaviour. During her last visit; during term three Jenny also presented a parent session. Continuing on from the last newsletter here are some additional strategies to try when managing your children’s behaviour at home:

- **UNDERSTAND** their AGE/STAGE and related LIFE TASKS
- Establish simple GROUND RULES which guide & teach acceptable behaviour
- Always remember BEHAVIOUR IS A MESSAGE... conveying how a child/person is feeling and how they are coping with their world.
- **TUNE** into your CHILDREN – LISTEN!
- Teach them SELF CONTROL … model behaviour … enable self-discipline …
- TEACH your children INTERACTIVE SKILLS ….. model, manage & teach them …

Further explanations of these four can be found in previous editions of the Newsletter via the newsletter link on our website: [http://www.wagindhs.wa.edu.au/](http://www.wagindhs.wa.edu.au/)
Allow your children to OWN THEIR PROBLEMS & FIND their own SOLUTIONS

Support and guide your children so they learn to find solutions to their own problems. Trying to solve another’s problem is a waste of time and energy, as only they can make the decision for change – rather empathise & enable them to sort it out. What you may see as being helpful they may see as invasive or controlling & either refuse, rebel etc., or learn not to do it for themselves, and nothing changes.

If an issue of children’s health or safety, parents need to step in, take control, guide them through so they learn from the experience and are able to manage this kind of situation/problem in the future.

Apply problem solving …

1. Describe situation … problem
2. Acknowledge feelings, situation etc.
3. Brainstorm for ideas
4. Choose possible solution
5. Evaluate

TEACH children RESPONSIBILITY… every action has a consequence

Teach them about cause and effect and to understand the ‘choosing’ idea i.e. that we continually make choices and choices result in consequences both positive and negative.

e.g. Conversation at school between teacher & erring student: I see you’ve chosen to stay after school and join the homework group. I didn’t! But as you chose not to have it in on time, then you have chosen the homework group. But! Well, if you had wanted, you would have made sure it was in on time … right?. However, I know you will have it in on time next week. See you at 3!

SCHOOL DEVELOPMENT DAYS 2017

School staff and the School Council have approved the following dates as our 2017 School Development Days:

**Term 1**
- Monday January 30 (mandated by the Department of Education)
- Tuesday January 31 (mandated by the Department of Education)
- Friday March 10 (Woolorama)

**Term 2**
- Monday April 24 (Tuesday will be ANZAC Day Public Holiday)

**Term 3**
- Monday August 21

These dates will also be available on the school website, please add them to your calendars for next year.
Secondary News

Term four has kicked of very well, with excellent attendance in our secondary area and many of our high school students returning, recharged and ready for a busy and exciting final term of the year.

We were pleased to welcome back our 2016 Country Week representatives who all did us proud with their sporting achievements and conduct. Well done to all the students and thank you to Miss Bennison, Mr Mullin & Mrs Kirk for their organisation and supervision of the camp.

Yesterday, the Secondary and Year 6 students engaged in an informative and interactive R U OK? session delivered by The Ride for Wheelbeing team as part of their ride to increase awareness of Mental Health. The discussion was well received by the students and their questions where meaningful and relevant.

Whilst talking about Mental Health, the year 7 & 8 students will be visiting the Can you see my Mind exhibition as part of their Arts learning at the end of this week. This will be a fantastic opportunity for the students to view an exhibition of artworks, which includes some of their work.

Another exciting and informative excursion that is planned will see our Year 10 students travel to Katanning on Monday next week to develop greater understandings of road safety. Miss Bennison will accompany the group as part of the enhancement of the Health curriculum.

As you may be aware, Mrs Jolene Abbott is on a well-deserved break for the remainder of this year. I am more than happy to meet with parents regarding your child’s progress, engagement and well-being. Please feel free to contact the school to make a suitable time should you require this.

Finally, we all wish year 9 student Kolbi Edwards the best of luck as she travels to Melbourne this weekend to participate in the 2016 Apex Teenage Fashion Awards National Final. Good luck Kolbi, you will do us all proud with your amazing garment. Good luck to ex-student Saige Edwards who is also competing this year at the Nationals.

Shaun VandenBerg

Primary News

Super Readers for the start of Term 4

Congratulations to Katie Manuel, Rylan Atkins, Tamzin Pederick, Carson Painter, Rohan Longmuir, Ash-Rose Hope, Cooper Tulley and Kaaliha Aird.

Crunch & Sip: Crunch on Vegetables

Most WA school kids meet the recommended intake for fruit, but only 1 in 6 eat enough vegetables. Students mainly bring fruit for Crunch&Sip, so there is a big opportunity to increase vegetable intake by choosing vegetables more often for Crunch&Sip.

Vegetables are full of the vitamins, minerals and fibre needed for growth and development. Eating plenty of vegetables also reduces the risk of developing type 2 diabetes, heart disease and some cancers.

Other advantages of sending veg for Crunch&Sip:

- Cost – A serve of carrots or celery sticks costs no more than 30 cents.
- Modelling – When children see teachers and their peers eating vegies, they are more likely to eat vegies themselves. This can really help parents struggling with fussy eaters!

No Hat, No Play

Please check to see that your child has a hat to wear during breaks and PE at school. Students who do not have hats are required to play on the verandahs or in the undercover area. Hats can be purchased from the Uniform Shop which is open between 8.20 and 10.30am each Friday.

Robyn Willey
**Career Development News**

**Aotearoa Leadership Tour**
The Aotearoa Leadership Tour is put on by UN Youth Australia and is for young Australians to learn about indigenous rights, culture and reconciliation on a tour of New Zealand. Applications for 2017 are now open. [https://unyouth.org.au/event/aotearoa-leadership-tour/](https://unyouth.org.au/event/aotearoa-leadership-tour/)

**A Future in Chemistry**
Find out about more about careers, degrees and vocational training in chemistry. [http://www.rsc.org/careers/future/student-home-page](http://www.rsc.org/careers/future/student-home-page)

**Community Health – A Future Boom Industry**
This article outlines the benefits and opportunities that are likely to be available from studying community health. [http://blog.acpe.edu.au/index.php/health-fitness/community-health-future-boom-industry/](http://blog.acpe.edu.au/index.php/health-fitness/community-health-future-boom-industry/)

**Police Cadetship** – If you are interested in joining the police force and you are at least 16 years old you may like to consider becoming a police cadet in the future. [https://www.stepforward.wa.gov.au/join-wa-police/cadet/](https://www.stepforward.wa.gov.au/join-wa-police/cadet/)

**Premed Projects**
Premed Projects provides opportunities for high school students planning on studying medicine, nursing, midwifery or dentistry to do hospital placement in the UK, India or Thailand. These projects provide students with the opportunity to see what working in a hospital is really like, and relevant work experience looks great on a med application! Students need to be 16 or older to participate. [http://www.premedprojects.co.uk/](http://www.premedprojects.co.uk/)

**Oxbridge Academic Programs**
Oxbridge Academic Programs give students in Years 8 to 12 the chance to study in a range of schools in England, Spain, France or the United States. Program costs range from $7,000 to $8,000 and include tuition, accommodation and more. Scholarships are available to cover costs and close between February and March depending on the program. [http://www.oxbridgeprograms.com/](http://www.oxbridgeprograms.com/)

**The Simpson Prize**
Entries Close 11th November 2016
The Simpson Prize is a national competition for Year 9 and 10 students. The competition requires students to respond to the following question:
“The experience of Australian soldiers on the Western Front in 1916 has been largely overlooked in accounts of World War One.”
To what extent would you argue that battles such as Fromelles and Pozières should feature more prominently in accounts of World War One? [http://www.simpsonprize.org/](http://www.simpsonprize.org/)

**Why STEM subjects and fashion design go hand in hand**

**WAAPA Production Tour 10th November**
You're invited to a tour of WAAPA's specialist Production and Design technical facilities and chat about the range of Production and Design courses, admission pathways, applications, and course options. Register at: [https://www.surveymonkey.com/r/9THK3DK](https://www.surveymonkey.com/r/9THK3DK)
Did you know that the town of Wagin sent over 300 Christmas shoeboxes last year and this year the target is 500? These shoeboxes were sent to Cambodia and other impoverished nations and distributed to children, who in some cases, have never received a gift of any kind. Thanks to the tireless efforts of Grace Williams and her trusty helpers Operation Christmas Child is not just something that is thought about at this time of year, it is a year-round pursuit.

For us as a school, now is the time to contribute and there are two ways to do this.
1. Grab a shoebox from the front office, or Jill the Chaplain, along with a brochure on how to pack your shoebox. Fill it up and drop it back to school by the 1st of November. OR
2. Buy 1 or 2 items that can be added to a shoebox and drop them off to the school by November 1st.

For more information contact Jill at the school or visit the website at www.operationchristmaschild.org.au

EMUS at WDHS

At Wagin DHS we use a positive behaviour matrix known as the EMUS – Engaged, Manners, Understanding and Strive. These positive behaviours are a guide for us to know how we can Aim High. Students receive EMUS cards when showing these behaviours and then put these cards in for the prize draw at Assemblies.

The EMUS card count at the last assembly in week 9 of Term 3 was:

- Engaged 399
- Manners 242
- Understanding 228
- Strive 307

**EMUS Focus**

Every fortnight staff and students will pay extra attention to teaching and learning one of the EMUS. Don’t worry, that does not mean that the other three EMUS will not be recognised. We will still hand out EMUS cards for those behaviours. For weeks 3 and 4 of Term 4, we will focus on Engaged!

The times and places we show how we are **Engaged** are in “Eating Areas” and also in our “Play Areas”.

So we:
- Sit when eating
- Place all rubbish in the bin
- Hold all sport equipment still

We will also:
- Be aware of others
- Play safe
- Play in appropriate areas

Which of these **Engaged** behaviours are also used at home?
Whole School Assemblies 2016
Assemblies are held on Mondays starting at 1.50pm
Family & Friends Welcome!

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.

Thank you for your time and support.

Term 4
Week 3: October 24 - Kindy/Pre-Primary Class
Week 5: Nov 7 - APEX & Pre-Primary Class
Week 7: November 21 - Kindy Class

P&C President’s Spiel

The aim of the P&C is to help our school financially by way of fundraising throughout the year, with all money raised being directly injected back into the school. At the moment, we are raising funds to complete and provide ongoing maintenance to the Nature Play area. We are anticipating the first phase of this project to commence shortly. Other areas we help include providing financial assistance to the Chaplaincy program and the Mathletics program.

The P&C is also responsible for the running of the School Canteen and Uniform Shop.

Christine Lunt does an amazing job in the Canteen but still requires parent help every day. Our number of volunteers is very low, so if you could spare one day a term from 9am – 1.30pm or 2 hours from 9am – 11am please let Christine know – 98 611 348.

The Uniform shop is coordinated by Martina Pascoe, she is ably assisted by Karen Thomson, Kirstine Hamersley, Anette Quartermaine. It is open every Friday from 8.30 to 10.30.

The P&C have been meeting once a term this year and everyone is welcome to attend a meeting. We receive a report from the Principal at every meeting It is a great way to keep in touch with what is happening at our school. The minutes can be found on the Wagin District High School website: www.wagindhs.wa.edu.au.

As we are nearing the end of another school year, we will be holding our Annual General Meeting on Thursday, 17th November, 7pm at the Palace Hotel Wine Bar. The P & C is a great way to be involved with your children’s future, be a proactive community member and help the school.

Thanks,

Mandy Harrington
School Photo Day
Wednesday, November 2, 2016
Students should arrive to school on time and in school uniform

Photo envelopes were sent home with students last week, spare envelopes and family order forms can be collected from the school front office prior to photo day. Family photos CANNOT be ordered online. ALL children in attendance will be photographed.

Kindergarten Orientation 2016

When a child first goes to school, there is great change for that child and for his or her family. We believe that you, the child's parents/carers are the most important link in the educational chain and that together parents and teachers can make your child's experience at school an excellent and enjoyable one.

Wagin District High Kindergarten Orientation will operate in Term 4 every two weeks on a Tuesday. Our first session commences in Week 1, we look forward to seeing you all there!

What your child/ren will need to bring to each session:  Hat;  Water bottle;  - A small healthy snack e.g. Cut fruit/vegetables etc

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<th>Week 3 – 25th October 2016</th>
<th>9.00-10.30am</th>
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<td>Who sank the Boat?</td>
<td>Parents are requested to stay and participate whilst the students are completing activities.</td>
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<td></td>
<td>- School Nurse visit/role introduction</td>
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Children’s Week 2016
Pingelly Early Years Network Presents
Teddy Bears Picnic and Scavenger Hunt

Who: Families and children 0-5 years
When: Friday 28th October
Location: Wagin Ram Park
Time: 9.30 am - 11.00
What to bring: A hat and water bottle, your favourite teddy/ cuddly toy and a sense of adventure to find hidden treasures.
Morning Tea Supplied

Wagin DHS Early Childhood Classes Will Be Attending
Mental Health in Childhood

Good mental health is important for everyone. Even young children can learn how to cope with their emotions, become resilient and develop positive relationships. This is called ‘social and emotional learning’. School work can be affected by how a child is feeling. Children are more ready to learn when they feel emotionally stable.

Family has the biggest influence on a child’s mental health. Help your child to build their resilience by:

- Providing love and security
- Listening to their concerns
- Providing them with reassurance
- Building their strengths while allowing for vulnerabilities
- Talking to school staff, and being part of the school community

Seeking additional help if necessary

For further information, please contact your school’s Community Health Nurse or school psychologist.

Adolescent support services - where to go for help?

Kids Helpline provides free, private and confidential telephone and online counselling for young people (5-25 year olds). You can phone anytime on 1800 55 1800 or go to www.kidshelp.com.au.

Somazone is a safe space for young people to ask questions, share stories and get help for mental health issues, sexual health, relationships, abuse, body image, and drug use. Visit the website at www.somazone.com.au.


You can also talk through any problems with your school’s Community Health Nurse. Remember, no matter how big or small your problem is, there is help available and it is important to seek help as soon as possible. Parents can find useful information to help their teenagers through everyday issues and tough times using the new online resources from ReachOut Parents: https://parents.au.reachout.com/.

This week’s ideas from LiveLighter® for families

LiveLighter® tip #1 – Choose plain water or soda water in place of a sugary drink.

LiveLighter® recipe #1 – Mexican mince loaded potato style -

Don’t be……

if you’re aged between 14 and 18 years…..come to YOUTH GROUP
Friday nights at the Wagin Youth Centre
This term: 28\textsuperscript{th} Oct, 4\textsuperscript{th} Nov and 25\textsuperscript{th} Nov.
Come along to hang out and have some fun.
For further details contact Narrelle Parker on 98611239 or Stephen Van Schalkwyk on 0417 649 030.

KATANNING TOY LIBRARY

OPEN DAY
SATURDAY 5TH NOVEMBER 2016 10 – 12.30
Katanning Library Meeting Room
• A variety of toys available to play with and borrow
• Join Toy Library on the day and receive a free term!
• Gift vouchers available to purchase

KATANNING LEISURE CENTRE

Friday Night Rollerblading
When: 4\textsuperscript{th} November, 25\textsuperscript{th} November AND 9\textsuperscript{th} December
Time: 6:00pm – 8:00pm
Age: parents, children, siblings, grandparents. Bring everyone!!
Cost: $6.90 Junior (under 18), $8.00 Senior (over 18), $2.00 Blade Hire
If you have any questions, please contact the Katanning Leisure Centre on 9821 4399.

Born to Move
When: Friday Morning
Time: 9:30am – 10:15am
Age: 2 to 4 year olds
Cost: $3.30 per child. FREE for Gold Members
Enrol your children for swimming lessons in the summer school holidays

Give your child the opportunity to learn vital swimming and water safety skills. Enrolments are now open for children from five to 17 years old. Simply select a program and enrol online.

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<thead>
<tr>
<th>Program</th>
<th>40 minute lessons</th>
<th>35 minute lessons</th>
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<td>Program 1</td>
<td>Every week day from Tuesday 3 to Friday 13 January 2017</td>
<td>Every day from Monday 9 to Friday 13 January 2017</td>
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<td>Enrolments close</td>
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<td>Monday 28 November 2016</td>
<td>Monday 28 November 2016</td>
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<td>Program 2</td>
<td>Every week day from Monday 16 to Wednesday 25 January 2017</td>
<td>Every day from Saturday 17 to Friday 23 December 2016</td>
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<td>Monday 5 December 2016</td>
<td>Monday 14 November 2016</td>
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Find out more and enrol online at education.wa.edu.au/swimming or telephone 9402 6412