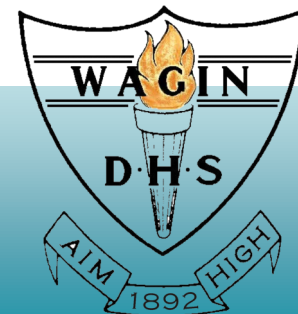


Wagin District High School Newsletter



Issue 9 June 14, 2017



Wagin District High School is supporting CHILDHOOD CANCER RESEARCH **Pirate Day Friday**



Funds raised by Pirate Day Friday support research into finding better treatments and ultimately a cure for childhood cancer.

Year 6 Camp lift-out

**REMINDER - P&C Meeting
12.30pm, Monday, June 26.**

WAGIN DISTRICT HIGH SCHOOL
10 Ranford Street Wagin WA 6315

Principal: Mrs Cassandra Harris-Moroney
Primary Deputy: Mrs Robyn Willey
Secondary Deputy: Mrs Jolene Abbott
Manager Corporate Services: Mrs Ann Ward

Phone: 9861 1877 / Fax 9861 1835

Email: wagin.dhs@education.wa.edu.au

Website: www.wagindhs.wa.edu.au

Canteen: 9861 1348

BANK DETAILS TO PAY FEES

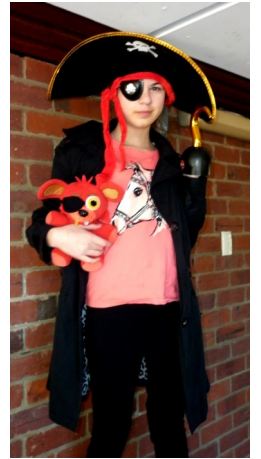
You may prefer to pay school accounts through Direct Debit.
The school bank account details are as follows:

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

180 Pirates

\$319 Raised



‘Our Story’ is an Amazing, Hysterical History of Australia!

Last Friday Primary classes were thoroughly entertained by the mad-cap romp through the history of our nation delivered by the two-man team of Patrick and Roscoe from BigBuzz Productions.

Leaving no historic stone unturned, The Professor and Neville tear from the Dreamtime to the present day at breakneck speed and in as much detail as you would expect when thousands of years are crammed into 50 mad minutes with singing, juggling and heaps of fun!

From the Principal

FAREWELL

Mrs Willey will be taking a much deserved break for the last week of this term before she retires. She has been a dedicated member of both the Wagin District High and wider Wagin community for almost 10 years. I would like to thank her for the support, commitment and dedication she has given our school during her time as deputy. We look forward to her continuing this support as a community member in the future. A formal retirement farewell will be held before the end of the school year to acknowledge Mrs Willey's years of service to the Education Department of Western Australia. For now we wish her safe travels and trust she will thoroughly enjoy her retirement.

REPORTS

Student reports will be available for collection from school on Monday, June 26, after the Year 3/4 Whole School Assembly. Primary reports can be collected from classroom teachers in your child's classroom. Secondary reports can be collected from Form teachers in the library. Any reports not collected on Monday, June 26 can be collected from the Front Office.

Wagin DHS will be reporting using Western Australian Curriculum and all students from Year 3 to Year 10 will receive an A-E grade according to their achievement, Pre-Primary to Year 2 students will receive a grade indicating if their achievement was excellent – very low. Apologies for the error in previous newsletters indicating all students would receive an A-E grade. Kindy reports are school generated and provide a comprehensive overview of student achievement throughout Semester One.

INTERSCHOOL CROSS COUNTRY

Ms Bennison and Mrs Hall will take our Interschool Cross Country team to Kojonup next Thursday, June 22. I wish them the very best of luck and know they will represent our school and community admirably.

WINTER CARNIVAL

Ms Roche along with several primary staff and parent helpers will be taking the Year 3-6 students to Katanning to compete in the Winter Carnival next Friday, June 23. I wish our teams the very best of luck and know they will be excellent ambassadors for our school and community.

SCHOOL COUNCIL

We welcomed a new member to our School Council at last Wednesday's meeting, Nathan Speight is a welcome addition to our small but enthusiastically supportive council. A reminder that School Council members are great sounding boards to our parents and wider community. They can give you the correct information about school matters, bring any concerns or celebrations to meetings and generally ensure our school administration team and teachers are aware of current topics of interest. Our current School Council members are: Jolene Abbott, Cath Painter, Emily Holt, Bridgit Gannaway, Cassandra Harris-Moroney, Karen Thomson, Lindsay Johnson, Nathan Speight, Nicole Ward, Sarah Whiteford, Amber Ward, Ann Ward and Robyn Willey.

SUCCESSFUL STUDENTS

We are very proud to announce that our School Captain Amber has been accepted to Bunbury Cathedral Grammar for Semester Two this year and Year 11 and 12. Amber sat and passed an entrance exam and a formal interview to attend Cathedral Grammar. Her success is testament to the excellent teaching she has received at Wagin District High School, along with her dedication to aim high and her families' commitment and support. We wish Amber every success and look forward to hearing of her future achievements. I know she will be an excellent ambassador for Wagin District High School and the wider Wagin community.

Cass Harris-Moroney

Secondary News

For Year 10 parents: Year 11 subject selections for Narrogin SHS in 2018 will be discussed with students in our Career and Enterprise class. The students will be bringing home their subject selection forms and enrolment packs. To help and assist with the requirements being met correctly, the following link to the School Curriculum and Standards Authority may assist parents:

<http://www.scsa.wa.edu.au/publications/year-10-information>

The 2017 Year 10 Handbook is designed to provide a reference point for studies in year 11 and Year 12 and, in particular, for the Western Australian Certificate of education (WACE). Please contact me if you require any assistance or have a query of any kind.

On Wednesday, June 7, the Year 9 and 10 students were involved in a seminar from the Defence Force about the prospect of a career in the Australian Defence Force. It was an engaging information session for students who might consider a career in the ADF.

All the high school students attended a Paraplegic Benefit Fund (PBF) talk last week. The PBF organisation tries to reduce the impact and incidence of spinal cord injury in Australia through spinal cord injury prevention and peer support programs.

Friday, 9 June witnessed a really tremendous day of fun and fundraising! In support of Childhood Cancer Research Fundraiser a gold coin donation was given to this wonderful charity.

The Interschool Cross country team will be heading to Kojonup on Thursday, June 22. We wish them good luck and thank Miss Bennison for organising the event.

This term has seen a large number of students being committed to our extra-curricular country week program. Wagin DHS has always had a very proud sporting tradition and indeed is an integral part of our whole person.

Secondary students will attend a Road Safety seminar tomorrow conducted by the RAC covering subjects such as; the elephant in the Wheatbelt, back seat driver, drink, drugs and driving and road safety.

In the lead up to assessments and the need for revision for school there are five tips for students staying calm and promoting personal best. These are;

- Get as organised as possible, it is not too late for a **study timetable**. By adding structure to your revision you can work towards your goals and develop time-management skills. Outlining short-term goals that you are regularly working towards in 40 minute blocks can make your study more efficient than longer stints of study.
- Take regular revision breaks by, for example, patting the dog, complete a household chore, burst bubble wrap or take a quick walk. These brain breaks can **boost brain activity and improve memory** when returning to your study.
- Work on **your concentration**, you won't always be able to study in absolute silence or be able to spend as much time as you would like on a particular subject. Focus on overcoming distractions and **seek help** as it is important to address the problem area as soon as possible.
- Maintain sleep patterns of ideally **7-8 hours per night**, turning off all electronic devices at least a half hour before bedtime. Being well rested is essential for doing your best.
- **Stay positive**, keep the glass half full, don't let negative people impact the progress you have made. Everyone is different and thus it is about **your personal best**.

Jolene Abbott

Retirement

I will be retiring from Wagin District High School on the 23rd June. I have enjoyed my time here and have loved seeing the students move through the school and grow into young adults over the past nine years. I would like to thank the students, staff and the parents for making my time here such a wonderful experience. I will be still living in Wagin and once I return from my holidays I look forward to volunteering at the school and continuing to work with our wonderful students.

Super Readers

Congratulations to the following students who have been reading regularly at home: Gabby Bickers, Lara Painter, Flinn Robinson, Harry Brockway, Josa Dobbs, Indiana Neretlis, Jack Scott, Dylan Kellow, Muana Orlowski, Mia Forrest, Gabriella Martin, Tom Pascoe, Tane Finlayson, Hunter Finlayson, Lacy Horne, Sara Ward, Ruby Clifton, Cole Hamersley, Jax Moffatt, Lilly Mangalavite, Halle Painter, Kalynda Davidson, Penny Scott, Chloe Kellow, Isla Staveley, Ava Ward, Imogen McInnes and Latika Baxter.

Anxiety in Primary School Kids - By Dr Jodi Richardson

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

How can I help?

Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)

If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.

Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly (*highly*) recommend *Hey Warrior! A book for kids about anxiety*, by Karen Young. Anxiety is not nearly as frightening when you understand why.

Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!

Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

"Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

If you are interested in reading the full article, it will be available on the school website.

Year 6 Camp 2017



'Once in a life time'

Written by Olivia Clifton

On Monday, the 29th of May, the best week of our life began but sadly ended very quickly with so many activities in between.

Everyone was super excited. Our first stop for Monday was the Perth Zoo where we saw lots of animals, too many to list. After that we went to the campsite in Baldvís.

On Tuesday everyone hopped on the bus and we drove to SCITECH where we solved a who done it crime task. Next we travelled to AQWA and saw all the cool sea animals and finally to AMF bowling in Rockingham.

We headed to Fremantle on Wednesday and saw the Fremantle Prison and the Maritime Museum to see all the ships and read about the history.

On Thursday we went to the Art Gallery and saw the Indigenous art work. We also went to Kings Park where there was an orienteering course set up for us.

Friday was our final day on camp and everyone had a go at archery and the camp adventure course, then it was back on the bus and back to Wagin.

On behalf of the Year six class, we would like to thank Miss Reder, Mrs Hall, Jill and Mrs Willey for all their work in organising and supervising one of the best camp EVER!!!

What
did
they
do
at
the
Zoo?





scitech

whodunit?

F R E M A N T L E P R I S O N



Student of the Week

Congratulations to the following students who were nominated by their teachers and received this award in Week 4

Year 2P - Stanley Langdon, Brayden Duncan
Year 3M - Charlie Holt, Ethan Brockwell



Writer of the Week

The following students have had their literary efforts displayed in the front foyer in Week 8

Congratulations:

*Yorick Gibb, Charlie Holt
and Chloe Kellow*



Year 10 Immunisation

WA Statewide meningococcal W Immunisation program

The WA meningococcal W immunisation program has been launched in response to a recent increase in meningococcal infection caused by a particular type of bacteria, 'serogroup W'.

Meningococcal disease can affect any age group. However, some of the highest rates of meningococcal carriage and illness occur among 15-19 year olds and this age group transit bacteria to people who are at risk of infection, including young children.

Last week Year 10 students at Wagin DHS received an information package and consent form. Consent forms must be signed by parent/carers and returned to the school by Monday, June 19 if the students are to be involved in the program.

Term 2 Diary

WEEK 8

Thursday June 15

RAC visit Secondary classes

WEEK 9

Thursday June 22

Interschool Cross Country

Friday June 23

Katanning Winter Carnival

WEEK 10

Monday June 26

P&C Meeting, 12.30pm

Whole School Assembly, 1.50pm

Year 3/4 Greaves

P&C MEETING

Our next P&C meeting will be held at 12.30pm on MONDAY 26th JUNE in room 3. Agenda items to be discussed include the First Aid Kit fundraiser, BUZ program run by our chaplain, Nature Play and the Lions Dinner. All previous and new members are encouraged to attend, it would be fabulous to see you all there.

Term Dates for 2017

School Development Days & Public Holidays

Term 2: Wednesday April 26 - Friday June 30

SDD Monday April 24

PH Tuesday April 25 ANZAC Day

PH Monday June 5 WA Day

Term 3: Monday July 17 - Friday Sept 22

SDD Monday August 21

Term 4: Monday October 9 - Thursday Dec 14

There is NO School Development Day

In Term 4

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 2

Thursday, June 15

Jo Fawkes

Friday, June 16

Cath Painter

Monday, June 19

Rachel Pederick

Tuesday, June 20

Wendy Pederick

Wednesday, June 21

Calista Van Schalwyk

Thursday, June 22

Nicole Kirk

Friday, June 23

Terri Spooner

Monday, June 26

Caz Tulley

Tuesday, June 27

Jane Kilpatrick

Wednesday, June 28

Karen Thomson


COMMUNITY NOTES



JULY SCHOOL HOLIDAYS

Not included in memberships

Katanning Leisure Centre's School Holiday Program for kids aged 6-13

Mon	Tue	Wed	Thu	Fri
3. ROLLERBLADING It's the first day of holidays, bring a friend and join in for a roller morning. 9.30am—11.30am \$6.00 	4. Cheese & Bacon Muffins Cooking Come along as we show you an awesome and quick recipe that will turn into your favorite recipe! 9am—11.30am \$6.00	5. PAJAMA MOVIE MORNING 'SING!' Come and relax wearing your pajamas! While we watch one of our new favourite movies 'Sing!' 9:30am—11:30am \$6.00	6. BASKETBALL Ever wanted to learn how to play basketball or just love the game!? Get excited and be involved!! 9.30am—11.30am \$5.00 	7. ROLLERBLADING It's a roller party! Bring a friend and join in for some fun games. 9.30am—11.30am \$6.00
10. Apple Turnover & Jam Drop Cookies Cooking Join us as we show you a quick way to use all the left over apples in the house and biscuits. 9.30am—11.30am \$6.00 	11. ROLLERBLADING It's a roller party! Bring a friend and join in for some fun games. 9:30am—11:30am \$6.00	12. MOVIE MORNING 'STORKS' Come along and spend the morning eating popcorn while we watch 'Storks' 9:30am—11:30am \$6.00 	13. ROLLERBLADING Bring some friends along and join in for some fun and games as we skate the morning away. 9.30am—11.30am \$6.00 	14. TAC 'CRAFTS & UNO' SHACK Get involved and learn how to do some awesome crazy activities with glitter, glue and much more while we chill in the TAC Shack! We also play UNO!! 9:30am—11:30am \$6.00



Bookings are essential! Forms available at the Katanning Leisure Centre, or call 9821 4399



Blue Light Disco

DATE & TIME

FRIDAY 28th JULY 6.30 PM - 8.30 PM

LOCATION

KATANNING TOWN HALL

TICKET INFO

0-4 FREE 5-17 \$3.00 EACH

(PARENTS MUST STAY WITH THEIR KIDS)




- CHIPS, BOLLIES & COOL DRINK FOR SALE.
WE CANAL BEVERLY NEEDS ARE NOT THE RESPONSIBILITY OF ANYONE

BORN TO MOVE

WHEN: Friday Mornings (excluding school holidays)

TIME: 9:30am - 10:15am

COST: \$3.30 for

AGE: 2 - 4 year olds. FREE for gold members

WHAT IS IT? - It is a 45 minute class in which a parent or caregiver also takes part. The music is written for the class with lyrics that act as sung instructions, leading children through simple moves that build body awareness and balance.

For any other queries please contact the KLC on 9821 4399.