

# Wauchope High School Newsletter

Email : [wauchope-h.school@det.nsw.edu.au](mailto:wauchope-h.school@det.nsw.edu.au) website: <http://www.wauchope-h.schools.nsw.edu.au>



Term 4 Week 2



Wauchope High School Leaders 2019

## Calendar of events

P&C Meeting	Tuesday 6th November 6pm Lasiandra Room Wauchope RSL
Year 12 Graduation Formal	Thursday 15th November 5pm Wauchope RSL
Year 7 2019 Orientation Day	Tuesday 4th December 9am
Presentation Night	Thursday 6th December 7pm School Hall

Dear Parents and Caregivers

I would like to share with you some extracts from an article that appeared in the Sydney Morning Herald in July of this year – Phones at School pose real risks! The focus of the article is the issue of the use of mobile phones in schools. I will continue to share articles and extracts on this matter through our newsletters in coming weeks. This is a matter that constantly frustrates teachers and schools across the world, not because phones cannot be a useful tool, but because they tend to be a constant distraction from learning.

The NSW Department of Education acknowledges the benefits of using computers, laptops and tablets in the classroom, under the guidance and direction of the teacher. A number of our teachers allow students to utilise some of the smart phone functions available on today's modern phones. However, this always happens as a request or as an opportunity and under the clear supervision of the teacher.

Unfortunately, it is the indiscriminate use of mobile phones to access social media that causes most of the problems with student behaviour in class and results in a significant distraction of focus and engagement from the learning that should be going on in the classroom. This is something that the school cannot solve on its own. We need the help of parents and caregivers to work with us to educate our students on the appropriate use of smartphone technology and the importance of disconnecting from the phone to enable their effective engagement in learning.

The school has a clear set of procedures about the use of mobile phones at school. This set of procedures are consistent with the Department of Education's policies and will be consistently implemented and managed within the school with your support. Our expectations are:

Students are permitted to bring a mobile phone/smartphone to school and are able to responsibly use these devices at recess and lunchtime in an unsupervised manner

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website: <http://www.wauchope-h.schools.nsw.edu.au>

When students enter a classroom or are in a learning situation/environment there is a clear expectation that their phone is in their bag – not on/under the desk being constantly monitored

There is an expectation that the phone is on silent during class time. This is no different to the expectation placed on all of us in many places of work

Students are not permitted to use their phone as a source of music in class – there will be no headphones or earbuds in use during class time

Students are not be permitted to make calls on their phone during class. I would also ask that parents and caregivers do not call their child on their phone during class time. This not only distracts your child from their learning but impacts on every other child in the room and the teacher.

This is a complex and highly contentious issue for all schools. I am looking for us to work together to ensure that the most important reason for being at school is the focus of our energy. Students are here to learn and to do this they need to be focussed and engaged on the things happening in the classroom and the opportunities being presented by the teacher.

Glen Sawle  
Principal

### **Phones at School pose real risks.**

#### **Sydney Morning Herald July 12 2018**

To ban or not to ban. Schools across the Western world are vexed by the issue of whether schools have a right, responsibility or indeed an obligation to require their students abstain from smartphone use during school hours.

The French are banning phones in school to age 15; NSW is reviewing phone use on school grounds across the state, and some independent and public primary and high schools already ban phones during school time.

While studies explore ways in which phones can be used to help students access their work and develop their learning, a revolutionary 2017 study showed that the mere presence of one's phone consumes your attention even when it is not being checked.

It makes sense that we are resisting the urge to check, but it is surprising to find that when resisting that urge we actually have reduced working memory capacity and fluid intelligence when our phone is upside down on our desk compared with when it is in another room.

Even renowned Finnish education expert Dr Pasi Sahlberg's counsel to ban phones in schools was founded on his understanding of how smartphones affect academic learning.

Collecting phones at the start of school and returning them at the end requires secure storage and people if it is to be done effectively –this would not be economically or educationally viable.

When pressed, school leaders said they could not in all conscience ban students from having phones in school because when they left the school they might need them. The school was not talking about an educational need.

No, the school was prepared to accept all the negatives of phones - the distraction of social media, fear of missing out, the cultivation of envy, addictive gaming, potential bullying, the ubiquitous sharing of pornographic images and more. These were a burden that had to be borne so as to enable children to feel "safe" when not on the school grounds?

When coming to this decision, we have forgotten about recent history.

Before smart technology, students arranged to meet before and after school quite safely. They made decisions not to walk in unsafe areas.

The truth is, if we were to examine the relative harm and damage caused by having phones (and smart watches) it would far outweigh the potential damage caused by not having one's own phone accessible if there were an accident.

The reason for the damage produced by access to mobile phones during school hours is twofold.

First, students fail to develop face-to-face social skills. These are essential for feeling connected and worthwhile in the world.

Second, dependence on immediate communication is responsible for our diminished patience, capacity to calm our own emotions and withstand uncertainty.

When this fundamental human ability is in deficit, we see associations with anxiety, depression and reports of physical tension and distraction.

In Australian research we have seen that the number of co-occurring psychological disorders a person will develop rises with a person's own rating that they have difficulty embracing uncertainty. This should be absolutely fundamental to our approach to educating and bringing up children.

When we consider the increasing incidence of mental health issues in our youth, the numbers are beyond scary.

The truth is that smart technology access is not a right: it is a privilege, and we need to ensure it is introduced in our schools when all students are able to manage its use responsibly.

Leaving aside the question of how much use a phone can actually be in moments of intense danger, our children need to learn how to engage with the people around them when the unexpected happens.

A phone is little more than a comfort blanket when we are worried about the future and, as all parents know, children need to be weaned from their comfort blankets if they are to have sensible relationships with others.

The confusion arises when parents similarly rely on their children using phones to provide parents with their own comfort blanket.

The irony of the phone as comfort blanket is that we encourage greater and greater use of it as our children get older, to the point where they can become addicted, and "suffocated" by the need for continuous communication from a set support group.

Schools are mandated by society to educate our children and help them grow into well-rounded young adults. If parents find it hard to remove their children's dependency on phones - and through a general lack of social attention to this issue, we have probably arrived at a point where they often lack the confidence to do so - then schools have an even greater imperative to ensure that our children grow up being able to function without their phones.

The evidence suggests that the danger of letting students have their phones during the school day far outweighs the danger of taking them away from them. Schools, pay heed.

Dr Helen Wright, Education adviser and former head of Sydney's Ascham School.

Dr Danielle Einstein, Clinical Psychologist specialising in anxiety, depression and OCD; honorary associate at Macquarie University and the University of Sydney.



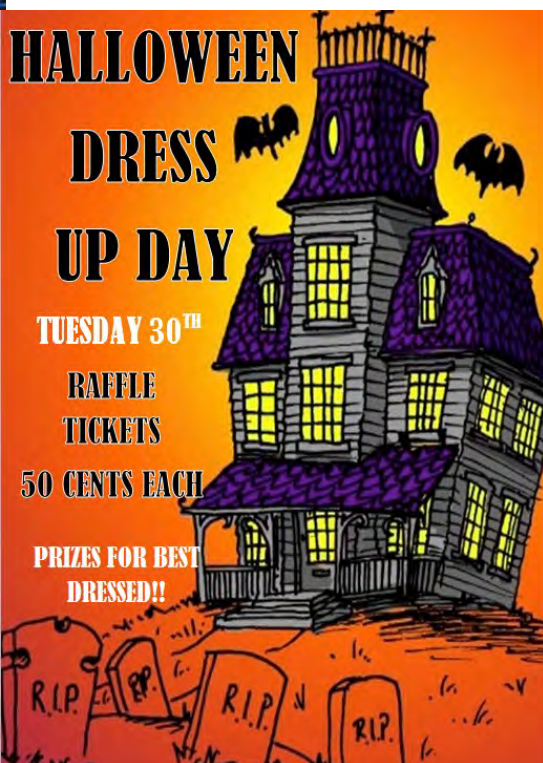


## Faculty Excellence Awards

Every Monday on assembly a different faculty will be presenting their Faculty Excellence Awards. Students will be chosen for being consistently engaged and achieving academically within that subject area.



Mr Jim Jackson (Deputy for years 7, 9 and 11) is on long service leave. Mr Luke Verdon is taking his place as Deputy for the rest of 2018.



**Year12 2018 Graduation Formal is on Thursday 15th November 5pm Wauchope RSL**



Tables are filling fast for the Year 12, 2018 Formal. Purchase your tickets from the school office, \$50 for students and \$40 for guests.

Students will start arriving at 5pm, photos are taken on their arrival and while they are all arriving and settling down entrée platters are served in the auditorium. The students will be presented at 6pm and main meals served at 6:30pm.



### JUNIOR YEARLY EXAMINATION Timetable 2018

Week3	Monday 29th October	Tuesday 30th October	Wednesday 31st October	Thursday 1st November	Friday 2nd November
Period 1					
Period 2	Year 9 Mathematics	Year 8 English	Year 9 English		Year 9 Science
Period 3				Year 8 History	
Period 4	Year 8 Mathematics	Year 9 Drama	Year 8 Geography		
Period 5					Year 8 Science
Period 6				Year 9 Geography (Classes 2,3) Year 9 History (Classes 1,4)	

Week4	Monday 5th November	Tuesday 6th November	Wednesday 7th November	Thursday 8th November	Friday 9th November
Period 1		Year 10 PD/H/PE			Year 10 History(classes 1,2,4)
Period 2	Year 10 English		Year 7 LOTE	Year 7 Mathematics	
Period 3					
Period 4	Year 7 English	Year 7 Science	Year 10 Geography	Year 7 History (classes 1,3,4)	Year 10 Mathematics
Period 5	Year 10 Science				
Period 6					Year 7 Geography

- Notes:**
1. All Examinations will be held in the Hall. Line up in COLA in correct class for each exam.
  2. Each exam will run during the periods allocated above.





## P & C News...We need HELP

The P&C are seeking a treasurer for 2019.

If you can help please contact the school office 65 851400 to leave a message for

Annette Cordell (P&C President)

Canteen will have slight increase in prices from Term 4

### Uniform Shop hours 2019

Saturday 19th January 9am to 12 noon

The first week from 30th January from 8:30am until 12 noon (every day)

WHS and Bago Community of  
Schools present

*A progressive theatrical  
extravaganza with delightful  
delicacies and entertaining items.*



Fun, friendship and fireworks! An  
interactive night for young and old.

WHERE: Wauchope High School  
WHEN: Thursday 13th December  
COST: Gold Coin Donation

## **Work Experience Term 4 Weeks 8 and 9**

This term year 10 students will have the opportunity to participate in work experience. Work experience is not mandatory but I would strongly encourage all students to participate. One of the most important benefits of work experience is its potential to provide opportunities for students to learn more about their own abilities. It helps them explore different career pathways. For students to have the opportunity to participate in work experience school attendance and the completion of all school tasks is a requirement. Students will be responsible for organising their own placement and to follow the procedures outlined by the Careers Adviser to ensure that the school, the employer and the students themselves are covered by the NSW DET Insurance Indemnity.

I will be providing more detailed information in our Careers lessons this term and students can see me if they have any specific questions or concerns.

Mark O'Brien Relieving Careers Adviser

### **Senior Success Program**

#### **An invitation to Year 12 Students and their Support Person**

Stage 6 is a very busy and different learning experience for students and their families. To support students to achieve their goals in Year 12 and transition to life after school, Future Moves Charles Sturt University is running a Senior Success workshop.

The program primarily facilitates discussion between **each student and their selected support person**; a parent, a sister; a brother; an aunt or uncle, a friend or teacher or any other special person, about HSC matters and post school options, in order to feel prepared for Year 12 and life after school.

The first session will provide opportunities for Year 11 students transitioning to Year 12, to reflect on organisation and time management, identify personal goals, learning styles and effective study techniques. Post HSC options will also be discussed by student leaders sharing their journeys to tertiary education.

The session will be held on **Tuesday 30th October 6:00- 8pm, Room 2048 at Charles Sturt University**, Innes Lake (behind Coles complex). A campus tour will be available at 6pm before the workshop starts at 6:30pm.

This night does not include information about specific courses that are offered at Charles Sturt University. The Division of Marketing will provide other opportunities for families to access this information in 2019, through My Day or interviews with our Prospective Student Advisor.

Please park in the university carpark (not Coles). Enter the university by the stairs, next to Student Comms. The room will be on your left at the top of the stairs. Look for a Future Moves flag. It will be arranged to have the gates open however if you find that they are closed when you arrive, just ring my mobile. A lift is available inside the library door at the bottom of the stairs.

If you have any questions, please feel free to contact me by email [tabrown@csu.edu.au](mailto:tabrown@csu.edu.au) or phone 0448205091.

Refreshments will be available throughout the night.

For organisational purposes could you please fill out and return the slip below to your coordinating teacher or email your details (including your school) to [tabrown@csu.edu.au](mailto:tabrown@csu.edu.au) by Friday 26th October.

Tanya Brown

Program Coordinator Future Moves <http://www.futuremoves.edu.au/>

I will be attending the Senior Success Program on Wednesday, October 30th

.....  
Student Name

.....  
Support Person's Name

.....  
Parent/Carer Signature

.....  
Contact mobile:

.....  
Email address





# NATIONAL Aboriginal and Torres Strait Islander HEALTH SURVEY

## National Aboriginal and Torres Strait Islander Health Survey

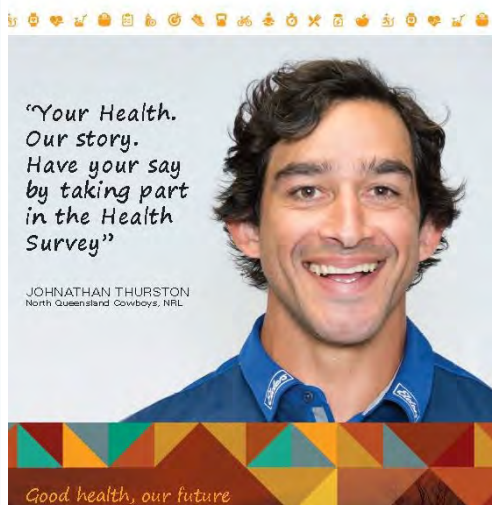
What's your health story?

Tell us by taking part in the National Aboriginal and Torres Strait Islander Health Survey (NATSIHS) - Interviewers from the Australian Bureau of Statistics (ABS) are now knocking on doors in your area, so make your story heard!

The NATSIHS collects information about the health status of Aboriginal and Torres Strait Islander peoples. We will ask you a range of questions face-to-face about your health and lifestyle, such as:

- visits to doctors, nurses or Aboriginal health workers
- health conditions
- medications
- smoking
- exercise
- what you eat and drink

You will have the opportunity to take part in a voluntary hearing test and have some physical measurements taken, if you agree (height, weight, waist and blood pressure).



For general enquiries, visit the ABS website at [www.abs.gov.au/surveyinfo](http://www.abs.gov.au/surveyinfo)



From July 2018, the Australian Bureau of Statistics will be visiting selected communities to carry out the National Aboriginal and Torres Strait Islander Health Survey.

Selected households will have the chance to talk to us about their health so that government and health care services can make decisions that will help you, your children and your community live long, healthy lives.

### What is the National Aboriginal & Torres Strait Islander Health Survey (NATSIHS)?

The NATSIHS collects information about the health and wellbeing of Aboriginal and Torres Strait Islander people all over Australia.

Your answers will help governments and healthcare services decide where to spend money on things like health clinics and health education. The answers you give us help to make sure money is being spent where it's needed most.

### Health rating 2012-13 (15 years and over)



### Percentage of daily smokers (15 years and over)



### What is involved?

The NATSIHS asks people questions about their health and lifestyle. One of our friendly interviewers will ask some questions about your health which include:

- What you eat and drink
- Exercise
- Smoking
- Your culture
- Any health problems like diabetes



We will also ask to measure your weight, height and blood pressure and ask you to complete a hearing test. This is first time that NATSIHS has had a hearing test. We will give you a copy of your test results so you can look at them again, or you can take them to your community clinic to talk to the nurse about what they mean.

### Do I have to do this survey?

Yes. A lot of Aboriginal and Torres Strait Islander people across Australia are going to be asked to do this survey and, because everyone is different, it is important that we find out about your health.

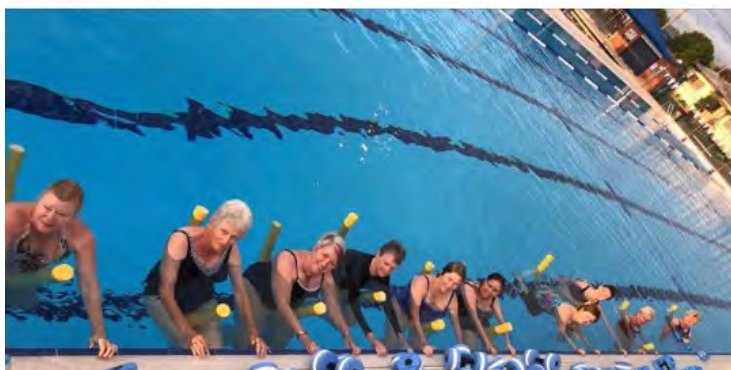
The ABS is trying to find out which health problems affect your community. We want to help health service providers give you and your community the best chance to live healthier lives by showing the government where, and what help is needed.

### Swimwell Wauchope

22 October at 08:10 · 🌐

The sun was out this morning to brighten our Aquarobics class, not that it would stop some of these dedicated people. They're here every Monday and Wednesday morning and some even come in for our afternoon classes on Monday and Thursday.

It's great exercise and anyone can come join in. Just \$11 per class or grab a 5 class pass for \$45 if you decide to keep coming. Classes run Monday and Wednesday morning at 6:30 am and Monday and Thursday night at 6:30 pm.

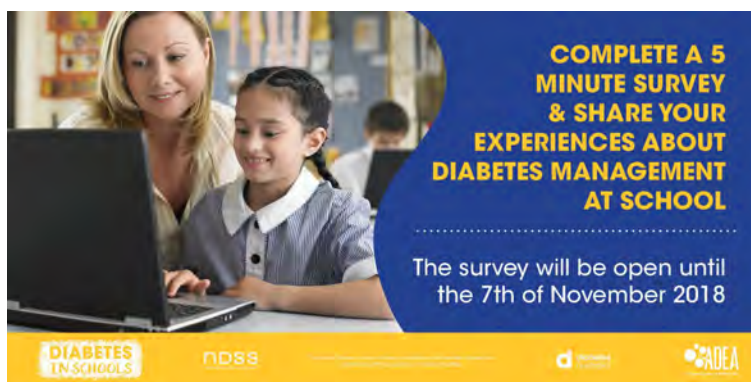


HOME NEWS ABOUT LOCATIONS GET SUPPORT SUPPORT US DONATE



We support children, young people and families with relatives in the criminal justice system





## Have your say on diabetes in schools

Diabetes Australia is currently leading consultation to develop a national program to better support kids with type 1 diabetes in schools.

The new nationally consistent training program for teachers and school staff will be targeted at every school with a student with type 1 diabetes and this will cover the safe

administration of insulin, hypoglycemia (low blood glucose level) management, and 'normalising' diabetes in schools so the students are not stigmatised.

The program will also clarify the legal framework for diabetes management in schools and resolve any confusion over who can train school staff, and which school staff should be trained. To ensure the new program meets the needs of schools, students and parents, and builds on all the good work already happening, we want to hear from you about what works and what needs to be improved.

Register to attend one of our information sessions using the links below:

<https://pwc.to/2OletTr>

### For Parents and Carers

[Monday 29th October 7:00pm – 9:00pm](#)

[Tuesday 30th October 11:30am – 1:30pm](#)

### For Primary Schools (Principals, teachers, support staff, nursing staff)

[Monday 29th October 4:00pm-6:00pm \(face to face\)](#)

[Monday 29th October 12:00pm-1:00pm Video/Teleconference only](#)

[Tuesday 30th October 9:00am – 11:00am \(face-to-face\)](#)

### For Secondary Schools (Principals, teachers, support staff, nursing staff)

[Tuesday 30th October 4:00pm - 5:00pm Video/Teleconference only](#)

[Tuesday 30th October 7:00pm – 9:00pm \(Face-to-face\)](#)

If you can't attend a workshop, please take five minutes to complete a survey.

[Parent survey](#)

[School survey](#)

**The Rotary Club of Wauchope Monster Book Sale** is on again from Monday 22<sup>nd</sup> October to Saturday 27<sup>th</sup> October, 10.00am to 5.00pm, at the Wauchope Showground Hall, High Street, Wauchope.

Great opportunity for avid readers, collectors and bargain shoppers to sift through the mass of books on sale and grab a value packed deal. Get to the showground early if you want to find that treasured sought after book to take you on a mysterious, magical or thought evoked journey.

Books can be delivered to the Rotary Book Sale at the Showground Pavilion from Monday 22/10/18 to Wednesday 24/10/18. Please let a Rotarian know you have books to donate – they'll let you know which door to deliver to prevent excess carrying. **(REMINDER: please bring carry bags to assist you in 'carting' your treasured new books home.)**

#### Days Open

Friday 26/10      10.00am – 5.00pm

Saturday 27/10      8.00am – 5.00pm

