



WINDSOR
HIGH SCHOOL

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INSIDE THIS ISSUE

Important Information	3
Captains Corner	4
Thumbs Up Report	4
SRC Report	5
Percussion Camp	8
C.A.P.A Report	10
Careers News	12

November 2011

SAFETY TEAMWORK ACHEIVEMENT RESPECT



Pink Ribbon Day at Windsor High School - See page 6 for details

PRINCIPAL'S MESSAGE

HSC Begins

The Higher School Certificate examinations have been progressing very well and we would like to continue to wish all our students the very best in their exams and beyond. Students have been very positive about the exams and feel well-prepared for their papers.

Term 4

Term 4 is a busy term, with end-of-year examinations for Years 7 to 9, School Certificate examinations for Year 10 and Year 11 of course, beginning their HSC courses.

I encourage all students to revise their work and study hard in these next few weeks prior to these very important assessments. This term as well, we have our major presentation assemblies for students who have achieved outstanding results in their courses as well as in other aspects of their school life. We always have very well-attended award ceremonies as our school community is very proud of the results achieved by the students of our school.

Hawkesbury Dance Festival

Our girls shone in this fabulous festival of dance, thanks to their

. WALKING TOGETHER . LEARNING TOGETHER .

talent, practice, enthusiasm and the hard work of Ms Horan, the dance teacher. All the students from all schools were wonderful on the night, and the staff performance was lots of fun as well!

Audit of Teaching and Learning Programs.

In preparation for next year, the school has just completed a whole-school audit of teaching and learning programs across all KLAs. We have found both some things to inspire us and also some aspects needing attention. The three reasons for this audit were:

1. To ensure we are meeting the requirements of the Board of Studies and the Department of Education and Community
2. To ensure that our programs are engaging the students
3. As part of our preparation for the new Australian Curriculum.

If you would like to comment on our programs and our curriculum, please keep a watch on the school website. Our next survey will be on this area and we would value your input.

Attendance

Our big push on student attendance at school is paying off; we are continuing with this but now also concentrating on lateness to school. Some students seem to be regularly late and are therefore missing out on a lot of important work. If your child will be late, they need to bring a note from you the parent/caregiver to explain why. I will be talking to late students in an effort to address this important issue.

Mrs A Cam
Principal

DROP-IN Coffee Club



When

Every second Friday
starting from
14 October 2011.

Time

11.30am for about 1 hour

Where

Staff common room

Who will be there

some of the staff
including the Principal,
Aboriginal
Tutor

Purpose:

An informal chat

Sign-in

At front office on your
arrival
(this is for OHS reasons).

*No need to RSVP – just
drop-in!*

IMPORTANT INFORMATION FOR PARENTS

YEAR 10 FINISHING DATE 2011

With the new school leaving age, students in Year 10, who have not reached 17 years of age, are required to attend school until the third last day of Term 4 – Friday 16 December 2011. Year 10 students who have successfully completed their School Certificate and:

- ♦ have been offered a full-time traineeship or full-time apprenticeship or
- ♦ full-time permanent work (more than 25 hours per week)
- ♦ are not returning to school in 2012
- ♦ have completed clearance obligations with the school.

may seek an exemption from the school by applying in writing to the Principal.

Students will not be granted exemption from school for part-time work. Students need to be attending school so as not to miss out on important information which they will take with them into Year 11 2012. A reminder that only students who are enrolled at Windsor high Scholl are permitted to attend the Year 10 Formal.

CAPTAINS CORNER



OUR SCHOOL CAPTAINS

Emma-Jayne Cooper

Late last term, during the year 12 graduation ceremony our 2011/12 school captains were officially announced. Since their indication they have willingly jumped into their new school roles, showing both staff and students alike that they are committed to their new roles and that they are up for all of the challenges that go along with it.

This is your opportunity to get to know your captains a little better...



Hi my name is Rhys and I am one of your school captains for 2012. As school captain I want to help change the respect that students around the school display towards teachers and staff. I think that we all

deserve to be respected at all times and it is a value that I aim to uphold, not only here at school but also in my life outside of school. I want to help lead our school into a better tomorrow.

Rhys Mendham

Carly Townsend



Hi my name is Carly Townsend and I am one of your school captains for 2012. I am fun, friendly and easy to get along with. If you ever find yourself looking for someone to talk to or you need someone to help you out, come and have a chat with me. I'm excited about working with you all in the coming year to help achieve the greatest for Windsor High.

Danielle Cooper-Challita



Hi I am Emma-Jayne Cooper and I am one of your school captains for 2012. Some people would say that I'm very loud and outgoing person and I am extremely proud to be your school captain for the upcoming year. I am looking forward to working with many of the teachers, students and SRC to make Windsor High an even better

CAPTAINS CORNER.....cont



Hi I am Danielle Cooper-Challita and I am one of your school captains for 2012. I look forward to working with all of the students, staff and SRC of Windsor High during my time. Together I believe that we can not only reach for the stars, but touch them.

Thank you for electing me as you captain and if there is anything I can do for you, please don't hesitate to come and talk to me.

Hello, my name is Sarah Bennett and I am your Community Leader for 2012. I promise that I will support and guide our entire school community into a more productive and bright future.



I look forward to being the face of the school for the incoming year 6 students and getting to work closely with them to ensure that their transition here into Windsor High is not only smooth but enjoyable.

THUMBS UP PROGRAM

On the 14th September, last term, a group of Windsor High Students attended a mini expo at Australia Technology Park. This expo was part of a health promotion campaign for Aboriginal students developed by the Jimmy Little Foundation. Its aim was to increase student awareness in making healthy lifestyle choices and better health decisions as well as increasing student confidence and motivation.



Hi, my name is Bradley Logue and I am your STAR captain for 2012. As your STAR captain I look forward to working to being the student voice for the PBL team and helping to make the school a happier and safer place for all students and teachers.



This month is going to be a busy one for our captains, with Emma, Rhys, Dani and Carly heading off for 3 days to attend the Macquarie Youth Leadership Forum. This camp will give them an opportunity not only to meet the other leaders from within our district, but to develop their leadership skills and spend some time out in our community, helping to make a difference. On November 10th, Carly and Rhys along with Ms Cam and Ms Byrne will attend a Community Afternoon Tea to be hosted at the Richmond RAAF base. On November 23rd all of our senior leadership team will be heading into the city to Parliament House for the annual 'Leadership Encounter'. This day will give all of our senior leadership team the opportunity to connect with leaders across New South Wales, but to also help develop their leadership skills.

Our students were involved in a number of workshops in which they learnt the song "Stand Up" and performed this outstandingly in front of a number of schools at the expo. Well done to the students involved! I would like to thank the Jimmy Little Foundation and Graham and Kevin for organising such a great event.



SRC REPORT

On Monday 31st October, Windsor High School ditched their traditional green and gold uniforms and turned the school pink in the name of charity. Staff and students were encouraged to dress in pink and make donations to help the school's SRC raise money in support of Pink Ribbon Day. Students dressed up in the pink spirit and sold pink ribbon day merchandise. They also requested that everyone in the school make a gold coin donation for wearing mufti as 100% of the proceeds went to the National Breast Cancer Foundation.

While the school supports several charities throughout the school year, Pink Ribbon Day is one that is close to the heart of many people within the school community, with numerous staff and students knowing someone who has been affected by breast cancer. The aim of the day was to not only raise money, but to also raise awareness for the Breast Cancer Foundation.

It's important that all staff and students are aware of the risk factors associated with breast cancer and the importance of early detection. This year prizes were awarded to the best dressed students. It was a hot competition, with many students putting a lot of time, effort and thought into their costumes for the day. Our prize winners were: **Commendable Effort:** Ms Berry, Rachael McGarry, James Renaud, Kyle Lamaro, Corey Griffith, Jaye Bettridge, Julie Sorensen, Chantelle White, Macayla Wilson-Martin and Liz Turai



First Place: Ashley Howarth



Second Place: Liam Bates

SRC REPORT.....cont



Third Place: Rheannon Nichols

It was the wonderful SRC representatives who were responsible for organising such a successful day. Their hard work and effort was highlighted by a photo in which staff and students stood in the shape of the iconic pink ribbon and an upside-down heart to coincide with the 'I heart Pink' campaign. On the day contributing merchandise and gold coin donations saw the staff and students of Windsor High School raise an amazing \$750.

The pink ribbon day photo is now available for sale. The photo costs \$3 with all of the money raised going to the Breast Cancer Foundation. Please see Ms Byrne in the PDHPE staffroom to place your order. The last date for orders to be placed will be Friday 18th November.

Ms A Byrne
SRC Coordinator



WESTERN SYDNEY REGION PERCUSSION CAMP

2012 Camp to be announced in February

A Windsor High initiative, the first Western Sydney Region Percussion Camp brought together 55 students from 20 different Hawkesbury schools, 12 teachers and tutors and over 250 instruments for three days of intense and hands on percussion master classes, workshops, jams and an incredible camp concert.

The Camp

The camp opened on the 21 September with morning workshops in Latin percussion and African Dejembe drumming. This followed with several hours of master classes in body percussion, Darrabukka drumming, mixed orchestral percussion, funk drumming and the day concluded with a camp item rehearsal. By the end of the day students attended seven workshop sessions and were left exhausted and wanting more.

On the second day students attended a follow up workshop in Samba and African hand drumming, while in the afternoon they attended over 3 hours of elective workshops. In the evening students and teachers performed and entertained each other at an impromptu concert.

On Friday morning students were given one final opportunity to rehearse their camp concert item and in the afternoon everyone was involved in an intense 3 hour rehearsal for the closing camp concert. The closing camp concert was spectacular to say the least with outstanding ensemble performances from all participants. There were many highlights which included; the exotic rhythms and solos of the Arabic drum ensemble; the powerful and driving rhythms of samba group; the funky sounds of the snare ensemble; the warm and rich tones and rhythms of an African Drum circle and the fun Rock arrangements presented by the mixed percussion ensemble. Every student was involved in at least 4 of the seven performance items presented.

I would like to thank everyone who made this camp such a great success. In particular, Mrs Cam for her belief and encouragement in our darkest hours. Our super SASS staff worked

tirelessly for over 8 months managing administration and assisting with camp advertising, and making sure I did not make a mess of the finances. The wonderful school staff who helped to sell or buy chocolates during our fundraising drive and their positive encouragement which helped to motivate and drive our students. Our parents who continue to give their time and effort to transport equipment, help children with raising money for the camp and with supporting our school community even though their children were not involved in the camp.

Finally, I want to thank the 15 children who attended. They worked throughout the year raising funds, with organisation of the camp, repairing instruments and anything else that was asked of them. At the camp I had the opportunity to again see them at their best and I am very, very proud of all of them.

Mr S Bonaccorso
Head Teacher of CAPA - Western Sydney
Region Percussion Camp Coordinator.



RESPECT



ACHIEVEMENT



TEAMWORK



SAFETY

C.A.P.A REPORT

Windsor Samba at the 2011 Sydney Blues Festival

On Saturday the 29th October the Windsor Samba band performed at the Sydney Blues Festival. Our combined Windsor High and Windsor Public Samba band of 40 students performed twice, once at 4.30pm and later at 6.30pm in front of Trentinos Restaurant and only a street away from headline performers such as Jeff Lang, Ash Grunwald, Jeff Martin and Baby Animals and other talented local and international acts.

Our students were buzzing with excitement before the performance. The samba band could be heard up to a hundred metres away and audiences flocked from other outdoor stages to see our kids play their samba. Again, they were outstanding and did not miss a beat, crashing their drums and bells.

The Windsor High students who performed at the Sydney Blues Festival were Maddison Brough, Amber Braushi Brent Silvers-Remilton,

Chloe Braushi, Chloe Jochico, Valerie Jochico, Cassandra Conlon, Dallas Butler, Dana Spence, Dean Kennedy, Tyler Small, Edyth Moxon, Gemma Carroll, Gemma Healey, James Fenton, Joseph Moxon, Sharney Arkwright, Rhiannon Dark, Tyler Small and Jarrad Bettridge.

It was a wonderful performance opportunity for Windsor High and to be invited to take part in such a prestigious event. A big thank you to Mr and Mrs Moxon who helped out with transporting instruments and all the parents who came and supported the samba band. Well done everyone!

Mr Bonaccorso
Head Teacher CAPA





Cleetondale Wholesale Nursery

Large Scale Mowing

5 Floyds Road South Maroota NSW
2756

Ph: 02 4575 0306 Mob: 0407 705 932

***SPONSOR OF WHS
PRESENTATION EVENING***



CAREERS NEWS

November 2011

www.mhscareers.com

See Mrs Calvert or Mrs Boyd for more information on any of the opportunities below.
Jobs

Go to <http://www.indeed.com.au/> and type apprenticeship or traineeship in the “what” box.
Or try other searches from <http://www.mhscareers.com/JobSearch.html>.

University of Sydney Info Day

What: mini-lectures, tours, speak to staff and students about your options

When: 4 January from 9.30am to 4pm.

http://sydney.edu.au/future_students/news_for_schools.shtml

UNSW Info Day

When: 4 January

<http://studentlife.unsw.edu.au/events/unsw-info-day/>

Pre-Apprenticeship Courses

What: 1300apprentice free 3 week TAFE course

Where: metals & refrigeration in Granville, metals in Campbelltown, electrical in Chullora.

When: 14 November – 2 December

Contact: 9715 7344 or c.smith@1300apprentice.com.au or d.lawler@1300apprentice.com.au

<http://1300apprentice.com.au>

Macquarie University UniTEST

What: alternative entry test for disadvantaged students for Semester 1 2012 entry

When: 5 December at 9:30am

Where: on campus at Macquarie University

Register: compulsory

http://www.mq.edu.au/future_students/undergraduate/alternative_access/unitest/

CSU STUDY LINK

What: improve your study skills and prepare for uni study.

How: By completing one or more subjects online.

<http://www.csu.edu.au/student/studylink/>

Australian Catholic University Info Sessions

Brisbane Campus: 19 Dec 6pm-7.30pm

Where: 1100 Nudgee Road, Banyo IB:15/Flexible Learning Centre

North Sydney Campus: 4 Jan 10am-4pm

Where: 40 Edward St, North Sydney

Strathfield Campus: 4 Jan 10am-4pm

Where: 25a Barker Rd, Strathfield

Canberra Campus: 19 Dec 5.30pm-7pm

Where: 223 Antill St, Watson B10

Contact: http://www.acu.edu.au/more_information/contact/#Future

<http://www.acu.edu.au/281778>

CAREERS NEWS.....cont

Pearsons School of Floristry Info Sessions - Sydney

When: 13 & 20 Dec, 31 Jan, 7 Feb at 6pm.

<http://www.pearsonsschool.com.au/InfoSessions/InfoSessions/InfoSessions/Overview.aspx>

University of Sydney Architecture Exhibition

When: 1 to 8 December

Blog: www.amaze2011.com

<http://sydney.edu.au/news/architecture/274.html?newsstoryid=7900>

Macquarie University Info Day 2012

When: 4 January 9am - 4pm

Contact: 02 9850 1883 or events@mq.edu.au

<http://www.infoday.mq.edu.au>

Coco Republic Design School Info Night

When: 22 November 6:30pm – 8:00pm

Where: Coco Republic Design Centre, 24 O’Riordan Street, Alexandria NSW 2015

Register: lyndsayhowlin@cocorepublic.com.au

Design session with Emma Elizabeth: 9 November 6-9pm, 11 November 10am-1pm

Cost: \$95 (incl GST)

www.cocorepublic.com.au

ACTT Free Acting Workshop & Info Sessions

When: 5 & 26 November, 10.30 - 12.30.

Where: Pitt St Campus, Sydney

<http://actt.edu.au/course/dropact>

WorkVentures Traineeships for 2012

What: business, finance, law or information technology.

Eligibility criteria: Must not have attained a qualification over a Cert II

When: apply now, open days and interviews throughout Nov and Dec.

Apply: cover letter and resume to gtc@workventures.com.au

<http://www.workventures.com.au/traineeships/vacancies/12-traineeships/615-traineeships-for-2012>

Pacific2012 Australian International Maritime Exposition Careers and Skills Forum

What: learn about commercial maritime and naval defence career opportunities.

When: 3 February 2012

Where: Sydney Convention and Exhibition Centre Darling Harbour.

Who: School Groups of up to 10 students from Years 9-12.

Cost: Free

Contact: Laura Lane 03 5282 0500 or careersandskills@amda.com.au

<http://www.careersandskills.com.au/events-pacific2012.html>

UWS Youth Science Forum

What: workshops, tours and hands-on activities in a range of subjects.

When: 18 - 20 January 2012

Cost: \$440 (incl. GST)

Contact: Professor Robert Mulley (02) 4570 1210 or Lindy Pearson (02) 4570 1307 or

l.pearson@uws.edu.au

http://www.uws.edu.au/_data/assets/pdf_file/0018/201645/YSF@UWS_Program_2012.pdf

CAREERS NEWS.....cont

HSC Preparation Courses in January 2012

Where: The Centre for Continuing Education at The University of Sydney

When: courses start on the 9th, 16th and 23rd of January 2012

<http://www.cce.usyd.edu.au/hsc>

Engineering and Information Technology Discovery Day

When: 22 November 9:00am-3:15pm

Where: UTS Broadway Campus.

Who: students from years 8 - 12

Book: through your careers adviser.

Register: closing date for completed registration forms is 11 November.

Contact: 02 9514 2666

<http://www.feit.uts.edu.au/outreach/schools/events.html>

Antipodeans Abroad NEW! Canada summer camps

What: work in the stunning outdoors, run sports activities or become a camp counsellor.

<http://www.antipodeans.com.au/Programs/GapBreak/Destinations-And-Projects/Canada.htm>

Make-Up Effects Group, Sydney

What: Make-up and special effects Master Class

When: commences January 2012

Contact: Louise Fitzgerald 0410 602 120 or loufitzz@bigpond.com

www.megeffects.com.au

Youth Week in NSW Design Competition

What: win \$1000 by designing a poster to be used in Youth Week 2012

Entries should be innovative, creative, and help spread the word about Youth Week.

When: entries close 30 November 2011.

<http://www.youthweek.nsw.gov.au/news/youth-week-in-nsw-design-competiton>

How Big Are Your Dreams? an innovative program for young Aboriginal and Torres Strait Islander people.

What: promotes education, strengthens self-confidence and imparts new skills.

Who: Aboriginal or Torres Strait Islanders, living or studying in Sydney, and in Years 9 or 10 in 2012.

When: applications close 6pm, 1 December.

Contact: Jane.Stratton@uts.edu.au or Jada.Alberts@uts.edu.au or (02) 9514 5374

<http://howbigareyourdreams.org.au/>

To receive these messages by email, register your email address at:

<http://www.mhscareers.com/ContactUs.html>



REGULAR SCHOOL ATTENDANCE

Why must I send my child to school?

Education in NSW is compulsory. This means all children from 6 years of age and under the minimum school leaving age are legally required to attend school.

From 2010, all NSW students must complete Year 10 and until they turn 17 years of age students must be:

1. in school or registered for home schooling, or
2. in approved education or training (eg TAFE, traineeship, apprenticeship) or
3. in full –time, paid employment (average 25 hours per week) or in a combination of work, education and/or training.

Principals are legally responsible for keeping accurate records of student attendance.

Principals are also responsible for deciding if the reason given for an absence is justified. For this reason, Principals may request medical certificates or other documentation for long or frequent absences explained by parents as being due to illness. It is important to understand that the NSW Department of Education and Training may prosecute parents (including carers) if children of compulsory school age have recurring numbers of unjustified absences from school.

Must I send my child every day?

YES. It is a condition of enrolment that you send your child to school every day.

Why is regular attendance at school important?

Regular school attendance will help your child to succeed in later life.

Attending school every day makes learning easier for your child and helps children to build and maintain friendships with other children.

Why is arriving at school on time important?

Arriving at school and class time:

Ensures that your child doesn't miss out on the important learning activities scheduled early in the day when they are most alert.

Helps your child to learn the importance of punctuality and routine

Gives your child time to greet their friends before class and therefore

Reduces the opportunity for classroom disruption

Lateness is recorded as a partial absence and must be explained to the school the same way as other forms of absences.

Must my child attend activities, including daily fitness and sport?

YES. Sport and other physical activities help to keep your children healthy. Children are expected to attend all regular school activities, including sport.

Do you have problems getting your child to school, for some of the following reasons?

Won't get out of bed

Won't go to bed

Can't find their clothes, books, homework.....

Slow to eat breakfast

Watching TV, on the computer late at night

Here are some suggestions which are based on setting regular routines:

Have a set time to go to bed

Have a set time to get out of bed

Have uniform, bags etc ready the night before and Be firm

Upcoming Events

TERM 4

- ◇ 21/11 World of Work Program begins
- ◇ 22/11 E.S.S.A Exam
- ◇ 23/11 Leadership Encounter
- ◇ 25/11 World of Work Program concludes
- ◇ 02/12 Jamberoo Rewards Day
- ◇ 02/12 Year 10 Formal
- ◇ 05/12 Surf Camp
- ◇ 07/12 Presentation Evening
- ◇ 15 /12 Semester Awards
- ◇ 16/12 Students Final Day of Term 4
- ◇ 19/12 Staff Development Day



REQUEST FOR FAMILY EMAIL ADDRESSES

As indicated in previous newsletters we are attempting to become **Green** in the way we use paper etc around the school. In the future we would like to email school information to parent's and student's email addresses. Would you please complete the form below and return to the Front Office as soon as possible or alternatively you may email your details to: windsor-h.school@det.nsw.edu.au.

Hard copies of information will always be available to those who request it.

Family Name: _____

Student's Name: _____

Email address: _____

E.S.S.A AT WINDSOR HIGH

(Essential Secondary Science Assessment)

All Year 8 science students in NSW will be attempting their ESSA test on Tuesday 22nd November 2011. This will, of course, mean that Windsor High School Year 8 students will also be doing the test on that date. The NSW government will mail results to parents in late January / early February 2012.

This year the ESSA examination will be a performed only on a computer as compared with other times in the past when it was done by using in the more traditional pen and paper test format. The assessment will last for 80 minutes and students will be withdrawn from normal class so as to perform the examination.

Most students performed the ESSA readiness test last week so as to prepare themselves for the real assessment on the 22nd November.

Year 8 students will need to bring ear buds or head phones on the 22nd in order to clearly hear the instructions and stimulus material presented to them during the test. Ear buds are available at the school's administration office for purchase at a price of \$2 for any student who does not already own some.

Enquires linked to performing the ESSA examination should be directed to the Head Teacher of science Mr. Jones.



DANCE ENSEMBLE REPORT

The Windsor High School Dance Ensemble has had a busy 2011. The two routines performed by the Ensemble this year were 'Right Here, Right Now' which was a contemporary piece, exploring the concept of time, the movements and pattern work were inspired by the inner workings of a clock. And an upbeat jazz number called 'On the Floor'.

Their first performance was back in June at the Sydney West Dance Festival, the group showed off all their hard work and effort and the committee members went out of their way to congratulate the girls of how professional and together the group looked this year. The Ensemble was a part of the music concerts held at school and went on to perform at Education Week concerts in the local community at Richmond Marketplace and the Riverview Shopping Centre.

The group's final performance was at the Hawkesbury Dance Festival held at the Windsor Function Centre. Where they headlined the show and once again were congratulated on off rehearsed the routine looked.

The students in the 2011 Dance Ensemble were Amber Braushi, Gemma Carroll, Lisa Connors, Rhiannon Dark, Katelyn Dicoski, Brittany Hosking, Elizabeth Hosking, Madison McVicar, Isabelle Minter, Caitlin Pearson, Meagan Pearson, Leah Crocker-Rayner, Natalia Rotterman, Kirstie Schifferus, Caitlin Steel, Sheyanne Taylor, Shaneal Whiteley and Codi Wood.

Mrs Horan would like to congratulate all the girls for a successful year and would like to thank them and their parents for their effort and hard work. Look forward to next year.



Improving numeracy

Windsor High School

Newsletter Sept
Volume 1, Issue 1



Meet our numeracy team

Members of our team are:

- Ms A. Cam Principal
- Ms M. Court, Maths HT
- Ms M. Geed, Science teacher
- Mr D. Hawes, IA teacher
- Ms Y. Kashyap, HSIE teacher
- Ms C. Keir, Support Teacher Learning Assistance

This team will be working hard to develop and implement strategies to improve numeracy across all years at Windsor High School.

Our main focus will be working with Years 7 and 8, as these are the foundation years for numeracy in High School.

We will build on the work done already at Primary schools and work alongside our partner primary schools.

Moving the Middle

"Moving the Middle" is the Regional focus which will result in sustained improvement in numeracy for our students.

Through this project, we will work on increasing the numbers of students achieving results in the higher bands for numeracy and reducing the numbers of students achieving lower results.

On Monday, September 12, 2011, the team attended a regional training day with many other primary and secondary schools from Western Sydney. At this meeting, the team learned about:

- developing strategic plans for 2012 - 2014.

- How to analyse students' literacy levels using NAPLAN data from 2011
- Ways to work with teachers to improve literacy in all faculty areas.

The Department of Education and Community has given a grant of \$4000 to the school to help with releasing team members from classes to work on this important project.

The project will run over the next three years, the life of the new school plan.

Next issue: What are our targets for 2012?

Ways to help your child improve numeracy.

**Parent
Line**

1300 1300 52



Surviving Exam Stress

You may have heard the saying that “parents are only as happy as their least happiest child”. If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

- ◆ Maintain perspective: Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person’s mental health or their relationship with their parents may not be worthwhile.
- ◆ Tune into what your child wants to achieve. This may be completely different to the goals that you hold for your adolescent.
- ◆ Help your child to think about goal setting – knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.
- ◆ Support your child to find a level of balance in their life of study, socialising, and recreation that is appropriate to the goals that they wish to achieve.
- ◆ Notice and praise your child’s efforts at developing and maintaining a study plan. If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone-calls etc.
- ◆ Ensure that child has an appropriate environment for study. They should have a dedicated, quiet space that is comfortable, has adequate lighting and is free of clutter.
- ◆ Provide emotional support: Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.
- ◆ Be supportive by giving your child space and leeway as they go through a very stressful time in their life. Try to have realistic expectations about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.

If your child feels unprepared and anxious, don’t panic with them or make things worse with “I told you so’s”. Reassure them that they can only do their best and help them to develop and apply relaxation and time-management techniques. Lastly, and very importantly, prepare yourself for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child’s despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge.

COMMUNITY ANNOUNCEMENTS



Patron: Her Excellency Professor Marie Bashir AC Governor of New South Wales.
A voluntary organisation caring for the dependants of deceased Australian war veterans and serving personnel killed or incapacitated in service or in training as students.

19 October 2011

The Principal
Windsor High School
Corr Windsor and Mulgrave Rds
McGRATHS HILL NSW 2756

Attention: Ms Alexis Byrne

Dear Sir/Madam

I am writing to you on behalf of all members of Hawkesbury Torchbearers for Legacy to thank you once again for permitting students from your school to participate in the recent Legacy Badge Week, held during the first week in September 2011.

My sincerest thanks to Ms Alexis Byrne for liaising with me and for the time she made to personally ensure that all the information concerning the students who were participating in Badge was complete. Greatly appreciated – thank you.

Once again your students excelled – one student becoming the fourth highest badge seller in the Hawkesbury District. Windsor High School students raised a total of \$1,571.35 which was an excellent effort. Congratulations.

The results are as follows:

1.	Joshua Ferry	\$132.00
2.	Matthew Cooper	\$246.55
3.	Amber Braushi	\$248.25
4.	Billy Peck	\$75.60
5.	Corey Griffith	\$183.95
6.	Shanaye Kuntze	\$320.00
7.	Jimmy Penton	\$165.00

Fourth highest badge seller in the
Hawkesbury District

The name of the first four top sellers in the district have been placed into a N.S.W State draw which will be decided within the first three months of next year. If a student's name from your school is selected, it would mean a day with RAAF at Richmond. Should this occur, the appropriate paperwork will be forwarded to the student for parental permission.

The Windsor High School students were fine ambassadors for their school and their diligence and enthusiasm was second to none.

10 East Market Street, Richmond NSW 2753
Phone: (02) 4570 3720 Fax: (02) 4588 6228

Postal address: PO BOX 225, Richmond NSW 2753
www.legacy.com.au hawkesbury@sydney-legacy.com.au

ABN 22 000 045 065

COMMUNITY ANNOUNCEMENTS

All communications to be addressed to:

Mr A. Rutter
Secretary
Oakville Bushfire Brigade
18 Books Crescent
McGraths Hill NSW 2756

Telephone: 0412 383 698

E-mail: oakbfb@bigpond.com

Station
218 Books Road
Oakville NSW 2756

Facsimile: (02) 9836 3138



To whom it may concern,

Your Ref:

Our Ref:

Please Find the following information about student Heath Sheridan, National Champion

The Oakville Brigade sent A team of Cadets from 4th to the 7th October 2011 to the National Cadet Championships held at Myuna Bay. The Championships were attended by teams from Victoria, Western Australia, Queensland, New South Wales, and New Zealand.

The Oakville Team stormed home with a first overall and was awarded the National Cadet Title with wins and placings in the following events,

Portable pump relay(4), Two lines-Two lengths(3), Knapsack Relay(5), Light Tanker & Hand tool(4), Station Response Drill(1), Tanker and Ladder(1), Team Challenge(5)

The events were conducted at the Myuna Bay Sports & Recreation facility and surrounding area. There was also team building events which included the building of a raft and racing it around a course and a kayak rowing scenario. The Championship also allowed the cadets to make new friends and share ideas with other teams.

If you require further information please ring Captain Peter Speet 0412 888 251

Regards

Yours sincerely

Andrew Rutter

♦ Rural Fire Service Advisory Council

♦ Bush Fire Co-ordinating Committee

COMMUNITY ANNOUNCEMENTS

RESPECT

ACHIEVEMENT

TEAMWORK

SAFETY



Canteen Price List 2011

SANDWICHES

Salad	\$3.00
Cheese and tomato	\$3.00
Egg and lettuce	\$3.00
Ham and tomato	\$3.00
Ham and cheese	\$3.00
Ham cheese and tomato	\$3.50
Chicken lettuce and mayonnaise	\$4.00
Cheese and salad	\$3.50
Ham and salad	\$3.50
Chicken and salad	\$4.50

Rolls add 50c

SALAD

Garden salad	\$3.50
Chicken/ham&cheese salad	\$4.00
Multi snack packs (sandwich cheese, crackers, fruit/vegie sticks)	\$4.50

CAKES

Muffins, cookies and variety of
cakes available at various prices

ICE BLOCKS

Paddle pops	\$1.40
Thick shakes	\$2.80
Icy twist	\$1.20
Calippo \$2.20 Mini Calippo	\$1.20
Gaytime	\$3.20
Orange juice cups	\$1.00
Cyclone	\$2.00

HOT FOOD

Lasagne/macaroni cheese	\$3.50
Pizza rounder/ chicken rounder	\$3.00
Pizza Slab	\$3.00
Vegetarian roll	\$4.00
Chicken burger	\$3.50
Hamburger	\$3.50
Traveller Pie	\$3.50
Potato pie (and other flavours)	\$3.50
Sausage roll large	\$3.00
Sausage roll small	\$2.50
Chicken and corn roll	\$2.00

Hot food varieties
"Healthy canteen" approved

Yogurt with fruit puree	\$3.00
Frozen Yogurt	\$2.20
Fresh fruit available at seasonal prices	

MILK AND JUICE

Plain milk 600ml	\$1.80
Plain milk 300ml	\$1.20
Large flavoured Oak	\$3.50
Small flavoured Oak	\$2.50
Nippies flavoured milk	\$3.00
Large juice	\$3.00
Small juice	\$2.00
Water 600ml	\$2.00
Pump water 750 ml	\$3.50
375ml can	\$2.50
Sports drink	\$3.50

- Lunch orders will be taken before school including salads please!
- Some items will be restricted to certain days
- Some items will only be available in summer and some in winter

SAFETY . TEAMWORK . ACHEIVEMENT . RESPECT

Windsor High School Uniform Shop

Price List - October 2011

ALL STUDENTS

January 2011

Sloppy Joe	\$30.00
Jacket (optional)	\$40.00

JUNIOR BOYS.

Grey Cargo Shorts	\$25.00
Grey Cargo Pants	\$35.00
White Shirts	\$15.00
White Polo	\$16.00

SENIOR BOYS.

Grey Cargo Short	\$25.00
Grey Cargo Pants	\$35.00
Yellow Shirt	\$15.00
Yellow Polo	\$16.00

JUNIOR GIRLS.

Pleated Skirt - Tartan	\$38.00
Straight Skirt - Tartan	\$38.00
White Blouse	\$15.00
White Polo	\$16.00

SENIOR GIRLS.

Pleated Skirt - Tartan	\$38.00
Straight Skirt - Tartan	\$38.00
Yellow Blouse	\$15.00
Yellow Polo	\$16.00
Green pants (Stretch)	\$35.00

P.E UNIFORM – BOY & GIRLS

P.E Shorts (stripe)	\$ 20.00	Bottle Green/Gold
P.E Shirt	\$ 25.00	Bottle Green/Gold
P.E Track Pants	\$ 25.00	Bottle Green
P.E Track Jacket (stripe)	\$ 35.00	Bottle Green/ Gold
(Also School Jacket)		

TARTAN MATERIAL \$13.00/ Metre

OPENING HOURS

Tuesdays and Thursdays

8.00 am - 8.45 am

. WALKING TOGETHER . LEARNING TOGETHER .