



WINDSOR
HIGH SCHOOL

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INSIDE THIS ISSUE

Deputy's Report	4
Sport Venue Costs	5
Sport Report	6
Sport Selection Notice	7
Maths Counts	8
Community News	10

August 2012

SAFETY TEAMWORK ACHEIVEMENT RESPECT



Y12 Industrial Technology students HSC major work - Congratulations

PRINCIPAL'S MESSAGE

I wish to share with you an address I have given to students on Wednesday 9th August 2012.

“Good morning parents/ caregivers and students to this formal assembly.

First and foremost I would like to thank the students, staff and parents/caregivers of Windsor High for the welcome over the past few weeks whilst Mrs Cam has been on leave.

May I say congratulations to the many students I have observed achieving both individually and for Windsor High School.

- The Year 12 Drama evening
- ‘Windsor on Stage’ concert

- Education Week Simu-launch at Riverview Shopping Centre

Goodluck to Jaymie E who will be travelling to Japan for an exchange visit representing Windsor High with pride and well done to the staff for the Year 10 Information Night. Both the information provided and the hospitalities were of the highest standard.

With the Olympics currently underway and the athletes striving for personal best, I would like to take this opportunity to share three short but vitally important thoughts with you.

. WALKING TOGETHER . LEARNING TOGETHER .

1. The first step to getting things out of life is to: Decide what you want.

Your parents/caregivers and teachers have guided you to where you are now. But soon you will be on your own and have to make your own decisions.

Do you really know what you want out of life?
 Have you decided what you want?
 What is most important to you?
 Money?/Fame?/Travel?
 Successful business of your own?
 Sporting success?
 To help less fortunate children overseas?
 All of these or more?

So I challenge you, sometime over the next week or so, try writing down what you really desire out of life.

You see, **“The best way to predict the future is to invent it.”**

If you have left school, truly believing that you can take control of your life, that you can invent your futures, then you are well on the way to a fulfilled life. But, be aware: as the Rolling Stones once sang:

“You can't always get what you want but if you try sometimes you just might find you get what you need”

2. Success isn't permanent and failure isn't fatal.

Just ask James Magnussan!

- * If someone tells you that you won't last at school/ Uni / TAFE/ or in a particular job, prove them wrong.
- * If anger, or laziness seems to affect you, make a conscious decision to improve.

“Change your thoughts and you change your world.”

All of you will struggle and make mistakes at some time. We all do. You need to stay on track or get back on that track if you fell away. Remember that **“Eighty percent of success is showing up.”**

But it is the ability to bounce back after disappointment or failure that defines success. We call this **RESILIENCE**

We have all been disappointed or failed at something some time in our lives- that's the reality of life- and the classic saying **“get back on the horse that threw you”** describes precisely this attitude of resilience needed to continue. Character and success are built on these foundations of frustrations and regrets but interestingly, Failure rather than success is more likely to provide the building blocks you will need for future achievement. All of the clichés that you have heard, maybe rolled your eyes over and wondered how it relates to you are so true for all of you now.

Just a few to remember

- Don't let others slow you down.
- Stick to your goals.
- Be true to yourself.

and don't spend time whinging.

Nelson Mandela once said,

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful, beyond measure

It is our light, not our darkness that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be?”

3. There are two things in your life that you should prize above all others- Trust and Respect.

If you are trusted doors open and opportunities become available. If you are respected your opinion and counsel will be sought. But in order to receive respect you must first give respect. And before you can respect another you must have respect for yourself.

The *‘National Goals of Education’* identify that

students, when they leave school, should have nine values of ethical and social responsibility. So do you have these values?

- Compassion and Care for self and others
- Doing Your Best- Seeking to accomplish something worthy and admirable, trying hard, pursuing excellence
- Fair Go- Pursuing and protecting the common good where all people are treated fairly for a just society
- Freedom- Enjoying all the rights and privileges of Australian citizenship free from unnecessary interference or control, and standing up for the rights of others
- Honesty and Trustworthiness- Being honest, sincere and seeking the truth
- Integrity- Acting in accordance with the principles of moral and ethical conduct, ensuring consistency between words and deeds
- Respect- Treating others with consideration and regard, respecting another person's point of view
- Responsibility- Being accountable for one's own actions, resolving differences in constructive, non-violent and peaceful ways, contributing to society and to civic life, taking care of the environment and

finally

- Understanding, Tolerance and Inclusion- Being aware of others and their cultures, accepting diversity within a democratic society, being included and including others

Unfortunately these values are not always reflected through the media today, so our shared role is vitally important in ensuring that these values are reinforced and celebrated.

Students, it is important that you continue to strive for personal best in the place that is the best environment for you to grow up in - Your local state comprehensive High School."

I have enjoyed my time with you and wish you well in your future endeavours.

Mr John Coleman - Relieving Principal



WEP Student Exchange – Memories and Skills for a Lifetime!

Give your child the opportunity to gain international experiences and language skills to kick-start a future career. Along with distinct language benefits, exchange students mature, gain confidence and develop a more worldly approach upon their return to Australia.

Experience the wonderful world of WEP!

Choose from over 100 programs to over 20 countries around the world to live and study for a summer, semester or year. Applications are closing at the end of August for programs departing in Jan-Feb 2013. WEP is also offering Early Bird Specials for programs departing in July-Sept 2013!

Find out more! Visit www.wep.org.au and request a free information pack

Upcoming Information Evening Sydney: 25 October

DEPUTY'S REPORT

Term 3 has certainly started with the students very busy settling in to their studies. Students from Years 9 and 10 have started new elective courses this semester and later this term Year 10 will be making decisions as to the subjects they would like to study for their HSC. It is extremely important that these students are talking to their teachers and parents/caregivers as to the best possible options and choices.

Our Year 12 Industrial Technology students have also just recently submitted their projects and folios for external marking. The works are extremely impressive and I am sure the students will be rewarded for all their hard work with some fantastic marks.

Thank you to Mr John Coleman from Colo High School who relieved as the Principal for the first 4 weeks of term while Mrs Cam was on leave. Both the staff and students of Windsor High School are very appreciative of the time, effort and support you offered during this time.

On Wednesday 8th August, Windsor High Entertainment and Music students produced and performed the 'Inspire' concert. This was a fantastic achievement with some amazing performances on the night. I must also note that the production was put together by the Year 12 Entertainment class as part of their assessment for the HSC. Congratulations to all the staff and students involved.



**IT'S SUMMER
IT HAS TO BE
CRICKET
WITH YOUR
FRIENDS**

This summer we're looking for the next generation of bowlers, batters and catchers. There's lots of ways you can get involved in cricket with your local club, association or indoor centre.
Sign up now with your local club or find out more at...

playcricket.com.au

Recently a program titled DigiEd ran in the school for a number of Year 7 and 8 students. The students produced short films in Claymation. Stories were designed, characters were developed and the students used stop motion to make their films. These films were also recently presented at a formal assembly for the whole school to see the fantastic work of these students.

Uniform

Thank you to the students and parents/caregivers for your continued support of Windsor High Schools uniform policy. There has been a vast improvement in the number of students wearing the correct uniform thanks to the effort of staff and parents/caregivers. Full school uniform makes students easily identifiable in the community and makes for a much safer environment within the school.

PBL Update

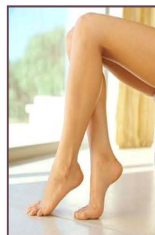
Recently a formal assembly was held at the school where students were recognised for their contributions around the school. Our focus has been keeping the environment tidy and students went into the draw to win Movie Tickets and iPod vouchers. Congratulations to all our winners.

Mr S Mudiman - Deputy Principal

House of Wax

Waxing & Spray Tanning

Spray Tan \$25 each or book you & 2 or more friends for \$20 each.
(Mobile Service available for 3 or more tans)



With every \$25 Leg Wax receive an eyebrow or under arm wax for free.

Formals, Race Day or Just to feel good.

Call now to make an appointment on **0414 275 720**.
North Richmond Studio

Sport Venue Costs 2012

All information regarding costs and necessary equipment can be found on this sheet. Please remember these are just options; for a sport to run there are a minimum number of students needed.

Discuss any choices and obtain permission from a parent/guardian before making your selection

Sport	Venue	Transport Costs	Venue Cost
Circuit Training Limited number only	Impressions Gym McGraths Hill	Nil Walk to venue	\$7.00 per week Towel from home required
Swimming Only	Oasis Centre South Windsor	\$7.00	\$4.00
Music Max 20 students	Music Rooms	Nil	TBA By the music teacher
Bowling	Windsor Ten Pin Bowling Centre	\$7.00	\$5.00
Competitive Netball Training	Mileham St. Netball Courts	\$7.00	Included in transport cost
Dance Ensemble	School Dance Room	Nil	Nil
Yoga Max 20 students	BF4	Nil	\$5.00 per week Towel from home required
Bootcamp Max 20 students	School Grounds	Nil	\$2.00 equipment fee
School Sport	School Grounds	Nil	Nil

**PE uniform is COMPULSORY
ALL DAY EVERY WEDNESDAY
regardless of which sport you choose!!!**

SPORT REPORT

Sport is always busy at WHS but this has been especially the case during 2012. Every year one school in the Macquarie Zone is responsible for the organisation and running of a major carnival up to and including Sydney-West level. This year, Windsor High has been in charge of the Zone and Regional Athletics Carnivals. Athletics is always the largest carnival on any school calendar. For Windsor High, the smallest school in the Macquarie Zone, this was a huge task. However, as is the 'Windsor way', no challenge proved too big for us!

A huge thankyou to all the staff from Windsor, who worked tirelessly to ensure that the Carnivals were a success, especially Mrs Horan who gave up so much of her free time, even in the holidays, to type up competitor running sheets and organise every required schedule of events.

The Macquarie Zone Carnival was held on the 22nd June in much better weather than the previous year! It ran very smoothly all day with some excellent athletics being performed by students from the eight schools involved. Congratulations to Paige Hooper (shot put) and Taylah Cottees (high and long jump) both from Year 10, who qualified amongst some very stiff competition, to represent Macquarie Zone at the Sydney West Carnival.

The Sydney-West Carnival was held over two days at the Blacktown International Sports Park. The weather was mostly kind to those who were out of the freezing wind! For the rest of us it was a definite blast of chilly winter winds. Macquarie Zone was well represented by some very talented athletes. Our very own Taylah Cottees has qualified in long jump to represent Sydney West at the CHS Athletics Carnival in September. We wish her all the best as she jumps her way to success! Macquarie Zone was placed 4th overall after two days of intense competition. The best news of all is that WHS is responsible for the management of Athletics again in 2013! So next year should be even better!

School Sport

Parents/caregivers and students are again reminded that Wednesday is Sport day!! Students MUST wear their WHS PE uniform ALL DAY.

The uniform is the green and gold PE shirt with green and yellow stripe shorts. During the winter, plain bottle green track pants are acceptable. Windsor Wolves football shorts are NOT part of the school uniform. Track pants that are any colour other than green are also NOT acceptable. Students should wear suitable sport shoes, a hat and bring a water bottle. Soft drinks during sport are not acceptable. Additionally please avoid making appointments during Sport time. Sport is a compulsory part of the syllabus and students from Years 7 – 10 must complete the mandatory requirements. If students are absent or have an injury, a doctor's certificate must be supplied.

Parents/caregivers are also requested to discuss with their children some of the safety policies necessary for Sport. For example, bags and belongings must be left in the roll call classroom at the beginning of Sport, where they will be locked away until the conclusion of the day. It is neither appropriate nor safe to attend the Sport afternoon with bags, phones, ipods, or any other type of electrical equipment.

Finally, due to lack of interest, Grade Sport has been cancelled. All students have now chosen new sports which will continue until the end of Term 4. These sports will commence on the 15th August. If your child has chosen a sport that involves payment, please ensure that you **send the required money each week**.

A copy of both the Sport choices and the Sport sign on sheet has been included in this newsletter for your convenience. If your child has not filled in a form, please ensure they do so ASAP and return to the Sports office. Many thanks, in anticipation of your continued cooperation with all things involving Sport ...

Mrs Windon and Mrs Horan
Sports Organisers



31 July 2012

Dear Parent/Caregiver,

SPORTS SELECTIONS 2012 TERM 3&4

NAME _____ YEAR _____

Write '1' for first choice and '2' for second choice

"A" SPORT

These sports require bus payment of \$7.00 and varied venue costs

Bowling (Transport & Venue Cost \$5, total per week \$12) ☐Swimming Only (Transport & Venue cost \$4, total per week \$11) ☐Competitive Netball Training (Transport & Venue Cost per week total \$7) ☐**"B" SPORTS**

These sports require a Venue, instructor or equipment hire fee

Impressions Gym (Venue cost \$7per week & towel needed) ☐Bootcamp (\$2 per week equipment fee) ☐Yoga(\$5 per week Instructor cost \$5) ☐Music (Instructor cost TBA by music teacher) ☐**"C" SPORTS**

These sports have no cost

Dance Ensemble ☐School Sport ☐

-
1. I understand if my child selects an "A" sport there is a cost of \$7.00 per week for transport.
 2. I understand the costs involved for certain activities and will pay as required.
 3. I understand that my child is required to wear full PE uniform every Wednesday.

Parent/Caregiver_____
Date

MATHS COUNTS

Welcome all to Semester Two from the Mathematics staff. Students have largely settled well into the new semester.

On the 4th August we had several students sit the Mathematics Competition. This is a very prestigious competition and we look forward to receiving their results early 4th term.

Recently we purchased a new digital resource for helping students answer multiple choice-questions. These types of questions can be very difficult to answer. There is always one choice that is deliberately included as a distractor. Each child in the class will use a small handheld digital device to choose an answer for a question displayed on the board by a data projector.

A graph of their choices is instantly displayed. This can then lead to a discussion of their choices. Most of the NAPLAN tests are multiple-choice as well as sections of the HSC Mathematic examinations.

Do you want to help your child with their Mathematics homework, but struggle with some of the terms or concepts. There is a new website, <http://www.schoolatoz.nsw.edu.au> which has a range of resources to point you in the right direction. There are also some useful tips and help sheets to improve study skills in mathematics.

Don't forget to try our puzzle below. Both parents/caregivers and students are welcome to submit an answer to the Mathematics staff. There are certificates for correct answers and a surprise for the grand winner at the end of the year.

PUZZLE CORNER

What is the chance that the first school day of the month is a Monday?



Upcoming Events

TERM 3 2012

- ◇ 20-22/8 Yr 8/9 Camp
- ◇ 29/8 World Of Work (WOW) program commences
- ◇ 04/9 AECG meeting (Staff common room 5.30pm)
- ◇ 10/9 Yr 11 Half Yearly Examinations commence
- ◇ 13-14/9 Duke of Ed- Bronze Trip
- ◇ 19/9 Yr 7/10 Vaccinations
- ◇ 17/9 Parent/Teacher Night
- ◇ 21/9 Year 12 Formal





Police Recruitment & Community Engagement Day 2012

Date: Saturday 8th of September 2012 Time: 10am-3pm

Units attending:

- Polair • Dog unit • Police Media Unit • School Liaison Police • Highway Patrol • Constable Charlie
- Crime Prevention Officer • Recruitment Unit • Youth Liaison Police • Police band
- TAFE and Fairfield City Council • Mounted Police • Counter Terrorism and Special Tactics Unit
- Forensic Services Group • Marine Area Command

There will also be food vendors, rides, show bags and live entertainment.

Free entry and free parking on site.
Contact person for event

Alex Sentana (MCL0) Fairfield Police ph: 97288407 Email: sent1ale@police.nsw.gov.au

Venue: Fairfield High School
The Horsley Drive, Fairfield



COMMUNITY NEWS

Whooping Cough (Pertussis) Whooping cough affects people of all ages. It can be especially serious for babies.

Dear Parents,

The general Sydney community has experienced a recent increase in the diagnosis of Whooping cough (Pertussis)

Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.

Children with no symptoms should not to be overly concerned however if symptoms do present then you should seek medical advice immediately.

Due to the increase in influenza and colds relating to our winter months parents are encouraged to seek medical advice and keep children at home if they are unwell.

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School Immunisation Program.

Immunisation for adults

A booster for adults is recommended for:

- Both parents when they are planning a pregnancy, or just after the baby is born
- Other adult household members, grandparents and carers of infants under 12 months of age.

COMMUNITY NEWS.....cont

How is whooping cough diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect - Prevent

NSW Health whooping cough campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

Further information - Public Health Units in NSW

For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages

Metropolitan Areas	Location	Number	Rural Areas	Location	Number
Northern Sydney/Central Coast	Hornsby	02 9477 9400	Greater Southern	Goulburn	02 4824 1837
	Gosford	02 4349 4845		Albury	02 6080 8900
South Eastern Sydney/ Illawarra	Randwick	02 9382 8333	Greater Western	Broken Hill	08 8080 1499
	Wollongong	02 4221 6700		Dubbo	02 6841 5569
Sydney South West	Camperdown	02 9515 9420		Bathurst	02 6339 5601
Sydney West	Penrith	02 4734 2022	Hunter/New England	Newcastle	02 4924 6477
	Parramatta	02 9840 3603		Tamworth	02 6764 8000
Justice Health Service	Matraville	02 9311 2707	North Coast	Port Macquarie	02 6588 2750
				Lismore	02 6620 7585

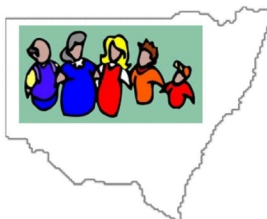
CARERS UNITE

ADVOCATE

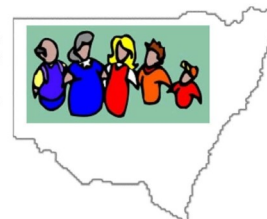
SUPPORT

EDUCATE

Foster Care
ASSOCIATION
NSW Inc.



Foster Care
ASSOCIATION
NSW Inc.



CARERS UNITE

ADVOCATE

SUPPORT

EDUCATE

COME JOIN US

P.O. Box 895
Raymond Terrace NSW
2324
Ph.: 024987 1847
Email:
admin@fcansw.org.au

MISSION C.A.S.E

CARERS UNITE- For all NSW foster carers to unite into a powerful collective voice.

ADVOCATE- To advocate on behalf of foster carers & their families, & to form strong working partnerships with government & non- government organisations in support of a quality OOH system.

SUPPORT- To provide peer support to foster carers, & to assist them to achieve the best possible outcomes for their foster children & families.

EDUCATE- To educate foster carers & raise awareness in the general public of the vital role of foster carers.

VISION

To provide **advocacy, support & information** to carers, that ensures they continue to receive the best support from their NGOs, allowing each child in care to achieve their full potential.

FCANSW welcomes & supports a culturally diverse community of foster carers who come from all different backgrounds & offer a wealth of experience.

What unites us, is the common goal we have in raising this next generation to reach their full potential.

HOW TO JOIN

Go to our membership application link on our website: www.fcansw.org.au.

Or to be posted a membership form contact us on (02) 4987 1847 or email admin@fcansw.org.au

THE ART OF PERCUSSION

DEVELOP MUSIC AND
ENSEMBLE SKILLS

THE 2012 WESTERN SYDNEY REGIONAL PERCUSSION CAMP

HANDS ON
WORKSHOPS

ENJOY MAKING MUSIC

WORKSHOPS, MASTERCLASSES AND PERFORMANCES

SEPTEMBER 12 - 14

Galston Gorge Conference & Recreation Centre

8 Crusader Road Galston NSW

Applications Close 31st August

OPEN TO ALL STUDENTS
STAGE 3, 4 AND 5www.theartofpercussion.weebly.com

For application forms or to send an enquiry email
sebastian.bonaccorso@det.nsw.edu.au or <http://windsor-hschools.nsw.edu.au>
 Windsor High School - Phone: (02) 45877122



allans billy hyde
Make Music



SAFETY . TEAMWORK . ACHEIVEMENT . RESPECT

Windsor High School Uniform Shop Price List - June 2012

ALL STUDENTS

June 2012

Sloppy Joe	\$30.00
Jacket (optional)	\$40.00
Jumper	\$35.00

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 .