Principal’s Message

Hello and welcome back everybody. I hope your holiday break was enjoyable and relaxing and everyone is ready for another exciting term.

Term 2 was an action packed term with the new girls program and face group receiving rave reviews as well as the introduction of the Headspace workshops and film making program with the drama group. One of the highlights last term was the outstanding mid year academic reports and excellent feedback by our work experience employers, with one student gaining casual employment and other students completing their Barista Training at Woolloomooloo. A full student report of their achievements can be found in this newsletter.

Term 3 is already shaping up to be an engaging term with the Music Therapy Program operating on Thursdays and a new creative Arts Program scheduled for Friday. The new Arts Program will culminate in an exhibition at The Sea View Gallery at Dulwich Hill on September 4th, and we would love to see everyone there at the community opening. This term we also commence the Year 12 trial HSC on July 29th. Also throughout the Term we will be focusing on Health and Well Being and the girls program will be visiting Camperdown to participate in medication and Well Being classes and the boys group will be receiving personnel training from Anna at the YMCA and learning skills of ultimate Frisbee.

I would also like to take this opportunity to congratulate Danny Callaghan on his appointment as the Assistant Principal and Angie Ivers for her appointment as Senior Administration Manager.

Finally I would like to officially welcome our new students and their families, and as a school we look forward to working closely with you all.

Craig Smith
Principal

Barista Training

On the 3rd of May, students of Woniora Road School along with Agricultural Chief Stacie Lea had the honour of serving staff at Distance Education coffees with our new found skill of barista. Each Friday through term 2 our team (Jimmy, Owen, Amy and Michael) would travel by train to and from Woolloomooloo and from 10:00 to 12:00 would serve teachers coffee, with each of us performing a different roll each week e.g. Waiting, taking orders and working the Coffee machine. For our last day our Distance Ed supervisors took us out to a restaurant near the docks using the funds we had made. By the end of our term we had learnt new skills, made new friends and now have developed a tolerance of packed trains.

Owen, Year 11.
Sydney Distance Education High School Awards—Term 2

HSIE:
Derek, Marlon x2, Taryn
Michael Heaney, Angela x5
Georgia x3, Karly

English:
Marlon, Michael Heaney
John N, Natasha x2,
Amy x3, Georgia, Karly
Angela, Michael M x2

Maths:
Marlon x2, Georgia x2,
Angela, Taryn, Michael M

PDHPE:
Marlon x2, Angela, Michael

Science:
Marlon x2, John K,
Jayden x2

Visual Arts:
Jasper, Georgia, Michael M

Retail Services:
Jayden x5,

Commerce:
Angela x6,

Building Const:
Michael M

Photography:
Natasha, Jasper

Agriculture:
Georgia

Food Tech:
Angela x2,

SLR:
Jackson

Bronze Award:
Georgia & Michael M

Silver Award:
Angela

Principal Commendation:
Angela, Michael M, Jayden

Parent Information

School Kids Family Bonus

The second payment of the Schoolkids Bonus is coming in July. If you are eligible you could receive up to $410 for each secondary student. You could receive the Schoolkids Bonus if you have a child in primary or secondary school and receive Family Tax Benefit Part A or you are a primary or secondary student receiving an income support payment.

The Schoolkids Bonus replaced the Education Tax Refund in January 2013 so eligible families cannot claim education expenses in their 2012-13 income tax return. To ensure you receive the Schoolkids Bonus payment in July, check your eligibility by visiting australia.gov.au/schoolkidsbonus

SMS SERVICE

Our school has decided to embrace technology and use The SMS Engine. The School on occasions may use SMS Messages for non urgent matters to contact our parent community. Some of the SMS communications topics we will use the system for are; Attendance Notices, Excursion Notices, Senior Exam date reminders, etc. There will be two types of messages sent:

A one-way message, that does not allow the recipient to reply to the message. This notifies the receiver of something, and the school does not require a response. OR A two-way message that allows the recipient to reply to the message.

The message will appear on your phone, from WONIORA H.S. and will commence in Week 4 of this Term 3. We will contact the main carer.

If you don’t wish to have SMS reminders please contact the school and let us know.
School Calendar

August 2013

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September 2013

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<td>4 Seaview Gallery Launch</td>
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Term 3 Weekly Program

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<td>Boys Fitness</td>
<td>St George Youth Services Girls Group</td>
<td>Volunteering Drama</td>
<td>Music Therapy Horticulture</td>
<td>Music Visual Arts</td>
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Local and Online Services

Interrelate in Caringbah offer a range of programs and services to support families. Programs include Stress Less, Making Stepfamilies work and Dad's Connecting. For more information call 8522 4450 or visit the website; www.interrelate.org.au

The family planning NSW website is also a valuable online resource with a wealth of information around reproductive and sexual health. The website can be found at www.fpnsw.org.au
Drama

Renowned actor Zoe Carides has been running Woniora Road's drama program for the past 3 terms. Initially, the program focused on drama related drills, script reading and performing. Over the last term or so the group has shifted its focus to improvisation. Many would argue that improvising is one of the most difficult aspects of drama, but it is in this phase that the program has really hit its strides.

NOVA employment is currently awaiting entries for their 'focus on ability' short film competition. The drama group is in the process of preparing a 3 minute collage of their collective improvisations to submit to this competition. The collage will feature performances filmed within the school grounds and footage from a recent trip to Cooks River where the group performed improvisations as well as some of their own readings.

The drama program will continue to run throughout term 3. There are opportunities for entry into other short film competitions such as the 'Southern Exposure Short Film Competition', closing early September. The drama group will also be given the opportunity to watch Zoe in action when she performs in 'Spur of the Moment' at ATYP opening in August.

Sleeping Strategies

During term 2 at Woniora Road we have been examining sleep. The Headspace workshops looked at the science behind the importance of getting the right amount of sleep and we have been discussing different strategies on how to sleep better. Here are some additional tips from our Doctor on staff to help us all with getting a good night's sleep.

Getting sufficient amounts of restful sleep is an absolutely crucial component of optimal health and disease prevention. Poor sleep has far reaching effects on your health, and interrupted or impaired sleep can lead to decreased energy levels, difficulty concentrating and difficulty remembering things.

There are many variables that impact your sleep, but starting with changes to your sleep environment (bedroom) can make a huge difference.

Create a sleep sanctuary: remove items associated with entertainment, recreation, and work turning your bedroom into a single purpose space - one for sleeping.

Make sure your bedroom is cool, dark and quiet: Optimal temperature for sleep is quite cool, between 15.5C to 20C. Even the tiniest bit of light in the room can disrupt hormones involved in your body's rhythms of sleep and wakefulness. Close the bedroom door, get rid of night lights, and refrain from turning on any light during the night even if getting up to go to the bathroom.

Turn off your gadgets well before bedtime: Artificial glow from the TV, ipad, computer, smart phone etc all stimulate wakefulness. Stop using them and turn them off at least 1 hour before bedtime. This time is far better spent reading a good old fashioned book or just relaxing or even meditating.
Exercise to sleep better, but do it early: Exercising for 30 minutes a day can improve your sleep, but if you exercise too close to bed time (approximately within 3 hours) it may keep you awake instead.

Avoid eating or snacking at least 3 hours before bed: Grains and sugars will particularly raise your blood sugar levels and delay sleep. Later when your blood sugar drops, you may waken and be unable to go back to sleep.

Another strategy to increase your melatonin: Ideally it is best to do this naturally, by exposing yourself to bright sunlight during the day. Get outside and into the sun at least for 15 minutes every day.

There is convincing evidence that if you do not sleep enough, you are really jeopardizing your physical and emotional health. I encourage you to try and implement some of these tips tonight as high quality sleep is one of the most important factors in your health and quality of life.

Horticulture Project

We have undertaken a project in Horticulture that will span multiple weeks. Student and visitors may have noticed the new table, this is the start of the task. We will plant a hedge around the area in front of the gazebo to provide privacy. We are planning to insert two raised gardens, already constructed by the students. Students have also been designing and creating stepping stones to be included in the garden. Report by Michael. H Yr 10

Below is a sketch plan of the project.

Work Experience Report

Our work experience students finished on a high note last term with Jayden continuing his stellar reputation as a reliable and committed young worker during his time at Auto Mate Mortdale. Also everyone’s go to movie man student Riley proved he is also a wiz with the books. Firmly setting a great reputation with one of our new partners, The Best Little Bookshop in Town at Cronulla.

This term is shaping up to be one of our busiest ever, with a record number of students being supported by awesome local businesses. We have Natasha continuing the great work at The Best Little Bookshop, Jayden’s taking on Tyres Plus at Caringbah, Angela will be at Gymea Organics and Taryn will be working her skills at Serenity Hair at Engadine.

Remember to support all the above businesses as their commitment is invaluable to us all. Also please do not hesitate to contact the school if your family and friends wish to support our students’ growth with work placement at their business.
The Friend
Who is he?
Who is he?

The friend, loves and respects
As any friend should

The friend, keeps you safe, he
simply is....everyone's friend

Some do not believe in him,
Others do, some are not sure.
The friend is a good influence. How?

He does not feel anger, ever
He cares and helps everyone.
The Ultimate Friend!

We know now who he is
But what is he?

He is a robot, who understands
We are glad one thinks otherwise

So, thank your friends,
Don't forget....
The Ultimate
Friend

And if you're in need, call
The Friend, the ultimate friend.

He will definitely help you,
At any cost, regardless.

Michael Yr 9
English Poetry.
Collaborations, Connections and Community

ED/BD Community of Schools

Art Exhibition Opening
Wednesday 4th Sept
2013 - 5:30 - 7:00 pm
Dulwich Hill High School of Visual Arts and Design
Seaview Gallery, Seaview St
Dulwich Hill NSW 2203

The exhibition runs from from 2nd Sept to 13th Sept 2013
9 am - 3:30 pm weekdays