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Newsletter 16 October 2020

Term 4 Week 1

Deputy Principal's Report

Summer Uniform reminder:

All students should return to school Term 4 in full summer uniform. Students who are unexpectedly unable to wear school uniform should bring a note of explanation to Mrs Budd or the Deputy Principals before school commences to obtain a Uniform Pass for the day.

Please remember that the sports jacket is not part of the uniform and is only be worn for PDHPE or Sport.

Partial Leave:

Families are expected to schedule appointments out of school time to minimise disruption to their daughter's schooling. Requests for leave must be submitted to the Deputy Principal before 9am each day. Not all requests will be approved. If the leave is approved, students will be expected to liaise with their teachers to determine any work which will be missed during their absence from school it is the student's responsibility to do this. Requests for regular appointments during school time will not be approved and will show as unauthorised leave.

Extended Leave:

Families are expected to utilise the school holiday period to schedule vacations. Requests for leave during term time must be submitted to the Principal at least two weeks prior to the intended leave. Not all requests will be approved, so please do not purchase airline tickets, hotels, etc. prior to approval being granted. If the leave is approved, students will be expected to liaise with their teachers to determine any assessment tasks and/or work to be completed during their absence from school. This work **MUST** be completed and submitted by the due date as advised by the teacher.

Leaving the school grounds safely:

As previously advised, parents should not use the playground or car parks to drop off or pick up students, or to complete a U-turn, as such activities increase the possibility of an accident or injury occurring.

Students should use the laneway between the oval and the primary school to exit on to Keary St close to the pedestrian crossing.

Students should cross Keary St by using the pedestrian crossing. Many girls have risked serious injury by crossing at other points. Students are reminded to cross the road in time to catch their bus – do not run across the road as the bus is approaching.

Students may also leave via the pedestrian gates on Mowbray Road. No student should be entering or leaving the school grounds via Medway (Post Office) Lane. This lane is vehicular access only.

Mrs Jennifer Watts

Deputy Principal



WGHS P&C

Next P&C Meeting will be held via ZOOM on Tuesday 20 October at 7pm

- ✓ Please follow our Facebook page to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page
- ✓ All parents are welcome at P&C meetings. These will be via Zoom until further notice. Please download Zoom before joining the meeting.
- ✓ Any queries or matters to be raised can be raised via the Secretary at the email address below at any time
- **Facebook:** Facebook.com/wghspandc
- **Email:** secretary@wghspandc.org.au

Join Zoom Meeting

<https://us02web.zoom.us/j/84208999481?pwd=N2NzUVNaZC9ZYnIDeDhnM252ZTBQT09>

Meeting ID: 842 0899 9481

Passcode: 020333

OCTOBER 2020 CALENDAR

Week 1A

Monday 19 – Friday 23 October

Monday 19 October –	Year 7 Religious Seminars
Tuesday 20 October–	HSC Commences
Wednesday 21 October–	HSC
	Year 9 Religious Seminars
	Year 10 Religious Seminars
Thursday 22 October –	HSC
	SRC Planning Day
Friday 23 October –	HSC

Week 2B

Monday 26 – Friday 30 October

Monday 26 October –	HSC
Tuesday 27 October–	HSC
Wednesday 28 October–	HSC
	Year 7 Religious Seminars
	Year 8 Religious Seminars
Thursday 29 October –	HSC
Friday 30 October –	HSC

Term 4 Dates: 12 October – 18 December 2020



Leadership Investiture



2020-2021 Incoming Prefects



2020-2021 House Captains



2020-2021 SRC



2019-2020 Outgoing Prefects



School Travel for 2021

2021 school travel applications are now open

Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now [apply](#) online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [re-apply or update their details](#).

**Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.*

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to:

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2020 to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.





Northern Sydney Youth Health

Northern Sydney Youth Health Promotion have sent out some resources for parents in his area to support the health and wellbeing of young people in Northern Sydney.

Parents / Carers

[Parenting, Teens and Alcohol: Facebook Premiere Videos](#) Free, 12-13th Oct

[Youth Mental Health Forum](#) Free online Q&A, 14 Oct

[Promoting Healthy Parenting in Stressful Times](#) Free parenting webinar, 4 Nov

Book Week 2020

Book Week 2020 Curious Creatures, Wild Minds will be celebrated in the library next week. Two competitions are being run where students can create an original illustration of a curious creature or write an original rap, poem or short story. Entries close on Friday 23rd October.

Students have had the opportunity to reflect on what they are grateful for and express their ideas in the display for Mental Health Month.





COMMUNITY NOTICE BOARD



PARENTING PROGRAMS AT HOME

ALL DELIVERED VIA ZOOM

Our Naremburn, Northern Beaches and Waitara Family Centres are delighted to provide a suite of parenting programs across October & November. Places are limited so please secure your spot as soon as possible and feel free to share with your friends and family. Those residing in Northern Sydney suburbs will be given priority.

WHAT YOU WILL NEED

Computer or laptop users will need a camera on this device, access to the internet and sound. Mobile or tablet users will need to download the free zoom app and have video, sound and internet.

CIRCLE OF SECURITY

A 7 week program for parents of 0 – 5 year olds. Focuses on how you can strengthen your relationship with your children by understanding and responding to your children's needs and behaviours. For further info visit www.circleofsecurity.net

Fridays

16, 23, 30 Oct & 6, 13, 20, 27 Nov 2020
10.00am – 12.00pm
FREE

TUNING INTO KIDS

A 6 week program for parents of primary school children. You will learn how to be better at talking with and understanding your child, help your child learn to manage their emotions, prevent behaviour problems in your child and teach your child to deal with conflict.

Tuesdays

20, 27 Oct & 3, 10, 17, 24 Nov 2020
10.00am – 12.00pm
FREE

TUNING INTO TEENS

A 6 week parenting program for parents of teens aged 10 – 18 years. Discover emotionally intelligent parenting including communicating more effectively with your teen, understand them better, help manage their emotions and prevent behaviour problems.

Wednesdays

21, 28 Oct & 4, 11, 18, 25 Nov 2020
6.00pm – 8.00pm
FREE

KEEPING KIDS IN MIND

A 5 week course for parents experiencing conflict after separation. This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.

Tuesdays

27 Oct & 3, 10, 17, 24 Nov 2020
6.00pm – 8.30pm
\$100

BOOKINGS ESSENTIAL

P: (02) 8425 8700

E: intakefs@catholiccaredbb.org.au

CatholicCare
Diocese of Broken Bay



COMMUNITY NOTICE BOARD

MENTAL HEALTH MONTH

Take a moment for you!
Take a photo that represents your
strength, resilience or happy place!



#TAKEAMOMENT4U

Take, tag and post your photo on Instagram!
Spread the word!



Health
Sydney
Local Health District



COMMUNITY NOTICE BOARD



THE DAISY CENTRE GROUPS TERM 4



EXERCISE

Mindful exercise program bringing together physiotherapy and trauma sensitive principles. The class is a six week course each week building on the previous week.

Through the course women will be supported in body/postural awareness practices, mindful movement, breathing techniques, core stability and strength exercises.

**Monday 10 – 11 am for 6 weeks
from 19 October 2020**

BLOOM

A two part program designed for women who are overcoming the impact of domestic violence.

Part one honours a woman's endurance and strength that has been necessary to survive, provides a safe place for women to process their experiences and aims to increase women's support networks and alleviate isolation.

Part two aims to support women to create new and safer pathways for them and their children to live a healthier life, free from domestic violence.

**Tuesday 12:30 – 2:30 pm for 9 weeks
from 20 October 2020**

THROUGH THE LOOKING GLASS

A 6 week course for women who are experiencing or have recently experienced domestic violence.

The program is designed to provide information and resources to women to support them make safe, informed choices for themselves and where applicable, their children.

**Thursday 12 – 2 pm for 6 weeks
from 22 October 2020**

REGISTRATION

To register please call 8937 2094
Childcare is available with prior notice





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Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** online workshop.

TIME AND DATE:

Wednesday
28 October 2020
6.00pm - 7.15pm

VENUE:

Online
(via Zoom)

BOOK NOW ON:

willoughby.nsw.gov.au/gls

**Helping learner drivers
become safe drivers**

