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*Newsletter* 11 September 2020

*Term 3 Week 8*

## Deputy Principal's Report

Parents are reminded of the special arrangements which will occur on **Thursday 24 September**. As all staff will be attending the Year 12 Farewell Picnic, students in **Years 7-11 will be dismissed from school at 1.00pm** instead of 2.30pm. A permission note has been emailed to all parents. Please sign the permission note and return to school via email by **Monday 21 September**. As there will be no school buses at 1.00pm, students will need to make their own transport arrangements. Any students who do not return the note will remain at school until 2.30pm.

A reminder that all staff and students commence Term 4 on Monday 12 October. Students are expected to wear full summer uniform.

Thank you,

**Jennifer Watts**

**Deputy Principal**

## WGHS P&C

**Next P&C Meeting will be held via ZOOM on Tuesday 15 September 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](https://www.facebook.com/wghspandc)
- **Email:** [secretary@wghspandc.org.au](mailto:secretary@wghspandc.org.au)

Join Zoom Meeting: <https://us02web.zoom.us/j/83005868702?pwd=cSszakoyaTBET09sa24xdS8wMVBFQT09>

**Meeting ID:** 830 0586 8702

**Passcode:** 854182

Please find below a link to the following items:

- Draft Minutes of the previous meeting
- Correspondence received
- Committee Reports received

WGHS OneDrive link

[2020#6 - Meeting Sept 15 2020](#)



## Youth Photography Competition – Need a Lift?

Northern Sydney Local Health District (NSLHD) has partnered with North Sydney Council, Ku-ring-gai Council, North Shore Community Drug & Action Team and Hornsby/ Ku-ring-gai Community Drug Action Team (CDAT) to run a **Photography Competition- *Need a Lift?***

The competition is open to all young people aged 12 – 24 years living in the Northern Sydney area. The theme ***Need a Lift?*** focuses on young people sharing a photo of what gives them ‘a lift’ or makes them feel good. This competition aims to uplift the Northern Sydney community during Mental Health Month (October) with selected entries displayed in public lifts at our local health and council facilities i.e. hospitals, youth centre, community centres.

As an incentive for young people to participate there will be multiple prizes on offer. The **prize** for the overall winner is a **\$250 JB Hi-Fi voucher**. There will also be three age categories (12-15 years, 16-18 year & 19-24 years) where selected winners will receive a **\$100 JB Hi-Fi Voucher**. There is also a People's Choice category and the photo with the most likes on Instagram will also get **\$250 JB Hi-Fi voucher**.

All eligible submissions will be posted onto an Instagram page where friends, family & others will be able to view all the entries & vote for their favourite to win the *People's Choice award*.

This competition closes on 27<sup>th</sup> September.

### How can you help?

- Promote this competition amongst your young people / students.
- Share with your networks.
- Display the competition flyer at your school / service.
- If you're a teacher, incorporate competition into a classroom activity.

For terms and conditions or to enter the competition, visit here: [bit.ly/NeedLift](https://bit.ly/NeedLift)

This competition is jointly organised by: NSLHD School-link, NSLHD Health Promotion, North Sydney Council, Ku-ring-gai Council and North Shore Community Drug Action Team (CDAT) & Hornsby/ Ku-ring- gai Community Drug & Alcohol Team (CDAT).



## School TV – Role of the Father

For many years now, the role of fathers has changed and evolved. During the industrial revolution, fathers were often considered detached and distant due to working long hours in factories. However, today things have changed dramatically with many dads being celebrated for being sensitive, caring and more hands-on.

Recent studies have shown that children benefit greatly from having fathers who are present and interacting in everyday activities. This has transformed the understanding of how fathers shape children's lives from the start, challenging conventional ideas of parenthood and gender.

Research also suggests that fathers influence their sons and daughters in different ways, which is especially true during their transition to adolescence. Engaging in regular physical activities can play a key role in influencing children to learn self-control, face challenges, regulate emotions and take manageable risks.

In this Special Report, fathers will learn about the positive impact they can have on their child's mental health and wellbeing, whilst also ensuring they indulge in a little self-care. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report

[https://willoughbg-h.schools.nsw.schooltv.me/wellbeing\\_news/celebrating-fathers-day](https://willoughbg-h.schools.nsw.schooltv.me/wellbeing_news/celebrating-fathers-day)





## Library Update

Students are encouraged to visit the library and check out the new books for holiday borrowing. All students would benefit from some downtime with a book during the next break. A number of new books are available in addition to the popular titles and classics. The 2020 NSW Premier's Reading Challenge has come to a close for another year and we have had 33 students complete the challenge. Congratulations to those students your certificates will be available later in the year. Keen students are encouraged to continue reading and the books they read from now will be able to be logged for the 2021 Premier's Reading Challenge.

# SEPTEMBER 2020 CALENDAR

## Week 9A

### Monday 14 – Friday 18 September

Monday 14 September –	Year 11 Exams
Tuesday 15 September –	Year 11 Exams
	P&C Meeting
Wednesday 16 September –	Year 11 Exams
	Year 8 Religious Seminars Period 3
	Year 7 Religious Seminars Period 4
Thursday 17 September –	
Friday 18 September -	School Mufti Day

## Week 10B

### Monday 21 – Friday 25 September

Monday 21 September –	
Tuesday 22 September–	
Wednesday 23 September–	
Thursday 24 September –	Year 12 Review – live streamed to whole school during Period 1
	Year 12 Farewell Picnic – Year 12 and Staff only
Friday 25 September –	Year 12 Graduation Ceremony – Year 12 and Staff only (live streamed to all classes)
	Year 7 & Year 10 Jump Rope for Heart



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## 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	TUNING INTO KIDS	TUNING INTO TEENS	KEEPING KIDS IN MIND
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 <a href="http://www.circleofsecurity.net">www.circleofsecurity.net</a>	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.	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.	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.

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

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

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

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

**BOOKINGS ESSENTIAL** P: (02) 8425 8700 E: [intakefs@catholicreddb.org.au](mailto:intakefs@catholicreddb.org.au) **CatholicCare** Diocese of Broken Bay



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# Media For Millennials



## SCHOOL HOLIDAY PODCASTING WORKSHOP

with Journalist/ Educator STEPHANIE ACEGLAV

**LEARN HOW TO PRODUCE, HOST AND EDIT YOUR VERY OWN PODCAST**

**WHEN:** THURSDAY, 1ST OCTOBER

**WHERE:** CHATSWOOD YOUTH CENTRE  
CNR VICTOR ST AND ALBERT AVE

**TIME:** 10-4PM

**CREATIVE KIDS VOUCHERS ACCEPTED**

To book contact Stephanie at:  
[admin@mediaformillennials.com.au](mailto:admin@mediaformillennials.com.au)  
0432-929-151

<https://mediaformillennials.com.au>



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