



WEST WYALONG HIGH SCHOOL

Newsletter

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Monday 17 March 2025

Term 1 Week 8

PRINCIPAL'S MESSAGE

After a successful start to the school year, I want to emphasise the importance of attendance in achieving success at school. Consistent attendance not only helps students stay engaged with their learning but also fosters a sense of community and belonging within our school. Every day in the classroom is an opportunity to grow, learn, and build on skills that will serve you well in the future. All parents can check their child's attendance via the Sentral parent portal. If you have any concerns related to attendance, please contact your child's Year Adviser or the administration office and the matter can be discussed further.

In addition to regular attendance, goal setting is an essential part of academic success. At the beginning of Term 2 of 2025, all students will be encouraged to establish clear literacy, numeracy, and personal goals. These goals will greatly assist student learning, helping them focus their efforts and improve their progress throughout the year.

To enhance the effectiveness of this goal-setting process, I encourage parents to engage in discussions with their children about these individual goals. Your involvement is crucial, as it provides encouragement and accountability, reinforcing the importance of striving towards these targets. Our teachers will be regularly checking and reviewing student progress, providing feedback to ensure that everyone stays on track.

As we support our students in their academic endeavours, I would like to extend my best wishes to our Year 7 and Year 9 students who are currently undertaking NAPLAN. This assessment is an important tool that assists our teachers in identifying areas for improvement in literacy and numeracy. Your hard work and dedication during this period are commendable, and I encourage you to give it your best effort.

Mr Sheens

CALENDAR – TERM 1, 2025

WEEK 9	
Monday 24 March – Tuesday 25 March	Halogen Senior Leadership excursion
Tuesday 25 March	Year 8 Lake Cowal Conservation Centre excursion
Wednesday 26 March – Friday 28 March	Year 9 excursion, Penrith
Wednesday 26 March	Riverina Youth Leadership Forum, Wagga
WEEK 10	
Tuesday 1 April	Year 7 Mancave/Wellbeing activities
Wednesday 2 April	Year 8 & 9 Mancave/Wellbeing activities
Thursday 3 April	Parent Teacher evening
Friday 4 April	Western Final 4 Open Basketball
WEEK 11	
Monday 7 April – Wednesday 9 April	Year 12 half yearly examinations
Friday 11 April	Last day of Term 1
WEEK 1 TERM 2	
Wednesday 30 April	Students return for Term 2

STUDENT ORGANISATION

MINI CLEAN UP AUSTRALIA DAY

A huge shoutout to our amazing Year 7 & 8 students for their fantastic efforts during the Mini Clean Up Australia Day event in Week 5.

A big thank you to Bland Shire Council and the newly appointed Youth Officer, Oliver for the continued support of this event and for providing a delicious sausage sizzle to fuel the team!



NSW MINING CAREERS DINNER

Students in Years 10, 11 and 12, along with a parent/carer, are invited to come to NSW Mining annual dinners. Parkes will host a dinner on Wednesday 19 March from 5:15pm-7:45pm. Attendees will hear directly from people working in our industry, as well as from a range of education and training providers. The free careers dinner is a great way to get a taste of the NSW minerals and resources industry.



WESTERN REGION TRIAL DATES - 2025

WWHS students have been successful over many years in being selected in a variety of Western Region teams with several of them going on to higher levels. These students have been self-motivated, organised and spent many hours training to compete against other highly skilled athletes from our Region, State and even Australia.

Western Region Trial dates for various sport have been released and details can be viewed on the Western Region School Sport page (<https://app.education.nsw.gov.au/sport/Western>) and accessing specific sports trials and events through the 'find events' tab. Explore the sports/events that you are interested in.

Any students who intend to trial for Western Region teams, please keep in mind that the school must approve your attendance at the trial. In addition, you will need to organise transport to and from the trial venue.

To ensure that you don't miss events that you are interested in, listen carefully to the daily notices or assembly reports for nomination dates and information and collect and return all relevant forms to Mrs Milsom in a timely manner.

As with all absences from school, students are expected to talk with their teachers about class work and assessment tasks that may be impacted by their absences and find workable/appropriate solutions.

Everyone is welcome to view current (and the most up to date) information on the Western Region website. If you have any questions, please see Mrs Milsom.

MURAL WORKSHOP

Last week, students enjoyed participating in a mural workshop with our Visual Arts teacher, Mrs Ackland. The students got involved in creating mural ideas and developed some great ideas in preparation for an Artist's visit later this year!



REMINDERS

We ask that parents/carers return the following to the front office as soon as possible –

- Family Information Update - only one form per family required
- General permission notes.

Students are reminded that fully enclosed leather shoes must be worn for practical subjects.

ENGINEERING IN ACTION

Our students have been putting their problem-solving skills to the test, applying engineering principles to design and build their own CAM mechanism toys!

But what is a CAM toy? It's a mechanical toy that uses a Computer-Aided Manufacturing (CAM) and follower system to create movement when a handle is turned.

The rotating CAM converts motion, making a character or object move up, down, or in a unique way—like an egg hatching (see photo)! Working in the timber room, students have been using tools to bring their creative designs to life—learning how different CAM profiles impact movement while developing real-world design and problem-solving skills. It's amazing to see their innovation and perseverance in action! Stay tuned for the final results!



WWHS SWIMMING CARNIVAL

Congratulations to all students who attended and participated in the Swimming Carnival! There were many thrilling races showcasing both effort and skill, along with plenty of fun and enjoyment throughout the day.

The weather was ideal, and the students' effort, behaviour, and involvement truly reflected the fantastic conditions.

A special congratulations to those students elected as House Captains and Vice Captains before the carnival. They did an excellent job of organising and motivating their House groups during the event. Their next significant challenge will be the Athletics Carnival, where they will need to continue their hard work in motivating and coordinating their House groups.

The Age Champions and Runners-Up will receive their certificates during assembly, along with a presentation to acknowledge the records broken this year. There were outstanding performances throughout the day, with numerous records being challenged. Some students excelled in their age groups, while others participated in closely contested events. It was fantastic to witness students who dedicated many hours to their training to perform exceptionally and earn many points for their House groups.

Age	Champion	Runner up
12 Boys	N/A	N/A
12 Girls	Hazel Webster	N/A
13 Boys	Lucas Charpentier	Darcy Jamieson
13 Girls	Quincy Ng	Rorie Nicholson
14 Boys	Lachlan Miller	Cody Weeks
14 Girls	Paige Leonard	Nell Ramsay
15 Boys	Isaac Charpentier & Kylie Bischoff	Ryder Pettit

15 Girls	Missy Worner	Emily Jordan-Downes
16 Boys	Caleb Boneham	Bradley Ackland
16 Girls	Indi Milsom	Elsie Cowen
Opens Boys	Bosco Ng	Bailey Boneham
Opens Girls	Emily Seaman	Lana Maitland

Farrar were crowned Swimming Champions this year with high participation throughout the day from all students. Last year's swim Champion House, Neeld struggled for most of the day however, up until the end of the day it was difficult to determine who would win. Congratulations to all swimmers who contributed to the win. House groups will now need to back up their performance at the Athletics carnival later this year to claim the House Champion trophy.

Farrar: 372 points

Brigden: 338

Hargreaves: 324

Neeld: 316

There were two new records set during the carnival by Bosco Ng. Bosco highlighted his swimming credentials after breaking some long-standing records and going very close to others. Some competitors gave records a shake and missed out by narrow margins.

New records -

Bosco Ng – Opens 50m Breast – 36.21

Previous record – 37.00 held by Anthony Webber (2008)

Bosco Ng – Opens 50m Back – 32.59

Previous record – 34.12 held by Ethan Tough (2021)

CHS BASKETBALL

On Monday the 10th of March, the open boys' basketball team competed in a gala day as part of the Combined High Schools Knockout.

The boys were pooled with Henry Lawson and Condobolin High Schools.

Game 1 against Henry Lawson High School resulted in a 102-19 win. The boys were in control during the game and showed good sportsmanship throughout.

Game 2 against Condobolin High School saw the boys win 70-14. This game was closer, but the boys battled through the heat to get the win.

Our girls team advances without having to play a game in the first round due to forfeits from all teams in our area.

Both the boys' and girls' teams advance to the next round of the CHS knockout which is to be played in Bathurst on 4 April.

A big thank you to Kylan Imrie for refereeing all 3 games, Brad Ackland, Nash Crossman, Zac Johnston and Caleb Boneham for scoring all games and to Chaz Bishop for running the plays. Without volunteers these days won't run so thank you.



PUBLIC NOTICES



We're working with The Resilience Project

We're proud to be implementing TRP's evidence-based whole school wellbeing program. Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**.

Gratitude



Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.

Empathy



Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.

Mindfulness



The practice of mindfulness is about an awareness of life as we are living it.

It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.

Emotional Literacy



Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject__



The Resilience Project



The Resilience Project



theresilienceproject.com.au

WELCOME TO THE RESILIENCE PROJECT™

Parents & Carers

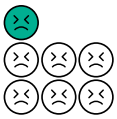
Why?



1 in 4
adolescents have a
mental illness.



65%
of adolescents do
not seek help.



1 in 7
primary school children
have a mental illness.



1 in 5
adults will experience
mental illness.



Over 50%
of students are at risk of a **poor learning
mindset** (anxiety + disengagement).

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare,
Australia's Youth: Mental Illness

About the program

TRP is committed to **teaching positive mental health strategies** to prevent mental ill health and **build young people's capacity to deal with adversity**.

We're proud to be implementing TRP's **evidence-based whole school wellbeing program** to support positive mental health in the classroom, staffroom and wider community.

Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**, with regular opportunity for parent/carer involvement.

Get involved with TRP@HOME



Scan the QR code or [click here](#)
to find **activities and resources**
to implement the GEM+EL
principles at home.

Evidence-based

TRP's School Partnership Program
has been independently evaluated
by [The University of Adelaide](#) and
[The University of Melbourne](#).



Scan the QR code to learn more about how the program
is **significantly lowering the risk of mental illness**.



The imperfects podcast

[The imperfects](#) is hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, **celebrates just how imperfectly perfect we all are**. Together, they chat to a variety of **people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP in the classroom**. Guests include Nathan Buckley, Grace Tame, Jack Steele, Zan Rowe, Michael Klim, Billy Slater, Lael Stone, Pat Cummins, Tim Minchin and many more.