



WEST WYALONG HIGH SCHOOL

Newsletter

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Monday 19 May 2025

Term 2 Week 4

PRINCIPAL'S MESSAGE

I thought I would share the message from some of my recent reading related to a topic that is increasingly relevant to our students: the use of smartphones among children under the age of 15. While these devices are banned from NSW public schools, they can offer some educational benefits and aid in communication, however, they also pose significant risks that we must address.

Smartphones are designed to capture our attention, often leading to excessive screen time that can negatively impact our children's mental and physical health. Research indicates that excessive smartphone use can contribute to anxiety, depression, and difficulties in social interactions. Also, the presence of social media apps can expose young users to cyberbullying, inappropriate content, and the pressure to maintain an online persona, which can be overwhelming for developing minds.

As parents, we often feel the pressure to provide our children with the latest technology to keep them connected with their peers. However, we must ask ourselves: Do our children truly need smartphones at such a young age? Have you considered what your child is being exposed to whilst using these phones? Many studies suggest that the benefits of early smartphone ownership may not outweigh the potential harm, especially when it comes to children under the age of 15.

Aligning with the research, it may be worth considering the option of "dumb" phones - devices that allow for basic calling and texting without the distractions of the internet and social media. These phones can foster healthier communication habits, encouraging face-to-face interactions and reducing the risk of cyberbullying and online peer pressure.

Imagine a world where our children engage more with their surroundings, develop deeper relationships with

their peers, and find joy in activities outside of the digital realm. By opting for simpler communication devices, we can help our children cultivate these essential life skills while still ensuring they can reach out to us when needed.

I encourage each of you to reflect on your child's smartphone usage and consider the implications it may have on their well-being. Together, we can create an environment that prioritises their mental health and social development.

Mr Sheens

STUDENT ORGANISATION

MOBILE PHONES

A reminder to our school community that mobile phones are banned.

Students are not to bring their phone/airpods to school. If a student has their phone sent to the office, the student will be given one warning. Any subsequent warnings, a parent/guardian will need to collect the student's phone.

If you or your child need to make contact, please do so via the front office. Students can come to the office or parents can phone 6972 2700.

SCHOOL BEANIES

West Wyalong High School has beanies available to purchase for \$15.00. Please contact the school office if you wish to purchase one with payment either by cash or through the Sentral Parent Portal.



CALENDAR – TERM 2, 2025

WEEK 4	
Tuesday 20 May	Year 7 Lake Cowal Conservation Centre excursion University of Canberra Explore Day
WEEK 5	
Monday 26 May	Evolution Mine excursion
Tuesday 27 May	Buckley Shield Rugby League Under 14s, Dubbo
Thursday 29 May	Sorry Day in the Park, Barnado Park
WEEK 6	
Tuesday 3 June	Dark Matter activity
Wednesday 4 June	World of Maths – Years 7-9
Thursday 5 June	Year 6 Taster Day
WEEK 7	
Thursday 12 June	Athletics Carnival
WEEK 9	
Tuesday 24 June	School photos
Friday 27 June	Martin Family Cup, Temora
WEEK 10	
NAIDOC Week	
Thursday 3 July	Outstanding Effort Awards assembly

MILSON ISLAND EXCURSION

West Wyalong High School's Year 11 students took part in the annual Life Ready course earlier this year.

First stop was Cables Waterpark, Penrith where the students enjoyed the vast range of food options, a game of pool and watching movies!

The students then had an early start to get to Kangaroo Wharf for the ferry over to Milson Island. Once settled into their accommodation and after a quick lunch break, they took part in the first Life Ready session on Relationships.

Next up on the agenda was paddle polo where students had to paddle, pick up the ball and pass it to a team member. Once they were close enough, they could try to shoot the ball into the hoop. Both teams worked well together, however, some ended up in the water more than others.

The students participated in the second session of Life Ready on Drugs and Alcohol and then headed off to the pool for raft building. Here the groups were given a piece of equipment, which they could then barter for other things, such as bread crates, lifejackets, and water bottles. Some teams ended up with more of one thing than they needed but their rafts all floated and stayed together in the race. The group thoroughly enjoyed the activity.

The group then headed down to the ferry for a trip to Twin Beaches to enjoy some fishing, swimming, footy and beach cricket.

The next morning was the last session of Life Ready on Sexual Health before a lunch break and packing up to return home.

Thank you to Vinarli Coaches, Carol and Kev Holloway for transporting the students and to Mrs Milsom, Mr Hague and Ben for supervising the students. Also, a massive thank you to the school for providing this opportunity.

GRIFFITH HEALTH FORUM

On Friday, April 4th, some students from Year 11 and 12 attended the Griffith Health Forum held at Griffith TAFE. The day was organised by the Regional Industry Education Partnerships team to provide insight into the careers and pathways available in the allied health field. The students were able to choose from various sessions throughout the day, which included a Q&A panel of young health professionals working in the local area, followed by a career-specific information period.

The students met professionals from the fields of nursing, psychology, dentistry, medicine, physiotherapy, midwifery, dietetics, exercise physiology, speech pathology, and pharmacy. Each session offered insights into the pathways from school to each career, what a typical day in the life looks like, and included hands-on activities associated with the jobs.

A huge thank you to Ms. Annmarie Forster for organising the excursion and to Miss Wesierski for driving and attending the day with the students.



GREATER WESTERN RUGBY LEAGUE TRIALS – UNDER 15'S

On Friday 2 May 2025, Ryder Pettit and Bobby Bryant represented Western Region in Rugby League trials held in Gilgandra.

They played a North-West side from the Tamworth region to select a side for the NSW CHS Championships in Wollongong later in the term.

The game ended in a 16-all draw with both Ryder and Bobby selected in the Greater Western Under 15's rugby league side. Bobby was also picked as Man of the Match.

Congratulations boys and good luck in Wollongong.



RIVERINA OPENS LEAGUE TAG

On Friday 16 May, 17 WWHS students travelled to Wagga to attend the Riverina Opens League Tag Day. After an early start, the team arrived at Paramore Park ready to take on our first opponents. They came up against a very strong Koorringal side. Even with some great breaks and a solid defensive effort, they went down 20 to nil.

Their second game was against Albury. WWHS were first to get on the board with an early try to Olivia Downey, which was successfully converted by Janae Downey. This lead was however short lived with two return tries made by Albury and the final score WW 6- Albury 12.

WWHS made the consolation final which saw them come up against Tumbarumba. WW came out very strong and won the match 16 to 8. Lana Maitland, Amelia Alchin and Olivia Downey all scored one try with Janae Downey successful in three conversions.

WWHS improved every game and showed great teamwork and sportsmanship throughout the day.

Team members included - Janae Downey, Olivia Downey, Tegan Haswell, Teila Kremer, Annabelle Baker, Grace Morell, Amelia Alchin, Indi Milsom, Indi McLaughlin, Layla Davies, Lana Maitland, Elliane Reynolds, Bella Alchin, Missy Worner, Lilly Bell.

A big thank you to the school for allowing the students the opportunity to attend, Mr Frame for driving the bus and to Mrs Frame and Mrs McDonell for organising and coaching the team.



YEAR 9/10 INDUSTRIAL TECHNOLOGY – FARM MAINTENANCE

Students in Stage 5 Industrial Technology - Farm Maintenance have been eagerly learning about the basics of plumbing. They can now change the washers and O-rings in a garden tap, apply thread tape and connect pipe using 1 inch metric joiners! Students have been completing online industry standard training and will be soon meeting the area manager for Philmac. Towards the end of term, students will test their skills competing in a fun challenge at Walkers Ag n Vet!



SOME NEWS FROM THE AG PLOT

School wethers

Our school wethers are well on track for Dubbo Competition in August. Students have been working hard regularly weighing the sheep and have recently started to break them into halter! Our average weight for the mob is currently at 52kg!



Plant production experiments

Students have been busy setting up their plant production experiments. Our 100hr students have set up a Premium potting mix trial. They are growing lettuce seedlings in a variety of premium mixes to determine which potting mix is best for growing lettuce seedlings. Students will be monitoring the plants over time and recording results.

Meanwhile, our 200hr students have set up 2 air gardens, one has fertiliser and one without. They are growing a variety of plants including basil, parsley, cucumbers, peas and beans. Over time they will be monitoring their growth and testing and maintaining the water level.

Recently both groups have tested the pH levels to determine if this is a factor of healthy plant growth.



PUBLIC NOTICES

WE'RE GOING TO THE FOOTY!
Saturday 7 June 2025
GIANTS v Port Adelaide
Manuka Oval, Canberra

GIANTS **V** **PORT ADELAIDE**

FREE tickets available for youth aged 12-18 years.
Phone Council today 6972 2266, to book your spot!
Hurry limited places available!

** This is the June long weekend
Schools are departing West Wyalong at 7am on Saturday and returning approximately 2pm, Sunday 8 June 2025.
This activity has been made possible due to generous support provided by the 2025 GIANTS AFL Club.

WE ARE EXCITED TO PRESENT A FREE EVENT!

"NO TISS NUTRITION FOR PRESCHOOLERS"
Presented by **Melissa Robinson**
Accredited Practising Dietitian
Temora Dietetics
Coming to 130 Pine St,
West Wyalong
Blind Shire Children's Services Unit in the Billy Bin,
Monday 2nd of June 2025
5:00pm to 6:00pm

To secure your spot phone CSU on 69722795
by Friday 30th of May 2025.
Event subject to minimum participation.
This is a child free event -
Thank you for your understanding.

Temora dietetics
see what's hot and

HOST AN EXCHANGE STUDENT!

Hosting a high school student gives Australian families the opportunity to share their life and culture with young people from around the world.

WEP host families are unpaid volunteers*, are welcoming and excited about new experiences.

Many students miss their Aussie family terribly when they return home. But don't fret, many hosts visit their student overseas to meet their own families!

Imagine:

- Learning about a new culture without the stress of travel
- Being part of a young person's life-changing exchange experience
- Re-discovering the local area through the eyes of an overseas visitor
- Watching your student adopt Aussie slang!



LEARN MORE!



*Not for Government organisations

03 8988 4733 | hostastudent.org.au | @wepaustralia



**Bring the world to your home;
Host an exchange student!**

Learn more!



Contact WEP today on 03 8988 4733 or info@wep.org.au



Baby + Child First Aid Workshop

What you will learn!

- How to recognise a sick child
- Choking
- CPR
- Febrile Convulsions
- Croup
- Asthma
- Anaphylaxis
- Meningococcal
- Head injuries
- Burns
- Bites, Stings, Envenomations
- Medication Administration

<https://train4life.au/first-aid-courses>
ask@train4life.au

Where: Bland Shire Children Services Unit (CSU) in the Bilby Room

When: Saturday 24th of May
Time: START 9:30 am
Duration: 2 hours

Cost: subsidised at \$30 per person (normally \$100). **Bookings essential/limited** - To secure your place, please pay at Bland Shire CSU Office - 130 Pine Street - before the 22nd of May. This is a child free event - thank you for your understanding.

Included: Free Baby & Child First Aid Booklet & Fridge Poster!






Tallimba Public School
is celebrating

100 Years

of Public Education

JUNE 7TH 2025

The day will commence at 9 am with a coffee van, face painting, open classrooms and historical memorabilia.

A barbecue will be available throughout the day.

The official opening will start with a welcome address at 11 am and will be followed by the unveiling of the time capsule.

At 1 pm, join us for a fun afternoon of vintage games and age races through the decades.

There will be a range of merchandise available. Items include cookbooks, pavers, beanies, Anniversary and Centenary books.

The Hall Committee is hosting a two-course dinner commencing at 6 pm. This is a ticketed event and the cost will be \$70 per person.

For inquiries please call the school on 02 6975 7251.

AgriWomen Connect

Soil, stock and sustainability

Join us for an exciting series of workshops that take a close look at sustainable farming practices, cutting-edge technologies, and the latest in agricultural research.

Our expert speakers will be covering the following topics:

- farm business management
- natural capital
- soil science (including a hands-on soil pit activity in a paddock)
- livestock nutrition and research.

Speakers include:

Carmen Quade, Agrifocused: *Farm business management and work-life balance.*

Dr Cassandra Schefe, soil scientist, Cool Soil Initiative: *Soil health and pit demonstration.*

Dr Susan Orgill, Chief Scientist, Impact Ag Australia: *Soil health and pit demonstration.*

Dr Jillian Kelly, veterinarian, ruminant nutritionist, director, AHN Consulting: *Managing livestock nutrition in variable seasons*

Cherie White and Allie Maffei, Natural Capital Advisors, Riverina Local Land Services: *Understanding your natural capital.*

Nicole Logg, The Livestock Coach: *Management strategies to enhance livestock health and farm productivity.*

Quandialla

Tuesday 20 May 2025, 9:00am - 3:00pm

'Major's Point' 416 Pearses Lane, Bland

Talimba

Thursday 22 May 2025, 9:00am - 3:00pm

437 Timothy's Lane, Talimba

Harden

Monday 26 May 2025, 9:00am - 3:00pm

Harden Racecourse, 4559 Burley Griffin Way, Cunningham

Adelong

Thursday 29 May 2025, 9:00am - 3:00pm

"Truro" 2948 Snowy Mountains Highway, Adelong.

www.lls.nsw.gov.au



For more information



Scan the QR code for more information, including the full list of guest speakers at each workshop. RSVP essential via the QR code or visit www.lls.nsw.gov.au/riverina

Contact

Jade Auldish, Sustainable Agriculture Facilitator on 0473 055 466 or jade.auldish@lls.nsw.gov.au

This event is being supported by Riverina Local Land Services' Sustainable Agriculture Facilitator.

Sustainable Agriculture Facilitators are supported by the Australian Government through funding from the Natural Heritage Trust under the Climate-Smart Agriculture Program.



Australian Government



E-scooters: Advice for families

An e-scooter is an electric scooter that is powered by a rechargeable battery.

Is my child allowed to ride an e-scooter?

In NSW, it is **illegal** to ride a privately owned e-scooter on roads or road-related areas, including footpaths, shared paths, cycle ways and cycle paths.

If you allow your child to ride a privately owned e-scooter, they are **only permitted** to ride it on private property.

Is my child allowed to ride in a e-scooter trial area?

E-scooter shared schemes are being trialled in designated local government areas in NSW.

Your child must be **16 years or older** to hire and ride a shared e-scooter within a trial area.

Hired shared scheme e-scooters are only able to be used on roads and road-related areas in the designated e-scooter trial areas. It is illegal for privately owned e-scooters to be ridden on NSW roads or road related areas, including in trial areas.



What is the law and safety advice in a trial area?

If you allow your 16 years or older child to hire and ride a shared e-scooter within a trial area, you should be aware that your child must:

- ▶ hire a shared e-scooter only from the selected provider in the trial area
- ▶ use a shared e-scooter on selected roads, bike paths and shared paths, in the trial area
- ▶ stay under 10km/h on shared paths and 20km/h on the road
- ▶ always wear an approved helmet
- ▶ not carry passengers
- ▶ not use a mobile phone whilst riding

It is recommended that your child wears brightly coloured clothing so other road users can easily see them.

Your child must be **16 years or older** to hire and ride a shared e-scooter within a trial area.

For more information, please visit:

- ▶ transport.nsw.gov.au/roadsafety

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation, nor should it be regarded as legal advice.