



Monday 16 June 2025

Term 2 Week 8

PRINCIPAL'S MESSAGE

As we move into the cooler winter months, it is essential to prioritise our health and wellbeing. Mindfulness can play a significant role in our daily lives, and I encourage you to engage with your children about their experiences. Currently, our students and staff are participating in the Resilience Project, which includes various mindfulness activities that can also be practiced at home as a family.

The mental health and wellbeing of our youth remains a priority, and I would like to share some key insights from Jonathan Haidt's recent book, "The Anxious Generation". This book addresses the rising levels of anxiety among young people and presents important considerations for us as parents and educators. These points include.

1. **Impact of Social Media:**

Haidt examines how social media can escalate anxiety by encouraging comparison, cyberbullying, and feelings of inadequacy in young people. It's crucial to monitor and discuss your child's social media usage. Consider the removal of smart phones from children until the age of 15.

2. **Changes in Parenting Styles:**

The book suggests that overly protective parenting may hinder children's ability to face challenges. Encouraging independence and resilience is essential for their emotional growth.

3. **Cultural Shifts:**

Haidt highlights how societal changes, particularly a more risk-averse culture, impact young people's capacity to handle adversity. Engaging in open discussions about failure and personal growth can help alter this mindset.

4. **Educational Environment:**

The current educational landscape has intensified pressure on students to perform. Supporting a balanced approach to academics and promoting extracurricular activities can enhance overall well-being.

5. **Importance of Community:**

Fostering a supportive community that encourages open dialogue about mental health is vital

Our West Wyalong community can respond by doing the following.

- **Engage in Conversations:** Initiate discussions with your child about their feelings and experiences related to social media and school pressures, encouraging them to share openly.
- **Set Boundaries:** Consider establishing screen time limits or guidelines for social media use to help your child manage their online interactions effectively.
- **Promote Resilience:** Share personal stories of overcoming challenges, highlighting the importance of learning from failures.

I encourage all parents to reflect on these insights and think about how we can work together to support our children in navigating these challenges. The Department of Education has provided a strong starting point by banning phones from all public schools. We need our parents to be fully supportive of this policy and insist that phones are left at home. The easy option is not to change anything and let the status quo exist, however, we are all witnessing the impact on our children.

If you have any thoughts, questions, or suggestions, please do not hesitate to reach out.

Mr Sheens

STUDENT ORGANISATION

CALENDAR – TERM 2, 2025

WEEK 8	
Monday 16 June – Wednesday 18 June	Under 15's AFL, Broken Hill University of Canberra Explore Day
Wednesday 18 June	Bedgerabong Young Judges Workshop
Friday 20 June	Country Cup Under 15's Rugby League, Wagga
WEEK 9	
Monday 23 June	Aurora HSC Study Day – Biology
Tuesday 24 June	School photos
Wednesday 25 June	Year 8 excursion, Wagga
WEEK 10	
Monday 30 June	Shake n Stir Theatre workshops
Tuesday 1 July	Schoolgirl Trophy Finals, Wagga Tom Kemp Shield Under 16s Rugby League, Dubbo
Thursday 3 July	Outstanding Effort Assembly, MPU at 10:45am
WEEK 1 TERM 3	
Monday 21 July	Staff Development Day
Tuesday 22 July	All students return

NSW PUBLIC SCHOOLS STUDENT SURVEY

In Term 2, we are offering our students the opportunity to participate in the NSW Public Schools Student Survey. The survey gives students the chance to share their thoughts and feelings about life at school,

including questions about their engagement, learning experiences and wellbeing at school.

Hearing directly from our students will help us understand what's working well and where improvements can be made to our school. The survey is confidential, takes around 10 to 15 minutes to complete, and will be conducted online during school hours.

Participation is voluntary. If you prefer your child not to participate, please complete the opt-out consent form, which will be sent home, and return it to the school. Further information about the survey is available at <https://education.nsw.gov.au/npss>

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.



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.

YOUTH MENTAL HEALTH FORUM

On June 3rd, 7 Year 10 students attended the Youth Mental Health Forum (YMHF) at Wagga Wagga Christian College, joining over 165 participants from 19 regional high schools. The forum aimed to help students understand and address mental health challenges faced by themselves and their communities, promoting knowledge of mental health services to reduce stigma.

The day began with a 'Welcome to Country' and was led by Burn Bright, featuring engaging activities. Students focused on three main topics:

Understanding Stigma and Supporting Each Other: They learned the importance of early help-seeking and supporting peers through interactive activities.

Where Can We Seek Help?: A panel of mental health experts answered questions, while students shared encouraging messages on a Post-It Note Wall, highlighting the importance of open discussions.

Take it Back Project: Students proposed initiatives for their school, like a "chill and chat space" for sharing feelings and raising mental health awareness.

The YMHF empowered students to take action, and they are excited to implement their 'Take it Back' project, fostering an environment where mental health is openly discussed and support is encouraged.



BANDLINK

In Term 1 Week 10, Elsie Bell and Lucas Charpentier loaded their trombones into the car and headed over to Griffith BandLink to connect with 100 student musicians from the region for a chance to play in a large concert band.

This 3-day camp, run by the NSW Department of Education's Arts Unit, gave an opportunity for students to receive expert tuition in their instrument and perform under the baton of professional conductors. Both Lucas and Elsie were invited to attend an additional 20 student advanced band session after the finish of the regular workshop day, to work on some extra challenging repertoire.

BandLink was a residential camp for those students not from Griffith, so Elsie and Lucas also enjoyed ten pin bowling, shopping excursions, and dinners out in Griffith, before heading back to the motel each night.

The camp finished with a concert to showcase their work and for the enjoyment of the hosting school, Griffith East Public School, and parents and friends.



BUCKLEY SHIELD UNDER 14S RUGBY LEAGUE GALA DAY

On Tuesday 27 May, our West Wyalong High School Under 14s rugby league team participated in the Buckley Shield Gala Day held in Dubbo. This annual event brings together talented young athletes from various schools across New South Wales to compete in a series of exciting rugby league matches.

WWHS had an incredible day, showcasing their skill, teamwork and sportsmanship. They kicked off the tournament with a fantastic victory against Forbes High School. This strong start set the tone for the matches to come.

The team then continued to impress with victories against Condobolin High School and Parkes High School. The players demonstrated excellent communication and collaboration on the field, which was key to their success.

In their fourth match, they faced Delroy College, Dubbo. They showed great determination and resilience, securing yet another win and building their confidence as the day progressed.

The final match of the day was against Gilgandra High School. The atmosphere was electric as WWHS played their best game yet. Combining strong defence with strategic attacks, they claimed victory and became the champions of the gala day.

The team consisted of Jarred Ackland, Asher Collins, Jimmy Dean, Seth Grimshaw, Nixon Heaslip, Kylan Imrie, Cody Jamieson, Darcy Jamieson, Joel Johnston, Jagger Lange, Nixon Loudon, Alan McCoullough, Tyson Richards, Nate Sams, Hunter Shaugh, Riley Taylor, Eddie Tulloch and Cody Weeks.

A big thank you goes to our amazing support staff who played a crucial role in our success –

- Mason Leane – managing the water supplies and keeping the players hydrated.
- Ben Cattle – safely driving the team to and from Dubbo.
- Jesse Hampton – for his excellent management of the team.

Thanks to their outstanding performance, West Wyalong High School will advance to the next round of the competition. We are excited to see our team continue to grow in the upcoming matches.

Here's a summary of the results –

Game 1 – WWHS 38 v Forbes 0

Try scorers – Nixon Loudon, 2 tries & 5 conversions. Cody Jamieson 2 tries. Riley Taylor, Seth Grimshaw, Jagger Lange – 1 try each.

Game 2 – WWHS 8 v Condobolin 0

Try scorers – Cody Jamieson & Nixon Loudon – 1 try each.

Game 3 – WWHS 34 v Parkes 0

Try scorers – Cody Jamieson 4 tries, Riley Taylor & Darcy Jamieson – 1 try each.

Conversions – Nixon Loudon 3, Nate Sams 1 and Riley Taylor 1.

Game 4 – WWHS 14 v Delroy Dubbo 6

Try scorers – Cody Jamieson 2 tries, Seth Grimshaw 1 try.

Conversions – Nixon Loudon 1.

Game 5 – WWHS 12 v Gilgandra 8

Nixon Loudon 1 try and 2 conversions and Cody Jamieson 1 try.

Great job to all the players and coaching staff for their hard work and dedication.



NSWCHS RUGBY LEAGUE TRIALS

We are excited to share the results from the recent NSW CHS Rugby League trials.

Congratulations to the following players who represented the Greater Western region and the President's side –

- Ryder Pettit and Bobby Bryant for the Under 15s team.
- Kayne Crowe for the Presidents side in the Opens age division.

All boys performed exceptionally well throughout the carnival, showcasing their talents and dedication on the field.

A special congratulations to Ryder Pettit, who has been selected for the NSW CHS side! He will represent NSW CHS Under 15s side at the Australian Championships, which will be held in Townsville during Week 10 of this term. We are proud of his achievement and wish him the best of luck in the upcoming championships.



COUNTRY CUP UNDER 15S RUGBY LEAGUE

West Wyalong High School's Under 15s rugby league team travelled to Cootamundra to compete in the Country Cup competition.

The boys started strong in their first match against Hennessy Catholic College securing a convincing victory. Ryder Pettit had an outstanding performance scoring 1 try and successfully converting 3 tries. Other contributors included Jimmy Dean, Bobby Bryant and Billy Broad each scoring a try.

In the second match, WWHS faced a tougher challenge. After a slow start in the first half, the team rallied in the second half with Ryder Pettit scoring 2 tries and converting both.

The team consisted of Billy Broad, Bobby Bryant, Will Burge, Asher Collins, Nash Crossman, Jimmy Dean, Zack Gaynor, Seth Grimshaw, Nixon Heaslip, Cody Jamieson, Nixon Loudon, Ryder Pettit, Nate Sams, Cruze Scealy, Riley Taylor, Ed Tulloch and Cody Weeks.

Thank you to Tyson Richards for running the water and kicking tee, Ben Cattle for driving the bus and Jesse Hampton for managing the side. Your support was invaluable to the team's efforts. Overall, it was a day of learning and growth for the West Wyalong Under 15s.



WORLD ENVIRONMENT DAY

On 5 June, Year 7 students from WWHS partnered with Evolution and the Bland Shire Council to plant native trees at the Wetlands to celebrate World Environment Day.

Students planted three different types of native trees to help reduce soil erosion, reduce the build up of sediment in the water, and create habitats for wildlife. This hands-on initiative aligns with the 2025 World Environment Day theme, "Our Land. Our Future. We are #GenerationRestoration," emphasising the importance of land restoration and sustainability. This collaborative effort between students, Evolution, and the Bland Shire Council exemplifies how local actions can contribute to global environmental goals.

WWHS would like to thank Evolution and the Bland Shire Council for the opportunity to be part of this important initiative.



PULSE ALIVE

West Wyalong High School's Isaac and Lucas Charpentier performed in Pulse Alive 2025 at Ken Rosewell Arena, Sydney Olympic Park on Friday 21st March.

Pulse Alive showcased the talent of over 5000 students from NSW Public Schools and wowed audiences in the sold-out arena. They were part of the Massed Choir and diligently prepared the 17 songs they performed as part of the show. This was the second time that both boys performed at Pulse Alive and were able to guide and support the 17 West Wyalong Public School students who performed as well.



PUBLIC NOTICES



EXHIBITION

WHEN:

Saturday 23rd August 9am - 4pm
Sunday 24th August 2025 9am - 3pm

WHERE:

Wagga Wagga RSL,
30 Dobb Street, Wagga Wagga

TICKETS:

\$8.00 Online or \$10.00 at the door
(Under 3 years free)

Wagga 2025

Proudly brought to you by Brick Envy

Get your tickets:
trybooking.com/DBHEX

OR
Scan the
QR code



Join us for a chat with special guest
bestselling rural romance writer...

MAYA LINNELL



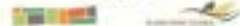
FREE ENTRY -
LUCKY DOOR
PRIZE

WEDNESDAY 25 JUNE 2025
3:00 PM
BLAND SHIRE LIBRARY

RSVP FOR CATERING
PH: 69790273
E: events@blandshire.nsw.gov.au

Signed copies of Maya's new book
'Cockatoo Cove' + a selection of
her other books will be available
for purchase on the day!

EFTPOS



Brick Envy

Brought to you by
Brenda Jones



LEGO® based School Holiday Program
Brick Envy LEGO Holiday Program Highlights

Welcome Activities:

Name tags and mini LEGO figure coloring to start the day.
Build your own LEGO figure to unleash creativity.

Exciting LEGO Challenges could include and not limited to:

"Build in the Bag" challenge: Assemble a LEGO set inside a snuggly bag!
"Musical Monsters" and group volcano builds (with real eruptions!).
Car building and racing competitions.
Mosaic building (time permitting).

Skill Building Fun:

Socialisation, teamwork, cognitive skills, creativity, and concentration.

Big smiles and fun Guaranteed!

School holiday week 1	Where:	Provided Snacks:
Tuesday 8 th July Thursday 10 th July	RSL Wagga Wagga	Fruit and water for a refreshing break
School holidays week 2	Time:	Minimum number 10 per session, maximum 20 per session
Tuesday 15 th July Thursday 17 th July	1:30-3:30pm	



Please head to
www.brickenvy.com.au
to secure your child's spot,
spaces are limited

Costs:
\$50.00 per child

Can pay privately or can use your
Service NSW Creative Kids Voucher



NRMA SAFER DRIVER COURSE

FREE
FOR L PLATE DRIVERS AGED 16-24 YEARS



Get 20 logbook hours credit and prepare for your P's with the Safer Drivers Course
Spots are limited
Theory Thursday 10 July 9am-12pm
Practical Thursday 10 July or Friday 11 July
L Plate drivers MUST have completed a minimum of 50 hours to participate
Phone Council today on 02 6972 2266 to book your place!

FREE FIRST AID & CPR



TRAINING FOR YOUTH AGED 14-24



RECEIVE YOUR STATEMENT OF ATTAINMENT
IN APPLY FIRST AID AND CPR

THURSDAY 17 JULY 2025

BLAND SHIRE COUNCIL, 6 SHIRE STREET, WEST WYALONG

9AM - 2PM, LUNCH PROVIDED

Bookings Essential Contact us 02 6972 2266