



WINMALEE HIGH SCHOOL

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winmalee-h.schools.nsw.gov.au f Winmalee High School - Official

Term 3 Week 2 Communication – Thursday 31 July 2025

Dear Parents and Carers,

Warami. Today our students voted for School Captains and Prefects after hearing eight impressive speeches on assembly yesterday. We will be announcing the positions after the publishing deadline. We will be announcing the positions today but after the publishing deadline and will inform you of the outcome next week.

Congratulations to students **Seda Amputch, Macauley Down, Amelia Peake, Rose Lau, Ruby Melville, Ava Seymour, Harry Summers and Charlotte Napper**. This group of leaders will make an impressive leadership team, regardless of position.

Yesterday, a handover took place for our next lot of **refurbished student toilets**. The difference is amazing. We would like to acknowledge the patience of students throughout the refurbishments. With all student toilets now open for use, the Senior Student toilets will be operating again, giving students in Year 12 exclusive use of the toilets near the HSIE staffroom.

Shutoken Study Tour - Next week we will be welcoming 30 Japanese students to our school for a two-day visit. This has been organised through DE International. We have a packed schedule filled with different activities for our guests. Thank you to our student mentors who will assist us with activities. We look forward to sharing details with you about the visit next week.

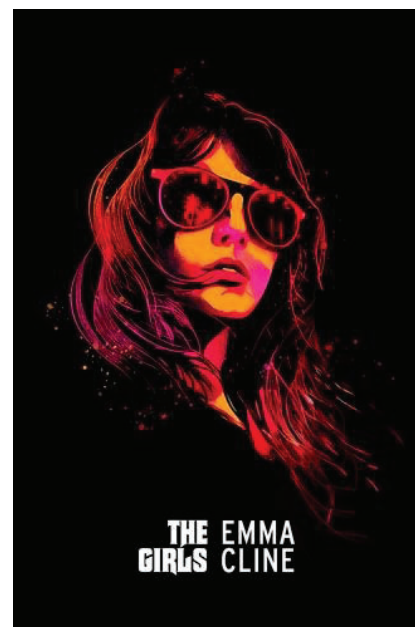
What are you reading?

Ms Sheehy is reading Emma Cline's 'The Girls'

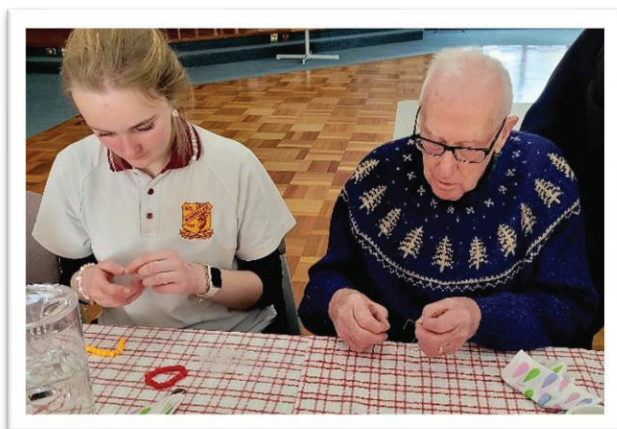
I become a bookworm in the holidays but find reading during term time very challenging. Having just joined a new Book Club though I have been forced to get reading by a due date and am enjoying it immensely. I love settling down in a comfortable chair to read.

Emma Cline is a new author for me, and this is a different genre than my normal Crime Fiction choice but is proving to be a compelling read.

Emma Cline's "The Girls" follows Evie Boyd, a lonely teenager in 1960s Northern California, as she is drawn into a cult led by a charismatic figure and mesmerized by an older girl named Suzanne. The novel explores themes of obsession, violence, and the destructive power of cults, set against the backdrop of a time of social upheaval.



Last week a number of our wonderful Year 11 students spent a delightful afternoon with residents at Buckland Aged Care for **International Friendship Week**. They shared lunch and stories whilst having fun making friendship bracelets.



Recently, **Teagan Hunt (Year 12)**, who has been part of Winmalee High School's Taekwondo team for the last five and a half years, tested for her Provisional Black Belt. As part of the testing requirements, Teagan was required to write an essay on "*The value of self control and self discipline*". In her essay below, Teagan shows a superior understanding of Taekwondo and the positive values that this type of training can bring into a person's life.

Taekwondo

Taekwondo to me is not just a martial art, it is a community, a method for self control and discipline to flow through you and an enjoyment to be shared. Taekwondo is a moving meditation of sorts. Upon entering the 도장 (dojang) place of study, one bows to respect the space, art and instructor 사범님 (sabeom-nim (martial arts instructor/master-an honourific meaning sir)) and to say that they are self disciplined and ready to learn.

This bow reminds me each and every time to leave behind distractions from the outside world. For in class, not only am I a student practicing technique, I am also practicing patience, control and discipline that I can extend out into my daily life. Taekwondo has helped shape not only my body, but my character.

Taekwondo isn't about overpowering others, it is about mastering oneself. Every 품새 (poomsae) and 겨루기 (gyeorugi (gy is pronounced as a soft g/k sound)) sparring taught me that control comes from within, built through repetition, humility, and the choice to keep going even when it's hard.

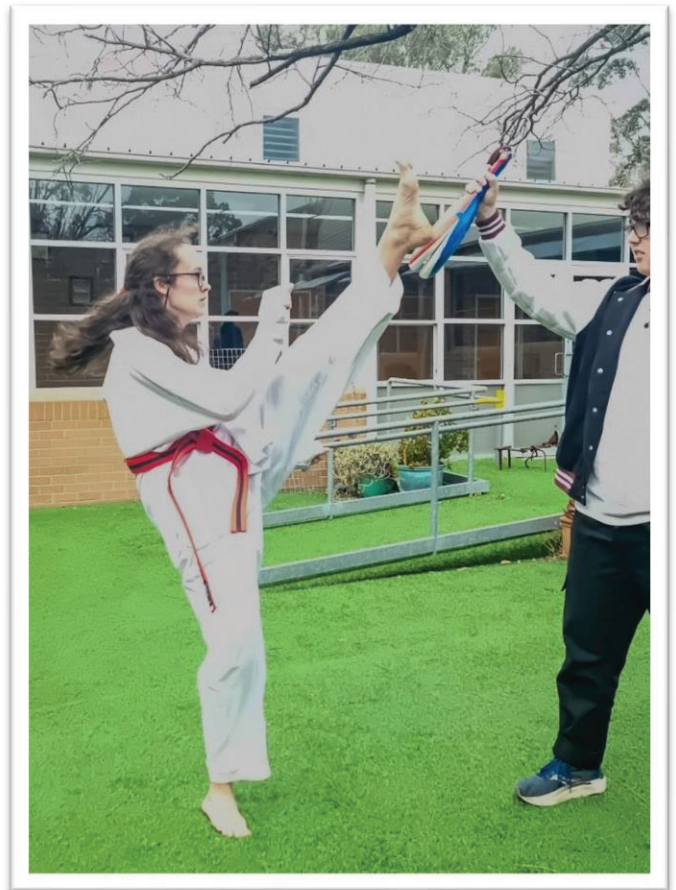
Taekwondo matters to me because it is an essential part of my being, without it life would be incomplete. When I miss a class, my whole week feels incomplete and off-balance. I look forward to the focus during poomsae, the self control of self defense and the intensity of sparring. However, it's not just the movements that I enjoy, it's the people. The shared effort, the encouragement, the laughter and community. These moments bring me joy in a way nothing else does. The class is a family of sorts, built not by blood, but by sweat, discipline, and mutual respect. Training alongside others who are growing with me makes each lesson feel meaningful.

Every belt earned isn't just a marker of physical skill, it is also proof of discipline, resilience, and respect not only to oneself but also to the discipline, the instructor and the other students.

Self-control and self-discipline are a large part of taekwondo. It's not just about holding back a punch or standing still when told. It's about training your mind to stay calm even when your body wants to rush, to push yourself to keep going when it's easier to stop. Every class reminds me that control is power. Discipline is the promise to yourself to show up, to push through, and to keep learning even when it is difficult and it appears as if you are not progressing. Through Taekwondo, these values don't just live in the dojang, they flow through into every part of my life, shaping how I act, how I think, and how I grow.

Even on tough days (even bad pain days), going to class makes everything feel a bit better, more clear. I leave sweaty, sometimes sore, but always proud. It's not about being perfect, it's about showing up and trying. I laugh with others, push myself, and leave feeling more focused. It's one of the best parts of my week.

THE END

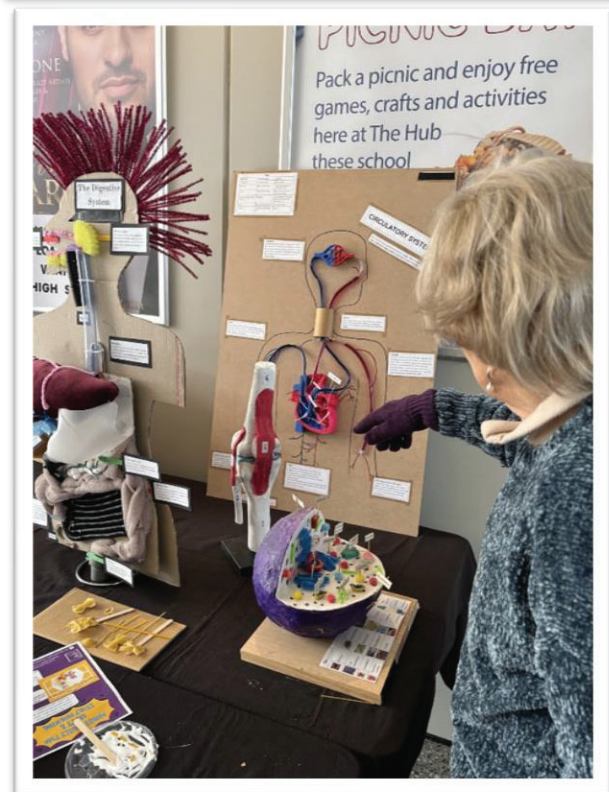
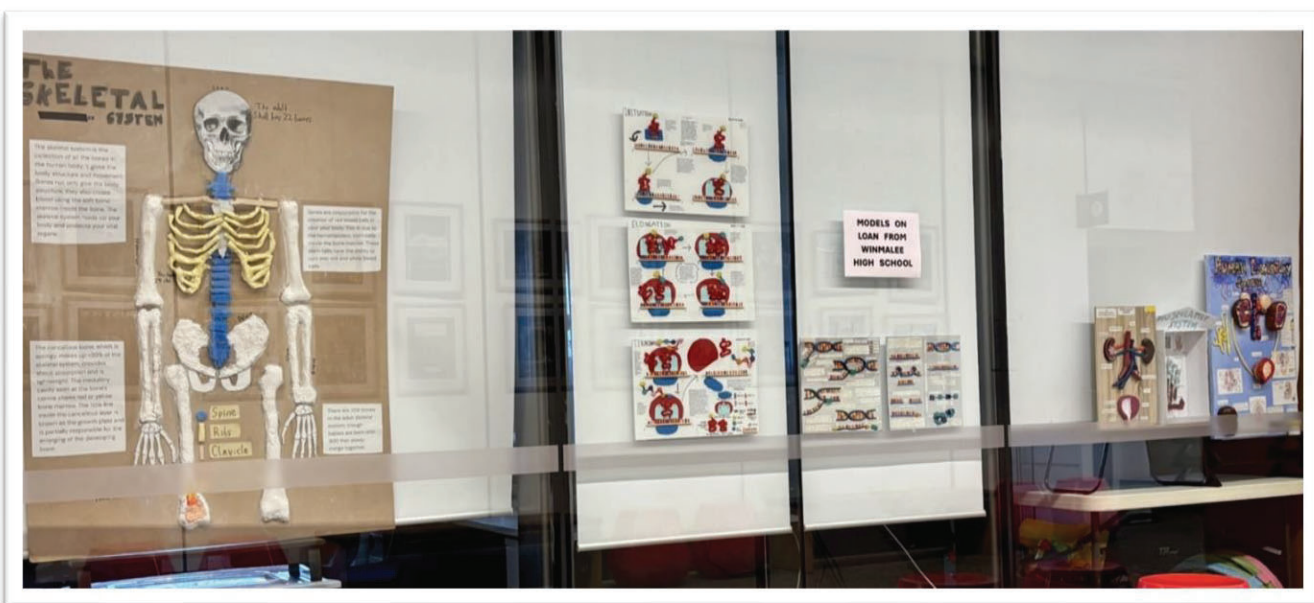


Science Week 2025

The Blue Mountains Theatre and Community Hub in conjunction with Springwood Library ran a Science Week Theme - Hub Picnic Day over the recent school holidays.

Jo Fielding, Community Development Worker, would like to thank Winmalee High School and Mr Verstegen, for the loan of the human body / science models for the Hub Picnic Day during school holidays. From Jo: *'It was a great and relevant addition to the day. We received lots of positive feedback from our community. People were genuinely impressed at the calibre of the models on display. The models were on display for the whole day. The models that we exhibited in the Neighbourhood Centre windows were displayed for the whole week. They were appealing and eye catching to a variety of our community.'*

This was a great chance for Winmalee High School to promote the skilful work that students at Winmalee High can produce in their Science classes.





NAIDOC Celebrations

Last Friday, our Mob took part in the Buunyal Tour at Scenic World, guided by proud Gundungurra man Uncle David King (Dingo Darby). During the tour, students were given the opportunity to connect with Country and learn about Gundungurra cultural lores and traditions through Uncle David's storytelling and deep cultural knowledge. Students also had the opportunity to enjoy some of Scenic World's iconic attractions, including the Scenic Railway, Cableway, and Skyway - adding excitement to a day of cultural learning.

On Wednesday, students from Years 7–11 hosted a **Cultural Learning Day** with Ellison and Winmalee Public Schools as part of our NAIDOC Week celebrations. The day featured a range of hands-on workshops, including dance, weaving and art, allowing students to engage with and celebrate culture in meaningful ways. A big thank you to Aliccia King-Reid from *Deadly Dreaming* and Becky Chatfield from *WSU Pathways to Dreaming* for their invaluable help and support throughout the morning. We look forward to continuing to build strong connections across our community throughout the year.



Taym Dumiatty (Year 7) – Congratulations to Taym for his recent achievement in the Swim Brothers Program. Run through Surf Life Saving Australia, Taym has been travelling to Cronulla every week for 6 months to participate in this life saving program. Taym is the youngest recruit and has successfully completed the program which is dedicated to building leadership among diverse young men. Take a moment to have a look at this inspiring [news clip](#) about the program, featuring Taym speaking. A big shout out to Taym's mother, Sana, for driving from the mountains to Cronulla each week.



Year 7, 8 & 9 Assessment Schedules for Semester 2 have been uploaded to the Parent Portal and school website.

**WINMALEE
HIGH SCHOOL
UNIFORM SHOP**
**TERM 3, WEEK 1 & WEEK 2
TRADING HOURS**

The Uniform Shop will be **ONLY** be open the following days during Week 1 and Week 2 of Term 3.

FRIDAY 25TH JULY 2025 – 8AM – 11AM
FRIDAY 1ST AUGUST 2025 – 8AM – 11AM

See below link for ONLINE ordering
<https://www.daylightschoolwear.au/winmalee>

Please note that the Uniform Shop opening hours for weeks 1 and 2 of Term 3 are **Fridays only** from 8.00am to 11.00am. Please check the [school website](#) for up to date information about opening hours, and [online ordering information](#).

From next week the Uniform Shop will be opening on **Tuesdays only**.

WHS Alumni Spotlight: Courtney Liddle (Class of 2013)

We're thrilled to share the stories of our former students with the school and wider community, highlighting their experiences at WHS and the diverse journeys they've taken since graduating.

This week Courtney Liddle shares her reflections on her time at Winmalee High and where life has taken her since.

Check out Courtney's Q&A at the end of the Newsletter and stay tuned as we continue celebrating the amazing paths our alumni are forging!

We would love to hear from as many former students as possible across a wide range of years and pathways for our Alumni Spotlight feature. Former students can go to [WHS Alumni Q & A](#) to fill out the form and share their experiences with us.

Best wishes,

Winmalee High School

CAREERS NOTICEBOARD

For student career opportunities, please see the Careers Google Classroom.
Code: yr6hpo2

More information is also available on the school website [Careers page](#).

WHS ALUMNI Q&A



WHAT HAVE YOU BEEN UP TO SINCE GRADUATING FROM WHS?

After finishing high school, I completed a Bachelor of Business and Commerce (Advanced Business Leadership)/ Bachelor of Laws at Western Sydney University, graduating in 2018. I then worked as a Legal Associate for two judges of the Federal Circuit and Family Court of Australia. From 2021 to present, I have been practising as a solicitor at the Legal Services Commission of South Australia. Up until this year, I had been practising exclusively as a family law solicitor, but have recently changed to criminal law.

WHAT ARE SOME OF YOUR FAVOURITE MEMORIES FROM YOUR TIME AT WHS?

Easy answer- Duke of Ed! So many great memories on Duke of Ed trips, in particular hiking in New Zealand.

HOW DID YOUR TIME AT WHS INFLUENCE OR HELP YOU DISCOVER YOUR PASSIONS AND INTERESTS?

Legal Studies with Mr Brady in Year 11 and 12 undoubtedly had a huge impact on my career trajectory. As did other influential teachers; including Mr Kosta and Mr Bates, who indirectly instilled in me the confidence to pursue law.

WHAT EXTRACURRICULAR ACTIVITIES WERE YOU INVOLVED IN AT SCHOOL?

On top of Duke of Ed, I thoroughly enjoyed other outdoor activities including cross country, athletics and netball. I also loved my time playing the flute in various Winmalee High School bands.

WHAT DO YOU THINK MAKES OUR SCHOOL SPECIAL?

The holistic educational experience that students can enjoy at Winmalee High makes it so special

