



# WINMALEE HIGH SCHOOL

High School Drive Winmalee NSW 2777

T 02 4754 2822 E [winmalee-h.school@det.nsw.edu.au](mailto:winmalee-h.school@det.nsw.edu.au)

[winmalee-h.schools.nsw.gov.au](http://winmalee-h.schools.nsw.gov.au) f Winmalee High School - Official

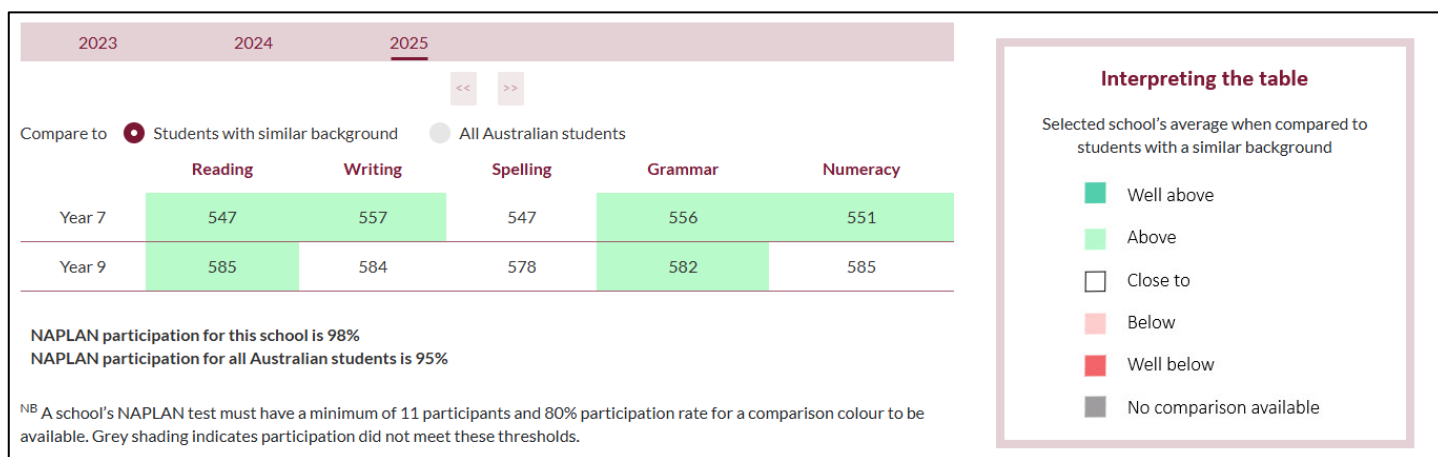
## Term 4 Week 8 Communication – Thursday 4 December 2025

Dear Parents and Carers,

Warami.

Well done Year 7 and Year 9 for demonstrating your literacy and numeracy skills in the NAPLAN tests held earlier this year. This is only a measure in time but a strong indicator of achievement levels in key life skills. The My School website was updated this week with 2025 results and the media have run a number of stories.

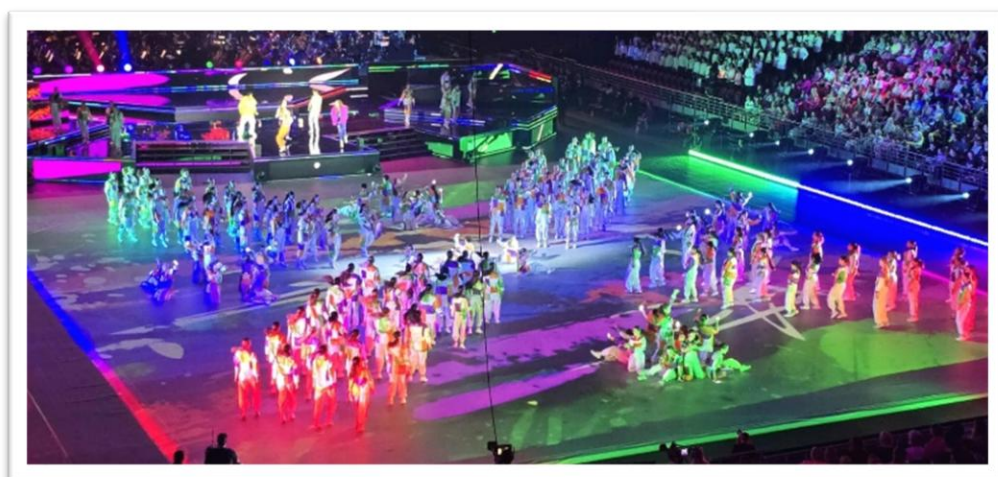
Not only does it show our students' achievement in literacy and numeracy but that for a week they tried their best over five days of online tests.



### . Social Media ban for under 16s begins on 10 December.

I mentioned the social media ban last week and since then we have received some information I am sharing with you from the Federal Government.

Please see information at the end of the Newsletter, and there is a wide variety of resources available from the Office of the e-Safety Commissioner at <https://www.esafety.gov.au/>



Congratulations to all of our students involved in this year's

## Schools Spectacular! 🌟

Winmalee High School students were selected for the Featured Tap Ensemble, Featured Jazz Ensemble, Featured Contemporary Ensemble, Featured Girls Hip Hop, NSW State Boys Ensemble, the Aboriginal Dance Ensemble, the Whatcha Want Combined Dance Group, the NSW Public Schools Millennium Marching Band, and the Greater West Big Band.



We also had our very own Mrs Smith in the orchestra playing the violin!

The event will be broadcast on Channel 7 on the 19 December.



**Aiden Gwenossis (Year 10)** is currently attending the Tennis Country Athlete Performance Camp in Wagga Wagga.

The camp, a development pathway reserved for only 16 athletes across all regional New South Wales, is designed to accelerate development with elite-level coaching, match play, and education.





## Young Australians' Cancer Initiative (YACI) – report by Georgia Holdsworth

On the 31st of October, six year 10 students, **Claudine Barclay, Nathan Broadhead, Lyla Douglas, Emiliana Hart, Georgia Holdsworth and Skye Wilson** were lucky enough to go to the Westmead Institute of Medical Research (WIMR) to be a part of a cancer symposium run by the Young Australians' Cancer Initiative (YACI). The symposium was titled **“The Evolution of Melanoma Care: Existing and Emerging Diagnostic and Therapeutic Approaches”**, and gave us a wide view over melanoma, including what it is and how to treat it in detail.

We were extremely lucky to hear from all different medical specialists, including oncologists, cancer researchers and dermatologists, who shared in depth about the what melanoma is and its effects, how it can metastasise and form other cancers, how specific treatments target the cancer, including current and emerging treatments, and how you can prevent getting melanomas in the first place.

Throughout the day, we listened to speeches from different doctors and specialists, where we learnt about melanoma and therapies that researchers are looking into and testing at the moment, as well as how to self detect melanomas, factors that increase your risk of getting melanoma, and primary preventions which are mainly applying enough high SPF sunscreen for the whole body every 2 to 3 hours and checking the UV index daily. If you suspect you have a melanoma, there is an ABCDE (which you test over time) that you can use to work out if your pigmentation is cancerous or non cancerous, which stands for:

- Asymmetry - where symmetry is good and asymmetry is bad
- Borders - the borders of the pigmentation are uneven
- Colour - there are multiple colours in the spot
- Diameter - where the diameter is greater than 6 millimeters
- Evolution - if the spot keeps changing and moving over time.



Then we split into breakout groups where we had tours of research labs, and had an interactive seminar with a pathologist, as well as going into part of the University of Sydney and learning about how different types of melanoma are treated. In the time we were in USYD, we got to see how dermatologists do a punch biopsy (on a banana) and use a new tape that is under testing that is able to determine whether a spot is cancerous or not without being invasive. After the breakout, we were privileged enough to be a part of 2 panel sessions. The first was two medical specialists, a medical oncologist and a dermatologist, who are sometimes a part of

Multidisciplinary Team Meetings (MDT's). They explained that, in MDTs, doctors from different disciplines explain and talk through their thoughts on real life cases and what treatments they think will be best for the patient. In terms of treating the patient, the specialists talk about not only what they think would work, but also the quality of life of the patient and the patient's and their family's preferences and wishes. The specialists were given a hypothetical case and they talked through their thoughts and treatments that they would suggest for the patient. This was incredible to hear and gave us a great insight into what the work of medical specialists looks like. The second panel was a survivorship and advocacy panel that featured three women who have gone through a journey with cancer. They talked about their personal experiences, from being diagnosed, through their treatments, to where they are today. The main take outs from this panel, for me personally, were that melanoma can affect anyone not just old people, communication with doctors and people around you is key so ask questions, and most importantly: skin cancer is real, melanoma is deadly, so protect your skin.

Overall, the symposium as a whole was an amazing, eye-opening experience into the world of melanoma and I am so privileged to have had the chance to attend it. If there was one thing that I could tell everyone about the day, it would be to know your risk, protect yourself and learn the ABCDE of melanoma detection.

## Blue Mountains Ngarra Wingarru Awards Night – Thursday 20 November

The recent Blue Mountains Ngarra Wingarru Awards Night was a wonderful celebration of culture, achievement, and community. Our school proudly celebrated the Deadly achievements of our Aboriginal students at the **Blue Mountains Ngarra Wingarru Awards Night**. It was a wonderful evening recognising talent, culture, and community pride. Several of our students shone proudly as they were recognised for their hard work, talent, and commitment.

We congratulate the following students on their outstanding achievements:

- **Lily Warren-Bernardini – Academic Achievement**
- **Alice Pigram – Snr Cultural Leadership**
- **Leah Vasiliev – Creative Arts**
- **Robbie Pigram – Deadly All Rounder**
- **Lily Hather – Jnr Cultural Leadership**
- **Aliera Tredoux – Sporting Achievement**
- **Alkira Roach – Deadly Resilience**

A special thank you to **Lexie Mackay** and **Amelia Tredoux**, who did an exceptional job as MCs for the night.

We are incredibly proud of all students who represented our school with pride, strength, and spirit. Congratulations to all - stay Deadly!







Mrs. Chapman's **8TEC7** class has been participating in an engineering unit this term, where students designed their CO2 dragsters. Race day finally arrived, and it was both fun and competitive. It was a successful event, as all the CO2 dragsters made it to the finish line. Congratulations to **Nellie Miller** for achieving the fastest time!



Look who it is! 🐾 **Harley and Ash** work with Nepean Therapy Dogs to bring happiness and comfort to those in need around the Blue Mountains and Penrith community.

Last week they were at Nepean Village and Ms Charman was able to catch up!

Harley is moving into this role full time from next year so unfortunately, he won't be back at WHS.

He will come into school before the end of term to say goodbye and we'll give him a full graduation ceremony to thank him for his hard work.

Shoutout to Harley! We will miss you 🐾🐾

### 🎓 **WHS Alumni Spotlight: Ben Sanford (Class of 2015)**

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 **Ben Sanford** shares his reflections on his time at Winmalee High and where life has taken him since.

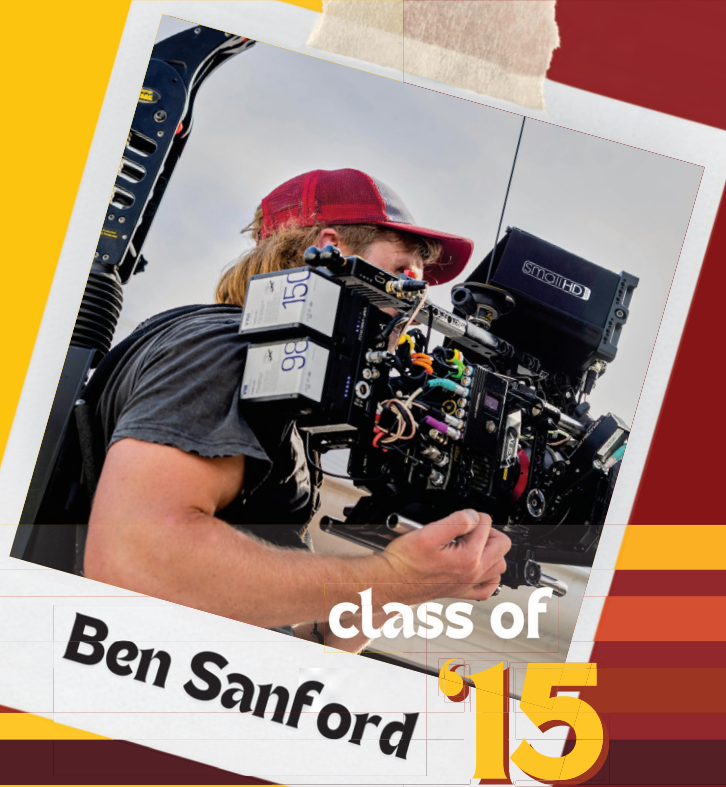
Check out Ben's Q&A at the end of the Newsletter and stay tuned as we continue celebrating the amazing paths our alumni are forging!

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

# WHS ALUMNI Q&A



## WHAT HAVE YOU BEEN UP TO SINCE GRADUATING FROM WHS?

Working in Film Production - Photography and Video

## DO YOU HAVE A BUSINESS INSTAGRAM OR WEBSITE THAT YOU WOULD BE HAPPY FOR US TO SHARE?

@bensanfordmedia or [www.bensanfordmedia.com](http://www.bensanfordmedia.com)

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

I actually chose maths instead of photography because those two clashed on the timetable. Can't skip maths! The extra curricular activities such as Ski Racing, Duke Of Edinburgh and other outdoor recreation helped shape my love for the outdoors and I would do any sport I could, to this day sport is a huge part of my career. I never went to the snow with family so having that opportunity through school was incredible.

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

Best memories were all extra curricular sport and recreation, funny moments and the social aspect with peers and I had some amazingly supportive teachers particularly in my senior years, Mrs Smith for Maths and Ms Tippet for English, they would go above and beyond to help us learn outside of class hours too.

## WHAT EXTRACURRICULAR ACTIVITIES WERE YOU INVOLVED IN AT SCHOOL?

Rugby, Duke of Edinburgh, Ski Racing

## WHAT DO YOU THINK MAKES OUR SCHOOL SPECIAL?

The extra curricular activities definitely stand out at number 1 however, it always comes back to the teachers. Teachers that enabled all those epic extra curricular experiences, or just helped foster your intrigue, I'll admit I wasn't the most studious until Year 12, the best teachers kept things interesting. To break something complex down into a simple example is a true art.



# Social media age restrictions

## What you need to know

**From 10 December 2025 Australian young people under 16 will not be allowed to create or hold accounts on certain social media platforms.**

Delaying account access allows more time for young people to build digital literacy and greater resilience.



### How will it work?

Under the law, the responsibility lies with the age-restricted platforms to find and deactivate existing accounts held by under-16s and to prevent under-16s from creating new accounts.

**There are no penalties for under-16s** who access an age-restricted social media platform, or for their parents or carers.

### Social media platforms

The age restrictions are likely to apply to **Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, X, YouTube** as well as other platforms. [See the latest list.](#)

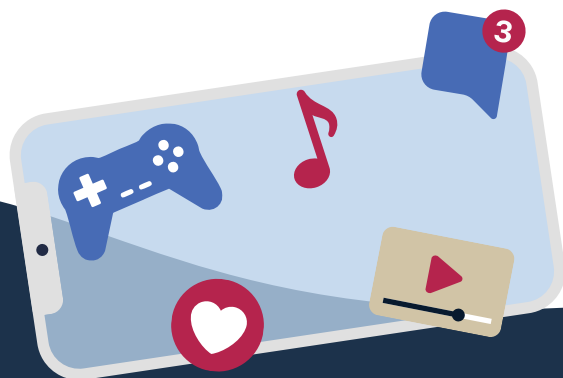
**Most standalone gaming and messaging apps**, as well as many services that support health and education, will not be affected by the new law.

### Information and resources

**Visit eSafety's social media age restrictions hub to find out what's happening and how to prepare.**

The hub includes practical guidance for parents and carers and young people, including get-ready guides and actions plans to prepare for the change.

Updated 05/11/25



For more **information and resources** to help you prepare, visit **eSafety.gov.au**

# DECEMBER 2025 TRADING HOURS

**OPEN HOURS FOR THE UNIFORM SHOP IN DECEMBER 2025**

**LAST TRADING DAY TUESDAY 16<sup>TH</sup> DECEMBER 2025**

| Sunday                  | Monday              | Tuesday                                                                                | Wednesday           | Thursday            | Friday                                                   | Saturday            |
|-------------------------|---------------------|----------------------------------------------------------------------------------------|---------------------|---------------------|----------------------------------------------------------|---------------------|
| <b>NOV 30</b><br>CLOSED | <b>1</b><br>CLOSED  | <b>2</b><br>YEAR 7<br>ORIENTATION DAY<br>EXTENDED<br>TRADING HOURS<br>8:00AM - 12:00PM | <b>3</b><br>CLOSED  | <b>4</b><br>CLOSED  | <b>5</b><br>NORMAL TRADING<br>HOURS<br>8:00AM - 11:00AM  | <b>6</b><br>CLOSED  |
| <b>7</b><br>CLOSED      | <b>8</b><br>CLOSED  | <b>9</b><br>NORMAL TRADING<br>HOURS<br>8:00AM - 11:00AM                                | <b>10</b><br>CLOSED | <b>11</b><br>CLOSED | <b>12</b><br>NORMAL TRADING<br>HOURS<br>8:00AM - 11:00AM | <b>13</b><br>CLOSED |
| <b>14</b><br>CLOSED     | <b>15</b><br>CLOSED | <b>16</b><br>NORMAL TRADING<br>HOURS<br>8:00AM - 11:00AM<br>LAST TRADING DAY           | <b>17</b><br>CLOSED | <b>18</b><br>CLOSED | <b>19</b><br>CLOSED<br>LAST DAY OF<br>SCHOOL             | <b>20</b><br>CLOSED |

## SCHOOL HOLIDAYS

**ONLINE ORDERING AVAILABLE**

<https://daylightschoolwear.au/winmalee/>

Online ordering available through the below link.

<https://daylightschoolwear.au/winmalee/>

You will be notified by the Uniform Shop when your order is ready for collection.

**Return to Normal Trading Hours from Tuesday 3<sup>rd</sup> February 2026.**

| Sunday | Monday | Tuesday    | Wednesday | Thursday | Friday     | Saturday |
|--------|--------|------------|-----------|----------|------------|----------|
| CLOSED | CLOSED | 8AM - 11AM | CLOSED    | CLOSED   | 8AM - 11AM | CLOSED   |




# JANUARY 2026 SCHOOL HOLIDAY TRADING HOURS

Open hours for the Uniform Shop in January 2026.

**ONLINE ORDERING AVAILABLE VIA THE BELOW LINK**

<https://daylightschoolwear.au/winmalee/>

| Sunday                                                                                                                                                                                                                                        | Monday                                                                                                                                    | Tuesday                                                                                                    | Wednesday                                                                                                  | Thursday                                                                                                   | Friday                                                                                                     | Saturday                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------|
| <p><b>SCHOOL HOLIDAYS</b><br/> <b>APPOINTMENTS AVAILABLE ONLINE – PRIORITY SERVICE</b><br/> <b>WALK INS WELCOME ALSO</b><br/> <a href="https://daylightschoolwear.au/winmalee/booking">https://daylightschoolwear.au/winmalee/booking</a></p> |                                                                                                                                           |                                                                                                            |                                                                                                            |                                                                                                            |                                                                                                            |                             |
| <p><b>25</b><br/>CLOSED</p>                                                                                                                                                                                                                   | <p><b>26</b><br/> <br/> <b>HAPPY Australia DAY</b></p> | <p><b>27</b><br/>           SCHOOL HOLIDAY<br/>           TRADING HOURS<br/>           8:00AM - 1:00PM</p> | <p><b>28</b><br/>           SCHOOL HOLIDAY<br/>           TRADING HOURS<br/>           8:00AM - 1:00PM</p> | <p><b>29</b><br/>           SCHOOL HOLIDAY<br/>           TRADING HOURS<br/>           8:00AM - 1:00PM</p> | <p><b>30</b><br/>           SCHOOL HOLIDAY<br/>           TRADING HOURS<br/>           8:00AM - 1:00PM</p> | <p><b>31</b><br/>CLOSED</p> |
| <p><b>FEB 1</b><br/>CLOSED</p>                                                                                                                                                                                                                | <p><b>2</b><br/>           EXTENDED<br/>           TRADING HOURS<br/>           8:00AM - 1:00PM<br/>           SCHOOL RETURNS</p>         | <p><b>3</b><br/>           NORMAL TRADING<br/>           HOURS<br/>           8:00AM - 11:00AM</p>         | <p><b>4</b><br/>CLOSED</p>                                                                                 | <p><b>5</b><br/>CLOSED</p>                                                                                 | <p><b>6</b><br/>           NORMAL TRADING<br/>           HOURS<br/>           8:00AM - 11:00AM</p>         | <p><b>7</b><br/>CLOSED</p>  |

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| Sunday | Monday | Tuesday    | Wednesday | Thursday | Friday     | Saturday |
|--------|--------|------------|-----------|----------|------------|----------|
| CLOSED | CLOSED | 8AM - 11AM | CLOSED    | CLOSED   | 8AM - 11AM | CLOSED   |

# LOOKING FOR SOMETHING TO DO?



Follow **Blue Mountains Youth** on Insta to find out about local events, spaces, and opportunities for young people **aged 12 – 25**



Check out the event calendar **[strongerfamilies.net.au/event-calendar](https://strongerfamilies.net.au/event-calendar)**

