



## WINMALEE HIGH SCHOOL

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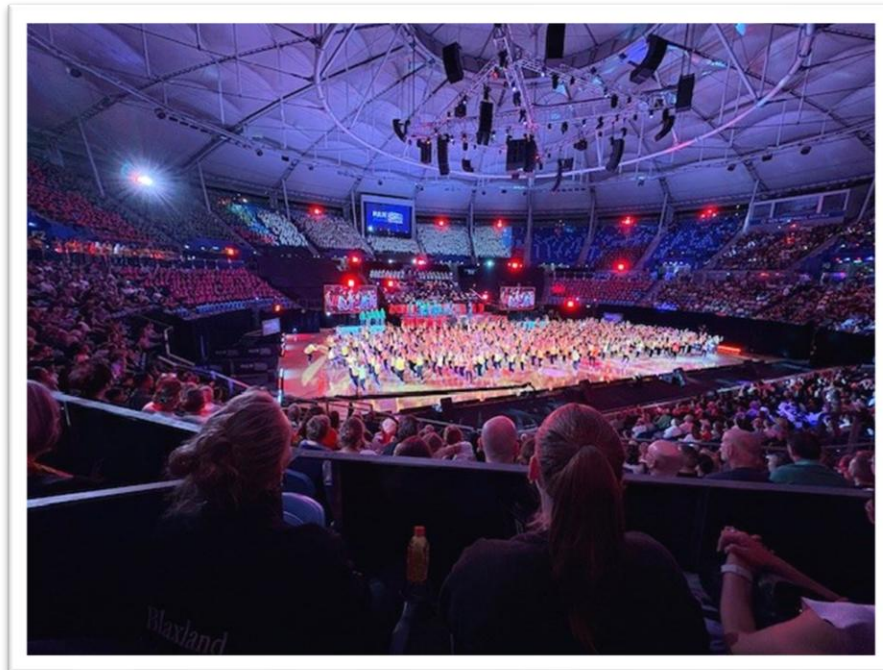
winmalee-h.schools.nsw.gov.au f Winmalee High School - Official

### Term 1 Week 8 Communication – Thursday 19 March 2026

Dear Parents and Carers,

Warami. This week has continued to focus on NAPLAN and Year 10 HSC Minimum Standards tests. Students in all years involved have been excellent with their focus and effort. We would like to congratulate Year 10 students in particular for their results in the HSC Minimum Standards reading test, as every single student met the standard first go!

Last night was the first Pulse Alive concert, at Homebush. It was an incredible show! A huge shout out to all the students, teachers and parents who have put in several long days for rehearsals and performances.



Pulse Alive is a truly impressive showcase of the talent in K-12 public schools.

Winmalee High School was well represented with close to 40 students involved in the Show Band, Marching Band, Vocals and Dance.



**Harmony Week** - A reminder that tomorrow is Harmony Day at our school, and we encourage students to wear orange accessories to support the day.

Harmony Week is the celebration that recognises our diversity and brings together Australians from different backgrounds. It's about inclusiveness, respect and a sense of belonging. The message of Harmony Week is everyone belongs. As part of a focus on respect and belonging, the SRC are looking out for acts of kindness around the school, and students will be rewarded with a special Goldie Draw.



Congratulations to **Year 7 students Liam Mackenzie, Ryder Beggs, Sam Gabriel and Tom Engelhard** (and friends Oliver and Richie) who have had their 2025 student film "Operation Unplugged" selected as one of 24 finalists (out of 360 submissions) in the *Film By Invitation* festival.

*Film by Invitation* is a showcase of the finest films selected from across all the local *Film By* festivals in NSW.



## Operation Unplugged

Video

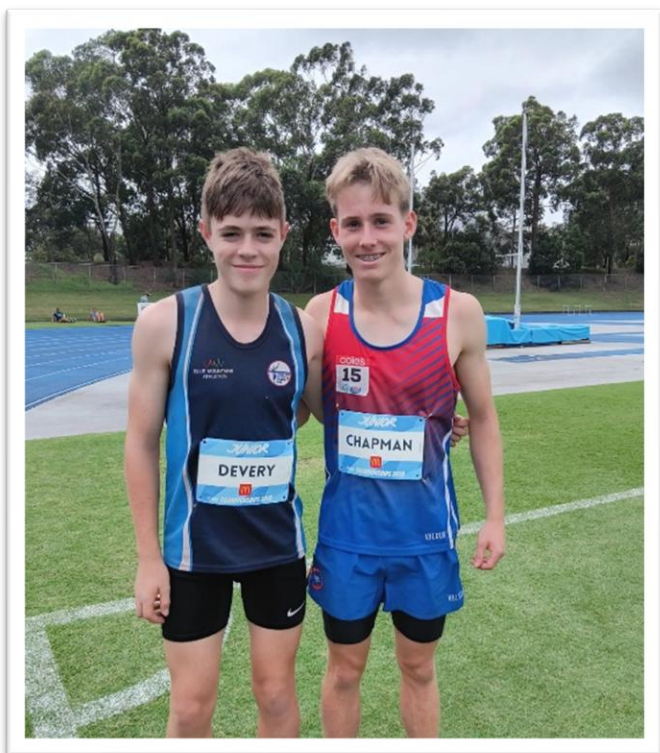
Ellison Public School

Representing Ellison Public School, their film was first shown at the 2025 Blue Mountains' *Film By the Eucalypts* festival, featuring films made by our local public school students, held at the Blue Mountains Theatre last November.

This is a huge achievement and something they can be very proud of.

You can view their film, "Operation Unplugged", and all the other finalists, at

<https://artsunit.nsw.edu.au/film-by/festivals/film-by-invitation/films-2025>



Over the weekend **Year 9 students Elijah Devery and Luke Chapman** attended the State Athletics Championships held at Sydney Olympic Park.

**Elijah** represented Springwood Little Athletics and competed in six events over the Championship, 5<sup>th</sup> in pole vault, 4<sup>th</sup> in 100m hurdles, 6<sup>th</sup> in 300m hurdles, 15<sup>th</sup> in discus, 18<sup>th</sup> in javelin and had a fantastic time running in the Senior Men relay.

**Luke** represented Emu Plains Little Athletics and competed in two events placing 14<sup>th</sup> in long jump and 5<sup>th</sup> in 100m hurdles.



For the latest student career opportunities please check out our [Careers page](#) and read the latest Careers Bulletin.

### **WHS Alumni Spotlight: Jessica Hendy (Temple) (Class of 2010)**

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 **Jessica Hendy (Temple)** shares her reflections on her time at Winmalee High and where life has taken her since.

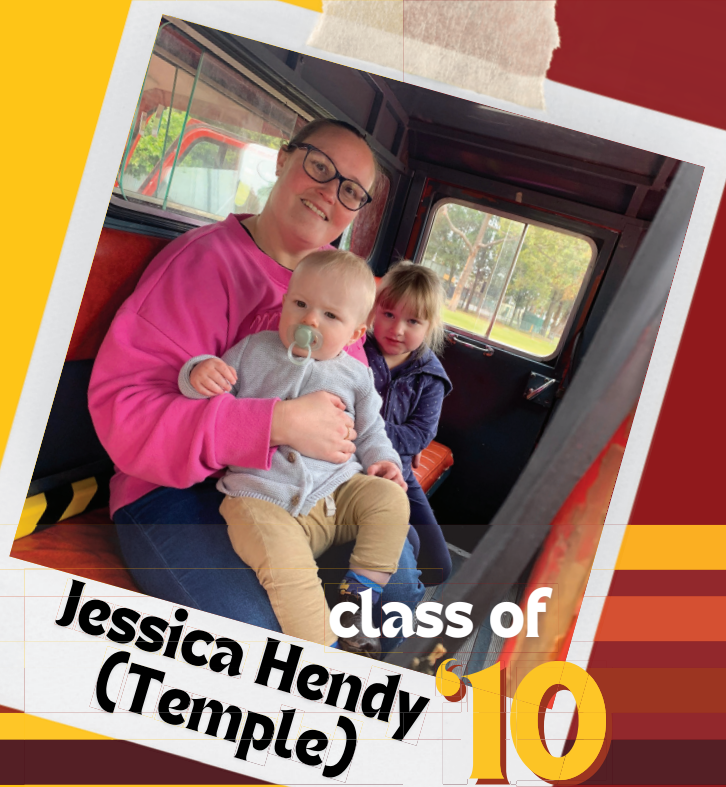
Check out Jessica's Q&A at the end of the Newsletter and stay tuned as we continue celebrating the amazing paths our alumni are forging!

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



class of  
**Jessica Hendy**  
(Temple) **10**

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

I studied a Bachelor of Health Science in Therapeutic Recreation straight after finishing school. I worked as a lifestyle officer in nursing homes planning and facilitating activities for older people and their well-being. After about 10 years I moved into Outside School Hours Care for 12 months as I then decided to study my original plan of Primary Teaching. I worked in Early Childhood after having my daughter in 2020 and I commenced my Masters of Teaching in Early Childhood and Primary early in the same year. I completed this in July this year and am currently teaching Year 6. I am married with 2 children - a girl and a boy and also have 2 dogs. I still reside in the mountains and just love the community feel wherever I go. My husband and I are part of NSWRFs and I am still part of one of the local netball clubs.

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

I always knew I wanted to help and teach people. The teachers I had throughout my time at WHS helped me to realise the importance of teaching and helping people of all ages. I've always enjoyed the support from my time at WHS and the mentors I had as a student.

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

There are so many... I completed my Duke of Edinburgh whilst at WHS and I have many fond memories of all my expeditions through this. I also enjoyed the musical aspect and performing in the concert band. I also enjoyed being part of sporting teams and the camps of varying types.

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

Concert band, netball teams, Duke of Ed, hockey and there are possibly a few more that I have forgotten.

## WHAT DO YOU THINK MAKES OUR SCHOOL SPECIAL?

I loved that the teachers made learning feel fun and it continued to motivate me to want to do my best. They made us learn in a variety of ways and I don't think I would be where I am today if I didn't learn the different types of learning and personalities of people because of WHS.



# Careers Bulletin

Term 1, Week 8, 16 March 2026

## Opportunities:

### Australian Institute of Music School Holiday Workshops

The Australian Institute of Music have two fantastic School Holiday Workshops on offer for students, both on the 13<sup>th</sup> of April.

The Performance Workshop is your chance to take your love of music to the next stage – literally. Designed for high school students in Years 10–12 who are serious about honing their craft, this one-day intensive dives deep into what it takes to perform like a pro. You'll rehearse, jam, and create music with other passionate musicians while learning from some of Australia's leading industry mentors at our Sydney campus. Click [HERE](#) for more info

The Songwriting Workshop is a one-day intensive created especially for Years 10–12 students who are passionate about music and ready to bring their own ideas to life.

With guidance from AIM academics, you'll learn directly from industry professionals who write, produce, and perform for a living, and know how to turn an idea into a song that shines.

You'll explore how lyrics, melody, harmony, and rhythm come together to tell your story and express who you are as an artist while also collaborating with other young musicians in a supportive, creative environment. Find out more

[HERE](#)



### Cyber Spotlight

#### Inspiring Future Engineers!

Engineering is a career for problem solvers. It's a wide and diverse field that touches every part of human life. The vehicles we drive, the electronic devices we use, the buildings we work in and the medicines we take are all products of engineering. Engineering Australia have put together some resources for students to help foster interest in budding engineers of any age. Check out the site [HERE](#)

### Young ICT Explorers!

Young ICT Explorers is a non-profit competition founded by SAP and supported by industry and university partners across Australia. It empowers students to solve real-world problems or express their creativity through technology. More info can be found [HERE](#).

# For Seniors!



## Sydney Design School Open Day!

28 March, 65 Berry St Nth Sydney.  
Throughout the morning you can choose to visit the SDS colour studio, make a mood board, try computer generated 3D model making, and see their graduate showcase. Chat with some of passionate Educators, Careers and Industry Manager, Course Advisors and current students. You'll hear from industry professionals and alumni about how they built their careers and the real pathways into the interiors industry. Get an inside look at art studio culture, what defines SDS reputation as the leader in interior design education, and the courses that shape their graduates' futures. Find out more [HERE](#)

## Australian Institute of Music - HSC Masterclass

Get ready for your final HSC assessments with AIM's HSC Masterclass - a one-day intensive designed specifically for Year 12 Music 1 and Music 2 students who want to fine-tune their pieces, boost confidence, and perform at their best. 17 April, find out more info [HERE](#)

## ATAR, Explained!

The ATAR is a rank, not a mark. The Universities Admission Centre (UAC) have created a 2 minute video explaining what the ATAR is and how it is calculated. Check it out [HERE](#)

## UTS Scholarships for Indigenous Students

UTS is committed to offering scholarships and prizes to support the ongoing success of Australian Aboriginal and Torres Strait Islander students. Listed below are UTS Indigenous scholarships and prizes and external scholarships. Find out more [HERE](#)

## UNSW Medicine Special Entry Schemes

Find out about the different entry schemes available at UNSW, including:

- Gateway Entry Scheme
- Lateral Entry Scheme
- Rural Entry Scheme
- Indigenous Entry Scheme
- Students From Other Medical Schools

## School Holiday Work Opportunity

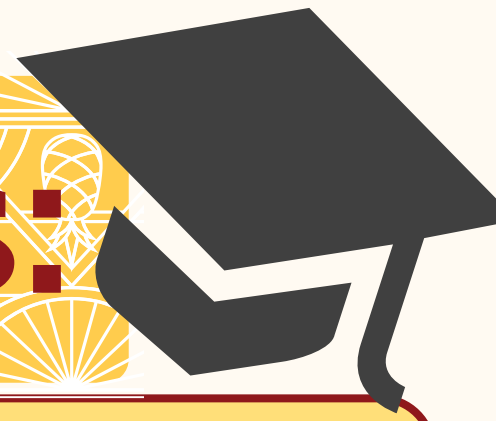
'Fresh Perspectives Landscapes' are looking for school holiday labourers. If you have an interest in learning more about working in the landscaping industry, write a cover that includes some information about yourself and why you're interested to give this opportunity a go. Send it to [info@freshperspectivelandscapes.com.au](mailto:info@freshperspectivelandscapes.com.au)

## Simulated UCAT Day Workshop: 2-part program - Upcoming Dates

29 March / 18 April / 31 May

The Simulated UCAT Workshop program is ideal and often a necessary step towards effective and efficient preparation for the UCAT. The workshop is primarily designed to cover fundamental techniques in navigating all five sections of the UCAT test and also for participants to gain a better understanding of their own level of preparedness for the test and all other aspects of the journey into a medical degree. Find out more [HERE](#)

# For Seniors:



## **Sydney Trains: 2027 Apprenticeship Expression of Interest**

Closes 30th June

The Sydney Trains apprenticeship programs help you build a solid foundation for your future. You'll combine hands-on, paid work with structured training and work towards a nationally recognised qualification in your chosen trade.

They are recruiting apprentices across the following Sydney Trains trade disciplines:

- Electrical Trades: Cable Jointer, Fleet Electrical, Rail Traction, Signal Electrical, Substations, Auto Electrical
- Mechanical Trades: Fleet Mechanical, Signal Fitter, Heavy Plant (Plant Mechanic)
- Technology Systems: Telecommunications (Operational Technology)

For more info about how to apply, check out [THIS](#) page

## **The Australian Institute of Business Intelligence (AIBI) Sydney Open Day**

8 April

The AIBI is a private Australian higher education provider preparing students for the future of business and technology. Join them for their Sydney Open Day to learn about AIBI HE Bachelor's in Cyber Security and Business (including AI Management), scholarships, have a campus tour and meet the team. Find out more [HERE](https://aibi.edu.au/events-and-open-days/)

## **ADF Gap Year**

No matter what part of the Defence Force you wish to enter there is a role for you in an ADF GAP Year. See any of the 10 videos showing a wide range of roles you can go into in an ADF GAP Year. Check out some videos about this [HERE](#)

## **Jetstar Recruitment Casual Cabin Crew**

The cabin crew role offers lots of variety, challenges, and rewards. The aviation industry is very dynamic and ever-changing, therefore we are looking for candidates that are resilient and adaptable that can deliver exceptional service on behalf of our customer airlines. If you have always dreamed of a career as a cabin crew, are passionate about providing fantastic customer service and want to be a part of a professional, motivated and dedicated team, they want to hear from you. Find out more [HERE](#)

# Tuning in to Teens

6 week parenting program that supports you to help your adolescent develop emotional intelligence.



Term 2  
2026

**ONLINE**

This 6 week program helps parents/carers teach their teenage children (10-18 yrs) to understand, control and express their emotions in healthy ways.

The program offers tools to recognise, understand and respond to teenage emotions and help parents manage their own emotional responses.

## The program will cover:

- Foundations of emotion coaching
- Connecting and emotional acceptance
- Building connection and showing empathy
- Dealing with teen worry, sadness & anger
- Emotion coaching now and in the future

**REGISTER NOW** 



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



## Program details

**Where:** Online via ZOOM

**When:** Tuesdays  
19th May - 23<sup>rd</sup> June  
7:00pm - 8:30pm

**Cost:** FREE for residents of Penrith & Blue Mtns LGA

## Enquiries and registration:

**Phone:** 4720 6500

**Email:** [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)

**Web:** [www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au)