Term  Week

Important dates to put in your calendar.

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>22/6/2015</td>
<td>NAIDOC week</td>
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<tr>
<td>23/6/2015</td>
<td>Careers Expo</td>
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<tr>
<td>25/6/2015</td>
<td>Central Coast all schools RL finals</td>
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<tr>
<td>26/6/2015</td>
<td>Last day of school</td>
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Principal Report

Assessment and Reporting
Thank you to families who were able to attend the Parent Teacher Night for Y12, 9 and 8. This is a great opportunity for staff, families and our young people to reflect and work together to improve the learning of each child. We all know there are many benefits for each of us from these opportunities, for example see [http://www.education.com/reference/article/benefits-parent-involvement-research/](http://www.education.com/reference/article/benefits-parent-involvement-research/). You might not be aware that the benefits families connecting with their school in these types of ways has been measured at double the benefit of working with your child on their homework each week. Parent Teacher night for Y11, 10 and 7 is Wednesday 24 June (Years 11, 10 and 7). More information about booking appointments will be provided shortly.

“Student Self-Regulation”

In the last newsletter I wrote about the importance of “high expectations” as a characteristic of achievement at school. This week I wanted to highlight “student self-regulation”, a concept where students demonstrate autonomy and initiative towards their learning and behaviour.

Students who have high levels of self-regulation would answer yes to the following statements:

- I can work independently
- I follow rules/ expectations independently
- I avoid distractions
- I meet deadlines.

Answering yes to the last two questions in particular have tended to distinguish between more outstanding student reports this semester, particularly in the junior secondary years. Here are some examples of what it looks like in student reports from this semester:

“... student completes all of their topic notes and class tasks to the best of their abilities which reflected in the overall results for the semester”

“... positive work ethic have translated into his excellent examination results”

“... student is constantly striving for excellence in the production of quality work. They have also demonstrated an outstanding level of motivation and self-management skills”.

We hope that all students will read their reports and that families will discuss the strengths and ideas for improvement that arise. Reflecting and goal setting as part of each report cycle provides a great way to develop a growth path for improvement by building on previous effort and achievement.

Mr J McGrath
Principal

Deputy Principal
Welcome to Winter! It is an expectation that students come to school in uniform. Thank you to all the students who have made such a great effort to present at school in our uniform and school colours. We are aware that the cooler wetter weather has been having an impact on uniform recently. It is important that your children are warm and dry, but also identifiable as a member of the Wadalba School Community. We are aware that there are times that items of uniform are still wet when student move to wear them in the morning. If this is the case, please ensure that you send a note to school to
explain this situation. A concerted effort has been made by the whole school, over recent weeks, to ensure or enable students to be wearing the correct items of clothing. Jumpers with logos are not considered acceptable. Provision has been made for student to swap their jumpers for a clean, dry one from the wellbeing room, to ensure they are complying with our expectations. We ask you to assist at home by ensuring that your child’s uniform is available for them to wear each day, and that this is what they leave the house in each morning.

**Expectations!** As we move closer to the end of term, and everyone looks forward to the holidays, it is important to remember that our high expectations of our students do not alter. As is always the case the majority of our students continue to display our school values of respect, responsibility and excellence. We expect student to be in class, on time. We expect students to be ready to work hard and enjoy their learning when they enter the classroom. We expect students to bring the appropriate equipment to successfully undertake their lessons; including books, pens, rulers, calculators and materials that they may need for technology classes. We expect students to follow teacher instructions and engage with them in a polite and respectful manner. In turn, students should reap the benefits of an enjoyable day at school!

**Learning in the Field!** This term has also seen a number of faculties engage in successful and interesting field activities and excursions. Keep posted for further articles in this and future newsletter that outline the success of these endeavours.

**Visiting local shops before school.** We continue to ask your assistance in ensuring that students arrive at school safely and in a timely manner. We continue to have a number of students making their way to Coles and the local shops before school, many buying sugar filled drinks and lollies and consuming them before the day begins. This in turn results in students finding themselves unable to settle into their lessons early in the day and having an unhealthy start. Please assist us by make it clear to your children that it is not acceptable for them to go to these stores in the morning and they will be spoken to by the duty staff and it is not acceptable for them to proceed to argue with our requests.

*Erica Burge*
*Deputy Principal*

**Mathematics**

Would like to inform parents of students in 8Ma5, 8Ma6 and 8Ma7 that we are making changes, effective Monday Week 8. Changes are being made to best accommodate the learning styles and levels of ability of the students in these classes. Our hope is to maximise learning opportunities and lay a solid foundation for Stage 5 Mathematics in Years 9 and 10. If you have any questions please do not hesitate to contact the Mathematics Department.

*Triscia von Pralitz*
*Mathematics Teacher*

**CAPA**

On the 27 May, a group of our musicians travelled to Westfield Tuggerah to perform on stage. This is the first of what is hopefully an ongoing event for Wadalba CS Creative and Performing Arts Students. The centre is keen to maintain an artistic relationship with the school with regular performances from all our Drama, Music and Dance students. We have also found a place to display our Art students works on a permanent basis...watch this space for more information.

Students from our CAPA GaTS class, year 9, 10, 11 and 12 classes performed for just over an hour on centre stage, entertaining friends, family and shoppers with a range of modern tunes. Feedback from Westfield Tuggerah has been positive with the students and music well received. Well done to our fabulous muso’s.

*Jarrod M Walters*
*HT Creative & Performing Arts*
HSIE

Here in the HSIE faculty, we are busy supporting our Year 12 students as they work towards completing their topic area in preparation for the Trial exams, which are due to be held early next term. It would be great to see Year 12 parents/caregivers and students at the Parent and Teacher interviews so that we can discuss individual progress. With this in mind, it is advised that all Year 12 students have in place a home study routine which involves revising and summarising on a daily and/or weekly basis, as well as keeping on top of any assessment tasks. This brings us to Year 11. The Preliminary course is designed to prepare the students for their HSC year. Preparation includes: attending class on a regular basis, completing all assessment tasks and work in class, at home revision and keeping in touch with the HSIE staff that are here to help and guide the students on their journey.

Year 10 are currently studying issues in Australian Environments. The issue we are focusing on is Coastal Management. The HSIE faculty are currently organising an excursion to be held in conjunction with Rumbalara Environment Education Centre. Students participating in Rumbalara’s programs apply a range of fieldwork techniques to collect data on current natural resource management issues. The majority of Year 9 have completed their studies on Australia’s involvement in World War 1 and are now involved with comparing their experiences of the soldiers in World War 2. In HSIE Year 8 delved into the gruesome life of those who lived during Medieval, times as they followed the experiences of The Black Death and are currently looking at the ancient world of the Khmer Empire. Finally, we are pleased to say that the AVID HSIE classes are well on their way to settling into the year and have been producing some excellent work. Once again we would invite parents and caregivers to attend the Parent and Teacher interviews so that we can keep you informed as to your child’s progress.

Janet Trumm
(Rel HT. HSIE)

Middle School

We are now over halfway through Term 2 and a lot is happening over the next couple of weeks. Year 7 attended their Outdoor Recreation camp at Morisset, where they learnt how to navigate, work as a team and encouraged one another to achieve a common goal. In PE, students are learning about family and what it means to support one another. In Mathematics, students are starting a new topic on fractions, decimals and percentages, where they will learn skills that are beneficial to their everyday lives. Please remember, parent teacher nights are fast approaching, so please ensure you log onto schoolinterviews.com.au to book your appointment with your child’s teacher.

Mr Marlin (Sport Co-ordinator, Measuring Physical Space Teacher)
the club were impressed with the student’s work ethic and the way in which they conducted themselves. The students had a very big day with them at the show, ready to start at 8 and they did not go home until about 4.30. Unfortunately, a number of other students were going to attend, but due to sickness were unable. Our poultry did very well at the show, winning a number of places: - 1st for the Light Sussex Bantam Rooster; 2nd for the Ancona rooster against the Ancona clubs president; 2nd for the Ancona Cockerel; 2nd for the Silver Spangled Hamburgh hen against the Royal Easter Show champion; and 3rd for the Gold Spangled Hamburgh hen.

The school has received an invitation to put in an expression of interest for a school district display at next year’s Sydney Royal Easter Show. It needs to be submitted by the end of July and we should know by late August if we are successful. Next year looks to be a busy one, with the school hoping to enter a number of poultry shows, starting with Morisset in early February, Sydney Royal, Central Coast Poultry Club, Gosford and the World Congress show in June, where they expect about 8000 entries. Our breeding season will begin from late July onwards, with the students selecting them, incubating the eggs and raising the chickens.

David Drury
Agriculture Co-ordinator

was displayed at the Maliga showcase at The Entrance Community Centre last week. The Maliga showcase (meaning Shine in Darkinjung) is an exhibition of local Indigenous student artworks that reflect their identity and cultural connection to the Central Coast.

Rebecca Painter
CAPA Faculty/ARCO

PARENTS SUPPORTING TEEN MENTAL HEALTH

This is an opportunity for parents to get a roadmap to help navigate their way through the teen years when their teen struggles with their mental health. The program helps parents to understand what is normal in adolescent mental health and when is it mental illness. The program helps parents to understand their teen psychological needs how to support them. It also aims to help parents to understand the difference between rights and responsibilities – when to let go and when to stand firm, looking at issues around privacy and the like.

Parents can assess how they are going with their parenting in a safe way, what are they doing well and what would they like to improve. It then gives parents an opportunity to gain practical strategies for when their young person is suffering depression and having thoughts of suicide, or when they are suffering anxiety and have panic attacks. The program also explores what to do when your young person is self-harming, aggressive, or using substances. Positive parenting strategies will be included such as alternatives to grounding.

Student Support Officer
Miss Nicole Miller
WET WEATHER SPORT

When the weather is not so crash hot outside Year 2 participate in yoga. We visit the Cosmic Yoga website and go on an adventure learning all new yoga poses and have a ball!

MATHS, MATHS, MATHS!

We love getting hands on in maths. Today we were learning about 3D objects. Using play dough, we made different 3D objects and looked at them from different angles to see what they look like from above, underneath and side on. We found it amazing that a square based pyramid looks like a square from the top!

SPLAT! BOOM! KAPOW!

These words are onomatopoeia.... which is the formation of words whose sound is imitative of the sound of the noise or action, such as the words moo, hiss, and bang!

We created our own superheros and used some onomatopoeia words around our creation. Here is some of our work.

We are working very hard in Year 2 and having lots of fun! Some of our favourite things to do are play scrambled eggs, play maths games, listen to the teacher read and participate in gymnastics.
HELPING PARENTS SUPPORTING TEENS WITH MENTAL HEALTH

Key Topics
- Adolescent Development and the Adolescent Brain
- Adolescent mental illness (Depression & Anxiety mainly, can cover other illnesses upon request)
- Beneficial Parenting Styles
- Adolescent Psychological Needs
- Rights & Responsibilities (Parents & Teens)
- Strategies for supporting teens when unwell

Key Skills
- Strategies for supporting adolescents with Depression and thoughts of suicide
- Strategies for supporting adolescents with Anxiety and Panic Attacks
- Managing difficult behaviours (Self-harm, Aggression, Substance Mis-use)
- Positive Parenting Strategies

HELPING PARENTS SUPPORT TEENS—This course is designed to help parents understand what is normal in adolescent development and what is mental illness. It offers strategies for parents to support their adolescent when they are unwell, and encourages self-reflection for parents in relation to parenting styles and supporting adolescent psychological needs.

Course Details
LOCATION:  WADALBA—VENUE TO BE ADVISED
DATE/TIMES: TUES & WED—23RD & 24TH JUNE 15
5.45PM TO REGISTER, 6—8.30PM
REFRESHMENTS PROVIDED
Please phone our office on 4322 1855 to sign up for this course or email : tanya.doyle@ucmh.org.au.

Additional Information:
NOTE: No childcare is provided. Please make alternative arrangements for children if required.

To register for training, or for more information please contact
UnitingCare Mental Health Family & Carer services at:

Northern Sydney  8599 4955  Central Coast - 4322 1855