Welcome to the new school year.

I’d like to welcome our Year 7 students and their parents to our wonderful school. I have already met so many of you. I am looking forward to going into classes to see how well you are settling into secondary school learning. I would also like to invite Year 7 parents to join our P & C and Auxiliary, as we have an active, welcoming and supportive school community.

Apart from the evacuation on day 2, the year has started off smoothly for our new students in Year 7. They have already participated in peer support, represented their houses at the swimming carnival, enjoyed our sport program run by senior sporting leaders and worked well to navigate their way around the school, while enjoying new learning. I am looking forward to seeing them grow and achieve over the next 6 years.

I’d like to acknowledge the work my staff did during the evacuation. It was certainly not what we expected to be doing on day 2, however staff expertly followed procedures and ensured all students were safe and supported over the duration of the evacuation. We efficiently evacuated over 1100 students and staff and had them all back in class learning for the last 2 periods of the day. Thank you parents who sent emails of thanks and congratulations, as well as all those parents who spoke with me that afternoon. I have passed on your thanks and kind words to staff.

In 2016 we continue working towards our school goals, focusing on 3 strategic directions:

- Excellence in Learning,
- Excellence in Teaching,
- Excellence in School Culture.

Together we will continue improvements in student outcomes while building an inclusive and responsive school culture. To this end, staff began the year undertaking mandatory training in DoE Child Protection, Code of Conduct and CPR / anaphylaxis / defibrillator. Our professional learning team is developing a program of learning for staff, we are a leading school in an Executive Leadership project which will be available to all Shire schools in the future and have an exciting Early Career Teacher program running as part of Great Teaching, Inspired Learning. A Welfare conference and an Executive conference are running this term.

I must congratulate Year 12, 2015 on their outstanding HSC results. The top ATAR was 98.5. A wonderful result! Our students achieved 41 Band 6s, 226 band 5s, and an overwhelming number of courses achieved at above state average. What does this mean? It means that many of our Year 12 students gained entry into university courses such as Medical Science, Law/Communications, International Law/Communications, and many more. Some students chose to do TAFE courses and others to begin traineeships or apprenticeships. In addition, 21 of our students were placed on the HSC Distinguished Achievers list and 1 student came 5th in the state (Top Achiever's list) in the Indonesian Continuers course. Two of our dance students were nominated for the HSC Dance Showcase and Claudia’s (school captain) Visual Arts major work was exhibited at Hazelhurst Gallery. These were outstanding achievements. Most importantly Year 12 left Woolooware High School with the skills and the confidence to follow their dreams.

At our first assembly this year I told students to treat every class as if it matters ... because it does. I highlighted our school motto STRIVE for EXCELLENCE and Our 4 pillars, and told students that they need to actively participate in their learning every day. They need to do their best because coming to school is all about them and their future.

Lets all STRIVE for EXCELLENCE together so we can have another magnificent year.

MS SIOKOS
PRINCIPAL

Year 7 Students
2016

Student Representative Council

School Captains  Matthew Roussis
                 Deirdre Murray-Wallace
Vice Captains    Yibeltal Campbell
                 Hannah Parkin
Presidents       Liam Rees
                 Amy Tilling

YEAR 12

Lily Carr
Elise Hodge
Jackson Leavold
Isabella Markos
Gavin Mathew
Tanika O'Brien
Kaitlyn Ward

YEAR 11

Zoe Cox
Indiana Eck
Ben Freeman
Lili Gorman-Brown
William Hutton
Evie Knight
William Marshall

YEAR 10

Mackenzie Cox
Simor Demetriou
Dimantha Ekanayake
Jake Petit-Young
Chelsea Whittaker

YEAR 9

Lauren Duncan
Matthew Earl
Nicholas Hayes
Charlotte Holbrook
Lily Kitteringham
Gabriel Smythe

YEAR 8

Stephanie Dongas
Jayde Jensen
The start of the year is a great time to set some academic and personal goals you’d like to achieve this year. There are lots of **great reasons to set goals:**

- Setting goals gets you to think about possibilities.
- Goals give you a direction to work towards.
- Goals give you a clear picture of where you want to go.
- Goals help you to push yourself just that little bit more.
- Goals help you have a more fun and fulfilled life.
- Goals can give you motivation and focus.
- Setting goals helps you do all the things you want to do in life!
- Goals give us the motivation to do things that are difficult and challenging in order to reach a particular desired state.
- Goals help us achieve our dreams, hopes and desires.
- Goals help us look for an achievable balance between the different areas of our life.
- Goals make us feel good about ourselves and our achievements and help us to increase our self-esteem and sense of self-worth.
- Goals give us a greater feeling of control over our lives and experiences.
- Goals allow us to prioritise and create action plans.

You may decide to set a mix of these types of goals. To give yourself the best chance of achieving your goals, it is a good idea to make sure your goals are **SMARTIES,** so keep in mind these guidelines for setting effective goals:

- **Specific:** Make goals very detailed and specific. Exactly what do you want to achieve?
- **Measurable:** You want to be able to know when you have achieved your goal so make sure there is some way to measure your success.
- **Action-Oriented:** Your short-term goals should really be the action steps you need to take to achieve the medium and longer term goals.
- **Relevant & Realistic:** Goals change, so if your goal is no longer relevant, you need to change it.
- **Time-Based:** Your goals need to have a ‘to complete by’ date to give you something to aim for.
- **Interesting:** Make your goals about things that you find interesting and worthwhile.
- **Emotional:** Use powerful language to express the emotion behind the goals.
- **Success oriented:** Express your goals in a positive and success focused way.

And...Only use POSITIVE language in goals. Use PASSIONATE, enthusiastic and motivating language. Write your goal in the PRESENT tense.

**Review your goals** regularly to remind yourself of what you want to achieve and to stimulate your mind to think of other possibilities. Start taking specific actions that will help you achieve your goals, in particular your short-term goals. Putting together an action plan of the steps to achieve the goal and allocating timeframes for each action is a good place to start.

You can learn more about goal setting and many other topics to help you achieve your best at school at www.studyskillshandbook.com.au, logging in through MOODLE, click eXtreme Learning. The LOGIN button has our username and password.
## NEWS

### SCHOOL PHOTOS

**SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:**  
**Wednesday, 17 February 2016**

School photographs are scheduled to be taken by advancedlife Photography.

Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

**ORDER NOW**

WWW.ADVANCEDLIFE.COM.AU

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school’s unique 9 digit Online Order Code.

**9 Digit Online Order Code**  
H45 TYH 5YJ

Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day.

Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

### LEARNING PARTNERS WORKSHOP

A workshop for Parents!

This workshop aims to give parents the information **skills** and **confidence** to assist their children with schoolwork or assignments at home. In 2016, we are including an introduction to the Study Skills Handbook, an online resource which parents and students can work through together, and a demonstration of OLIVER – our new Library system with its access to all the best sources of information for research.

Parents will learn strategies to help their children with homework and assignments, look at very **reliable sources** of information to use, at home and explore our MOODLE site.

**Bookings are essential** for **ONE** of the following sessions which will be held in the School Library.

- **Tuesday, 23rd February**  
  1.30pm – 3.30pm  
  Term 1 Week 5  
  **OR**

- **Wednesday, 24th February**  
  6pm – 8pm  
  Term 1 Week 5  
  **OR**

- **Tuesday, 1st March**  
  6pm – 8pm  
  Term 1 Week 6  
  **OR**

- **Wednesday, 2nd March**  
  1.30pm – 3.30pm  
  Term 1 Week 6

*Please Note: Year 7 are at Camp on Monday – Wednesday in Week 6!*

For more information, or to make a booking, please email: JANINE.MAYNE@det.nsw.edu.au  
**Subject : Learning Partners**

Please provide the names and a contact phone number for each person, in your message AND your preferred session.

**MISS J MAYNE**  
**TEACHER LIBRARIAN**  
**TRANSITION LEARNING CO-ORDINATOR**
NSW Adolescent Vaccination Program 2016 for Year 7 Students

All year 7 students will be offered
- Diphtheria, tetanus, pertussis (whooping cough) vaccine
  - As a booster dose for all students
- Chickenpox vaccine
  - as a catch-up for students who have not had chickenpox
- Human Papilloma Virus (HPV) vaccine
  - 3 dose course

Students will not be vaccinated at school unless a completed and signed consent form is returned to the school.

Look out for consent forms early in 2016!

Further information will be provided in Parent Information Packs in 2016 and is also available now in many languages at: http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

A record of vaccination will be given to your child at the time of each vaccination. Please keep these for your records and provide a copy to your local doctor.

Please note that these vaccinations are provided free only while your child is in year 7.
Welcome back, from English!

English would like to welcome all students and parents back to the 2016 school year. We hope you had a relaxing holiday and hopefully undertook some wide reading and learning to help support your writing this year.

The term starts with our Year 7 beginning their journey into the world of poetry, exploring the important life transitions that starting high school brings. Year 8 are delving into Australia’s history and exploring the views of Colonial and Indigenous Australians through poetry.

Year 9 come face to face with youth issues through a study of Destroying Avalon, a hard hitting novel which explores the dangers of cyberbullying. Year 10 are undertaking an in depth study of Shakespeare’s plays and furthering their knowledge of arguably the king of literature.

Year 11 journey into their senior years with their area of study and related poems, exploring the concept of journeys and all they entail. Lastly, Year 12 continue on with the first of their three modules as they begin their final year of high school.

Remember to work hard, complete your tasks and strive for excellence at all times.

MS ROCHER
TEACHER

Year 12 English Extension Students visit the State Library - January 6, 2016

There’s a saying that when it rains, it pours.

Entering the State Library, you realise just how much information is out there, and just how little information you know. And when your guide says the library is worth over 4 billion dollars, you wonder just how you can get in on the book business. Money aside, the building is a grand testament to Sydney’s thirst for knowledge, and our gang of seven entered with that same hunger to discover.

One room hidden away in the library belongs to a guy called William Shakespeare (yeah, I’ve never heard of him either). Tattered books squashed onto shelves greeted us, a huge anthology of all Shakespeare’s works presented in a glass case, and a bust of the man himself resting in a corner. It was in this room that photos were taken – as unflattering as they were.

The day was a mad intake of words, words, words and the genuine enjoyment of learning; leaving us drenched in the deluge of education. Many think that a day spent studying would be boring, pretty lame or “nerdy”. But in fact, it was fun. Spending time with people you like makes the experience enjoyable, even if it’s reading through tombs of the NSW library.

I’ve thought back on the day, and even though it was raining, it glows golden with the memory.

BIANCA BELCHEFF
YEAR 12 STUDENT

English Competitions

What Matters? is an annual writing competition run by the Whitlam Institute, inspired by Gough Whitlam's commitment to involving young people in the shaping of Australia's future. Students are to write a 400 to 600 word opinion piece on what matters to them and why.

Entries are available from Ms Manos and Ms Brown in the English staffroom or via download at Whitlam.org/whatmatters

12/02/2016 Woooloware High School  p.7
Some tips on how to support your child/ward in Year 7 English:

- Monitor your child’s reading. Make sure they are reading for at least 20 minutes a night and encourage students to read from a wide variety of genres.
- Check the school website and course outlines for more information on English. This booklet outlines assessment tasks, the content being delivered each term, timelines and due dates for assessment tasks.
- Use the scaffolds on the website and in the course outlines as a guide when completing assessment tasks.
- Create an assessment task timetable, using the salmon coloured notification sheets that students bring home two weeks before each assessment.
- Look through their workbooks as there is work in there that WILL help them with their assessment tasks.
- Speak to them about what they are doing in class.
- TRY and read the novels they study.

It's been a great start to the term this year for Year 7 in Home Economics. Students are already under way in stimulating curriculum with both the Food Technology and Textiles units. This year will teach them the skills and knowledge to be creative and learn life skills that will benefit them for years to come.

Within the Food Technology unit students will explore and experience not only how to make food and follow a recipe, but also how their food choices impact on their health and wellbeing. Aiming at building happy healthy and well-rounded students, we believe this begins with their knowledge of health and what it means to make the right choice regarding food. Students are exploring recipes encompassing a well-rounded diet composed of key components of the Australian guide to healthy eating. Students’ feedback around practical lesson so far have been encouraging and we've seen many student show exceptional potential for food design.

Within the textile unit it has been a similar experience. Looking towards interior design, students are learning about their environment and how rich in culture and talent our beautiful country is, paying credit to many wonderful local designers. Students explore design and what it means, fostering individual creativity and enthusiasm to explore new concepts. Students are looking to design their own home furnishings within the unit exploring geometric patterns and the wonderful use of colour within design.

Both units have so far been welcomed with excitement and intrigue as the smiling faces of my year 7 look towards the prospect these new and exciting subjects bring to them.

**MS STEVENS**

**HOME ECONOMICS TEACHER**
STUDENTS IN THE NEWS

Ryan Thomson (12) has been selected to represent the Sydney East SSA in Boys’ Cricket team to compete at the NSWCHSP&C

Shaun Lanaghan (12) has been selected in the Australian men’s under 19’s softball team. See www.Softball.org.au

A gofundme page has been set up to help raise money for Shaun to travel to the United States for the World Cup in July. PLEASE SUPPORT SHAUN by going to: http://m.gofund.me/GetShaunToWorlds16

WOOLOOWARE P & C
Next Meeting:

Welcome to all returning parents and new Year 7 parents. Our next meeting is:

Wednesday, 16 March 2016, 7:30pm - School Library

It is also our AGM.

Everyone is welcome.

We want input into funding a P&C Insurance scheme. Come along to find out more and vote.

WOOLOOWARE AUXILIARY
Next Meeting:

Tuesday, 16 February 2016, 9:30am - Common Room

Tuesday, 8 March 2016, 9:30am - Common Room
Recently I travelled to Tanzania, a country located on the East coast of central Africa, specifically Morogoro Region. This was part of a two-week medical placement gaining invaluable insight into the daily and nightly duties of surgeons and doctors in Morogoro Regional Referral Hospital. This hospital I came to recognise as different to any I could have imagined. Sitting at home prior to this trip I could not have comprehended the enormity of emotional and psychological changes this experience would bring about, in particular opening my eyes to a side of the world that more of us need to experience.

Stepping inside the gates of Morogoro regional Referral hospital was an experience in itself, nothing outside distinguishes the building from any other lining the streets other than the piles of individuals, old and young camped on the dirt outside waiting patiently for the 12-1:30pm visiting hours. This first week spent in placement in paediatrics’ was a conflicting mix of overwhelming and inspiring; to see firsthand the absolute poverty that children are forced to live in and ultimately the negative implications this has on their health made me realise almost immediately the gap that exists between countries such as this and our own. The paediatrics ward was small and hot… over 43 degrees, one room. 20 beds over 50 patients. No Air conditioning, No fans, No access to clean water, No bedsheets, 1 thermometer for the entire ward, 1 doctor to 50+ patients, 1 nurse tending to the needs of every child. One section of this ward was separated off from the others labelled the ‘malnutrition cubic’ the children here suffered from severe acute malnutrition, many I met in my short time in the ward did not survive. Malaria and Typhoid are common place and the HIV rates are high, a lack of education and access to clean water means disease spreads quickly and many children where frequent visitors. This, whilst heart wrenching, is the reality. We as students where placed in a situation where we had the opportunity to, despite language barriers, converse with many mothers and children as well as adults and the elderly, ask how they where and if there was anything they needed, from this I learnt that even in Swahili a smile is still a smile.

The first week in paediatrics made me realise that these problems that once seemed a world away, really aren’t that far at all. As pre-med students our two week placement gave us valuable insight into the way a hospital setting works, in particular the incredible and inspiring work that the doctors and nurses do for their patients with so little equipment and facilities, I might mention here that the hospital only has ultrasound and x ray as a means of medical imaging. There are no defibrillators. Through placement in surgery I learnt Patients must buy externally their own IV, fluids, Stitches, Cannulas and any other medical equipment that they possibly require for their treatment… medical equipment that is available to us in abundance costs much more than any of these families can afford.

Outside of the hospital twice weekly we attended Morogoro Orphanage where we quickly developed relationships with the children of all ages as well as the sister’s who dedicate their lives to supporting the children. The interaction with these children made me think of Filamon, our schools sponsor child from St Jude located in Tanzania, It was heart-warming to know that by contributing such a small amount of money we are effectively securing a bright future for him and potentially many other children who are sponsored by families all over the world.
NEWS

EMMA ANDREWS TRIP TO TANZANIA

After seeing and experiencing first hand the daily hardships that families in a developing country such as this face I have come to realise the significance of organisations such as world vision in bringing support to people from all over the world and really how fortunate we all are.

As a result of our time in the hospital the students of Gap Medics in Conjunction with the doctors at Morogoro Regional have set up a fund dedicated to raising money for the construction of a desperately needed paediatrics ward in Morogoro Regional Referral Hospital. The goal is $50 000, this will fund a fully equipped ward which will alleviate the hospital from the major strain that is placed upon them due to a lack of space and facilities for patients. To every student here I encourage you to take a step outside your comfort zone, volunteer in a rural organisation in Australia or overseas and take the opportunity to experience life outside your daily routine.

To help support the development of the new paediatrics ward, go to Gofundme.com. In the search bar type Paediatrics Ward Morogoro, Africa. Click on Donate Now.

EMMA ANDREWS
YEAR 12 STUDENT

YEAR 7 HIGH SCHOOL EXPERIENCE

Excerpts from students in one of our Year 7 English classes, about their high school experience so far:

“So far High school has been great! The highlight was a bomb threat. This bomb threat occurred on the 2nd day of my first week of school! In this threat everyone was very calm. This made the experience very calm and easy...The rest of my high school experience has been amazing!... I thank teachers, students and Ms Siokos for making my first few days enjoyable.”

THOMAS DAVID

“The moment we stepped into the classroom we knew that it was the start of something big...with excitement rushing through me I took a seat and began class.”

“My first few days were fun but interesting. I'm so happy to be spending more years with friends and learning new things.”

ANIKA LYNCH

“Episode I : not so long ago, in a high school not so far away I was thrilled to start a whole new experience. I couldn't wait to start a whole new chapter in my life and learn what high school has to offer. My first day ended in success all because of the patient and caring staff.”

LUKE MCKAY

“High school is so exciting and fun. I am so excited to spend the next 6 years of my life here at Woolooeware”

LILY KANE

“Overall high school so far has been a bit of a challenge, charting my path through the comedious school grounds with multiple blocks, all as similar as each other”

CARTER SOLARI

ASSESSMENT CALENDARS

Please check due dates for tasks on the school website.
Compulsory School Attendance

Information for parents

**What are my legal responsibilities?**

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

**What if my child has to be away from school?**

On occasion, your child may need to be absent from school. Justified reasons for students absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child’s school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child’s absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

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**FREE GRADUATED LICENSING SCHEME WORKSHOPS FOR LEARNER DRIVER PARENTS IN THE SUTHERLAND SHIRE.**

Young drivers are three times more likely to be involved in casualty crashes. That's why the Roads and Maritime Services has introduced a new licensing scheme, with more supervised driving practice for learner drivers.

To help parents in supervising learner drivers, the Roads and Maritime Services has set up a FREE 2 hour workshop for parents offering practical advice on how to help learner drivers become safer drivers.

A FREE parents' workshop will be conducted by David Riches and hosted by Sutherland Shire Council on Wednesday, 9 March at Sutherland Shire Council Offices in Eton Street from 7.00pm – 9.00pm.

Early bookings are essential, by phoning Council on 9710 0341 now to reserve your place, or email mstuart@ssc.nsw.gov.au

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**NEWS**

**SCHOOL ATTENDANCE**

**LEARNER DRIVER PARENTS**
GET WORK READY – GROUP PROGRAM

Headspace Miranda will be running a four-week group program for young people between 16 - 25 years of age who are transitioning from education into the workforce. The overall aim of the program is to prepare young people for the workforce and build their confidence by providing them with information and skills to support them with transitioning from education to work.

What will be covered?
The group will be an introduction on how to prepare for the workforce and will include topics such as identifying skills and strengths for the workforce, cover letter and resume writing, cold calling, resume drop ins, interview preparation and how to keep a work/life balance

When is the group?
Every Wednesday starting from 16 March to 6 April: 3.30pm – 5.30pm

How to Register:
Contact Brodie for more information on 9575 1500 or see Mr West for a registration form and email it to headspace.miranda@cesphn.com.au

MR T WEST
CAREERS ADVISOR

TRADE AND CAREER READINESS PROGRAM

Step into TAFE SWSi for free
Eligible students can now enrol fee-FREE into a trade and career readiness program, or part-qualification program at TAFE SWSi.
You can then use this opportunity to transition to a full qualification.

Courses available in the following vocations:
- Pre-apprenticeships – Trade Career Readiness
- Building and Construction
- Electrical
- Hairdressing and Beauty
- Horticulture
- Hospitality
- Information, Communications, Technology and Telecommunications
- Manufacturing and Engineering

For more information please visit:
https://swsi.tafensw.edu.au/Students/Future-Students/Our-courses/Step-into-TAFE-SWSi

Or call 137 974
NEWS

A MESSAGE FROM SUTHERLAND SHIRE COUNCIL

Sutherland Shire
COUNCIL

TAKE CARE GOING TO AND FROM SCHOOL

Welcome back to a new school year! Sutherland Shire Council Parking Officers will be out at all schools again this year helping you to ensure that all children get to and from school safely.

DROPPING OFF OR PICKING UP YOUR CHILDREN

Schools are areas where there is a lot of interaction between cars and pedestrians: your children. Children are small, hard to see, behave unpredictably, and are extremely vulnerable.

Their lack of road experience means it is difficult for them to judge dangerous situations. Boys are twice as likely to be involved in pedestrian accidents as girls and children 10-14 years have the highest rate of child pedestrian casualties (RMS).

- Children up to eight years old should hold an adult's hand on the footpath, in the car park or when crossing the road.
- Children up to ten years old should be actively supervised around traffic and should hold an adult’s hand when crossing the road.
- Take the time to make sure your children are aware of, understand and follow traffic safety regulations when they are walking.

HAVE A PLAN

Plan with your son or daughter how you will collect them. When and where will you be after school? Where should they wait? Make sure they know not to try and get into your vehicle while it is still in traffic, even if you are stopped; they should wait until you have parked at the side of the road.

Plan to arrive AFTER the school bell goes in the afternoon, so your children are ready and waiting for you and you are not blocking traffic.

NO PARKING ZONES

A No Parking zone is a pick up and drop off area: you can stop here for a maximum of two minutes to drop off or pick up passengers and must remain within three metres of the vehicle. When parents park in a No Parking zone for longer than two minutes they prevent other parents from stopping to drop off or pick up their children, creating frustration and dangerous situations. If you arrive before the school bell and block the pickup areas, you risk a fine.

Parking offences in school zones carry heavier fines and loss of demerit points. Sutherland Shire Council makes no apologies for fining drivers who break the law around schools and in school zones.

See the Roads and Maritime Authority website at www.rms.nsw.gov.au for more about Australian Road Rules and other road safety information.

SOME SIGNS YOU WILL SEE AROUND YOUR SCHOOL

NO PARKING
What does it mean?
You CAN stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. You must stay within three metres of your vehicle at all times.

Why is it there?
To provide a safe place for older children to be set down and picked up without endangering other children

NO STOPPING
What does it mean?
You CANNOT stop in this area FOR ANY REASON.

Why is it there?
To keep sight lines clear for drivers AND children so both have more time to avoid crashes.

BUS ZONE
What does it mean?
You must NOT stop or park in a bus zone unless you are driving a bus.

Why is it there?
To provide a safe place for large buses to set down and pick up. Cars parking in bus zones put lives at risk by forcing buses out of their safety zone.
### NEWS

**NEW BUS TIMETABLE**

**SCHOOL BUS TIMETABLE**

T: (02) 8700 0555  
www.transdevnsw.com.au

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**Woolooware High School**

**T: (02) 9523 6752**

<table>
<thead>
<tr>
<th>Route Number</th>
<th>Time</th>
<th>MORNING Route Description</th>
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<tbody>
<tr>
<td>978</td>
<td>06:46</td>
<td><strong>From Port Hacking shops and Dolans Bay</strong> via Port Hacking Road (L) Telopea (R) Parthenia (L) Port Hacking Rd (R) Turrielli Point (R) Port Hacking Rd (L) Crescent (R) Willarong (06:59) (R) President (L) Kingsway (Caringbah Station 07:08) (R) Banksia (L) Denman (L) Woolooware to school (07:18)</td>
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<td><strong>Note:</strong> DOES NOT OPERATE ON THURSDAY</td>
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<tr>
<td>S386</td>
<td>07:00</td>
<td><strong>From Buranneer Point</strong> via (L) Rutherford, Eurabalong (R) Woolooware (L) Buranneer Bay (R) Gannons (R) Denman (L) Woolooware Rd Nth (R) Restormel to school (07:18)</td>
</tr>
<tr>
<td>988 969</td>
<td>07:47</td>
<td><strong>From Buranneer Point</strong> via Rutherford, Eurabalong (R) Woolooware (L) Buranneer Bay Rd (R) Gannons (L) Kingsway (R) Banksia to Caringbah Station-Hay Ave (08:04)</td>
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<td><strong>Becomes Route 969</strong> (R) Kingsway (R) Willarong (R) Dianella, Taronga (R) Irrubel (R) Burrawalla (L) Nullaburra (L) Denman (L) Woolooware (R) Sturt (08:15)</td>
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<tr>
<td>971</td>
<td>07:48</td>
<td><strong>From Miranda Interchange Kiora Rd (Stand 3)</strong> via (L) Urunga (L) Jackson (L) Kingsway to Caringbah Station (07:57) - Transfer to Bus 969</td>
</tr>
<tr>
<td>S11</td>
<td>07:55</td>
<td><strong>From Immarina Ave &amp; Lilli Pilli Point Rd</strong> via Lilli Pilli Pt, Port Hacking Rd (R) Caringbah (L) Gannons (R) Captain Cook (R) Woolooware to school (08:08)</td>
</tr>
<tr>
<td>S371</td>
<td>07:57</td>
<td><strong>From South Cronulla</strong> via Waratah (R) Ewos (R) Nicholson (L) Cronulla St to Cronulla Station – Station Side (08:08) (R) Cronulla St (L) Laycock (L) Gerrale, Elouera (R) Bate Bay (Cronulla High School 08:15) (R) Kirkwood (R) Links (R) Elouera (L) Captain Cook (L) Woolooware (L) Restormel to school (08:20)</td>
</tr>
<tr>
<td>987</td>
<td>07:58</td>
<td><strong>From Kurnell</strong> via (L) Bridges (R) Dampier (L) Torres (R) Balboa (R) Prince Charles (R) Captain Cook (L) Elouera (L) Bate Bay Rd to Cronulla High (08:13) Transfer to Bus S371</td>
</tr>
<tr>
<td>S15</td>
<td>08:00</td>
<td><strong>From Endeavour High School</strong> via Captain Cook (R) Willarong (L) Kingsway (R) Port Hacking (L) Turrielli Pt (08:13) (L) Port Hacking (R) Parthenia, Saunders Bay (R) Buranneer Bay (L) Gannons (R) Captain Cook (R) Woolooware (L) Restormel to school (08:33)</td>
</tr>
<tr>
<td>971</td>
<td>08:04</td>
<td><strong>From Miranda Interchange Kiora Rd (Stand 3)</strong> via Kingsway to Caringbah Station (08:13) - Transfer to School Bus S372</td>
</tr>
<tr>
<td>6C</td>
<td>08:05</td>
<td><strong>From Endeavour High</strong> via Boulevarde, Captain Cook (R) Willarong (L) Kingsway (R) Jacaranda (L) Buranneer Bay (R) Saunders Bay (R) Gannons (L) Fernleigh (R) Gannons (R) Denman (L) Woolooware (R) Restormel (08:25)</td>
</tr>
</tbody>
</table>

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Legend:  
(L) Bus turns Left.  
(R) Bus turns Right.  
Route numbers in *italic* refer to public bus services.
## NEWS

### NEW BUS TIMETABLE CONT

**SCHOOL BUS TIMETABLE**

T: (02) 8700 0555  
www.transdevnsw.com.au

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### Woollooware High School

T: (02) 9523 6752

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<table>
<thead>
<tr>
<th>Route</th>
<th>Time</th>
<th>Position</th>
<th>Afternoon Route Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>988 S372</td>
<td>08:08</td>
<td>From Burraneer Point via Rutherford, Eurabalong (R) Woollooware (L) Burraneer Bay Rd (R) Gannons (L) Kingsway to Caringbah Station (Kingsway) <strong>(08:25)</strong> – <strong>Becomes Route S372</strong> (R) Willarong (R) Dianella, Taronga (R) Irrubel (R) Burrawalla (L) Nullaburra (L) Denman (L) Wooloooware (R) Sturt <strong>(08:35)</strong></td>
<td></td>
</tr>
<tr>
<td>S12</td>
<td>08:15</td>
<td>From Crescent &amp; Lorraine via Crescent (R) Willarong, last pick up stop near Ash (next stop Babbit) (R) President (L) Kingsway (R) Willarong (R) Dianella (R) Cavarra (L) Taronga (R) Irrubel (R) Burrawalla (L) Nullaburra (L) Denman (L) Gannons (R) Captain Cook to school <strong>(08:35)</strong></td>
<td></td>
</tr>
<tr>
<td>S7</td>
<td>08:33</td>
<td>From Dudley &amp; Port Hacking Rd via Port Hacking (R) Telopea (R) Willarong (R) Caringbah (L) Gannons (R) Denman (L) Wooloooware (R) Restormel to school <strong>(08:50)</strong></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Route Number</th>
<th>Time</th>
<th>Position</th>
<th>Afternoon Route Description</th>
</tr>
</thead>
</table>
| 2C | 13:00 | To Dolans Bay via (L) Woollooware (R) Denman (L) Kingsway (Caringbah Station) (R) President (L) Willarong (L) Crescent (R) Port Hacking (R) Turriell Bay (L) Port Hacking (R) Parthenia to Saunders Bay Rd **(13:20)**  
**Note: DOES NOT OPERATE ON THURSDAY** |
| 4C | 15:10 | 5 | To Crescent Road (FIRST STOP Ash Ave) via Willarong (L) Crescent (L) Port Hacking to Cook **(15:25)** |
| S9 | 15:10 | 6 | To Willarong Road via Gannons (R) Kingsway (L) Willarong (L) Telopea (L) Port Hacking **(15:20)** |
| S18 | 15:10 | 3 | To Dolans Bay (FIRST STOP Wentworth St) via Parthenia (L) Port Hacking Rd (R) Turriell Point (R) Port Hacking Rd, Turriell Point **(15:25)** |
| S377 | 15:10 | 1 | To Cronulla via (L) Sturt, Hume (L) Elouera (R) Bate Bay (Cronulla High) (R) Kirkwood (R) Links (L) Elouera, Gerrale (R) Laycock (R) Cronulla St to Cronulla Station **(15:25)**  
**Note:- on Tuesdays & Thursdays operates via Franklin Rd & Kingsway directly to Cronulla Station** |
| S385 | 15:10 | 2 | To Burraneer Point via (R) Sturt (R) Wooloooware (L) Captain Cook (L) Gannons (L) Burraneer Bay (L) Trickett (L) Hill (R) Wooloooware (L) Castlewood (R) Dolans (L) Caringbah (L) Gannons (L) Burraneer Bay (R) Wooloooware (L) Rutherford, Eurabalong **(15:40)** |
| 969 977 | 15:10 | 7 | To Lilli Pilli Point via Wooloooware (R) Denman (R) Nullaburra (R) Burrawalla (L) Irrubel (L) Taronga (R) Cavarra (L) Dianella (R) Willarong (L) Caringbah HS Bus Bay (Becomes Route 977) (R) Willarong (L) Kingsway (R) President (L) Willarong (L) Caringbah (R) Port Hacking, Lilli Pilli Pt Rd to Lilli Pilli Point **(15:34)** |

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**Legend:**  
(L) Bus turns Left.  
(R) Bus turns Right.  
Route numbers in *italic* refer to public bus services.

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**Update: 25 January 2016**  
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SMBSC 10
TRANSDIV

SCHOOL BUS TIMETABLE

T: (02) 8700 0555
www.transdevnsw.com.au

NEWS

NEW BUS ROUTE CONT

**Woolooware High School**

**T: (02) 9523 6752**

<table>
<thead>
<tr>
<th>Bus No.</th>
<th>Time (hrs : mins)</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>978</td>
<td>15:10</td>
<td><strong>To Gannons Bay</strong> via (R) Denman (R) Banksia (L) Kingsway (R) Jacaranda (L) Burraneer Bay (R) Saunders Bay Rd (R) Gannons (L) Fernleigh (R) Gannons (15:30)</td>
</tr>
<tr>
<td>S388</td>
<td>13:15</td>
<td><strong>To Cronulla</strong> via (R) Sturt (R) Woolooware (L) Captain Cook (L) Gannons (L) Burraneer Bay (R) Searl (R) Purley, Croydon, Cronulla St to Cronulla Station (13:30)</td>
</tr>
<tr>
<td>971</td>
<td>13:30</td>
<td><strong>To South Cronulla</strong> from Cronulla Station (Monro Park side) to South Cronulla via (L) Waratah (R) Ewos (R) Nicholson (13:37)</td>
</tr>
</tbody>
</table>

**Connecting buses from Cronulla High School (Monday, Wednesday, Friday Only)**

<table>
<thead>
<tr>
<th>Bus No.</th>
<th>Time (hrs : mins)</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>987</td>
<td>15:35</td>
<td><strong>To Kurnell</strong> via Elouera (R) Captain Cook (L) Bridges (R) Dampier (L) Torres (R) Balboa (R) Prince Charles (R) Captain Cook (15:49)</td>
</tr>
</tbody>
</table>

**Connecting buses from Cronulla Station (Daily)**

<table>
<thead>
<tr>
<th>Bus No.</th>
<th>Time (hrs : mins)</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>988</td>
<td>15:29</td>
<td><strong>To Miranda Interchange – Urungra Pde (Stand 9)</strong> via Burraneer Bay Rd (diverts via Burraneer Point) (15:59)</td>
</tr>
<tr>
<td>971</td>
<td>15:30</td>
<td><strong>To South Cronulla</strong> via (L) Waratah (R) Ewos (R) Nicholson (15:37)</td>
</tr>
<tr>
<td>987</td>
<td>15:30</td>
<td><strong>To Kurnell</strong> via (L) Gerrale, Elouera (R) Captain Cook (L) Bridges (R) Dampier (L) Torres (R) Balboa (R) Prince Charles (R) Captain Cook (15:49)</td>
</tr>
</tbody>
</table>

Legend:

(L) Bus turns Left.
(R) Bus turns Right.
Route numbers in *italic* refer to public bus services.

Update: 25 January 2016

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THE GENIUS WITHIN
UNLOCKING POTENTIAL IN YOUNG PEOPLE

An evening with
ANDREW FULLER

AUTHOR OF
UNLOCKING YOUR CHILD’S GENIUS
LIFE: A GUIDE, TRICKY KIDS (Finch)
HELP YOUR CHILD SUCCEED AT SCHOOL (Inyahead Press)
TRICKY PEOPLE, RAISING REAL PEOPLE (ACER)
FROM SURVIVING TO THRIVING (ACER)
WORK SMARTER NOT HARDER and BEATING BULLIES.

Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Britain and Australia called THE HEART MASTERS. He is a Fellow at the University of Melbourne.
www.andrewfuller.com.au

TOPICS COVERED WILL INCLUDE:
- Building concentration and memory power
- Creative problem solving and ingenuity
- Planning and anticipation skills
- Sequencing and listening skills
- Increasing motivation and pleasure in learning
- Building self-esteem and dealing with set backs
- Developing a mindset for success
- Overcoming anxiety and developing confidence
- Making learning fun

MONDAY 7TH MARCH 2016
CARINGBAH HIGH SCHOOL HALL
85 Willarong Rd, Caringbah NSW 2229
6:00pm registration for a 6:15 start, finishing at 8:30pm.

COST: FREE but bookings are essential and spaces are limited.
FOR MORE INFORMATION: email cue@ssc.nsw.gov.au
How parents can help students in the senior years of school

Andrew Fuller

When you have a student completing the senior years of school, everyone in the family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing, and having everyone’s dignity intact.

Parents have a vital role in helping students:
- Manage time
- Manage energy
- Manage stress
- Manage to get everything in at the right time and in the right place.

In addition to this you have to manage yourself.

Developing the System
Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.

Sit down with your student and map out an ideal week including:
- Times for sleeping (at least 8 hours a night)
- Times for unwinding and relaxing
- Best breakfast foods
- The best times for study
- The best time of the week for consolidating notes and extending memory
- Time to catch up with friends
- Required school hours
- Time for part time work (less than 10 hours a week)
- How to handle invitations around exam times.

Without a plan, you are simply left with doing what you like when you feel like it and often feeling like studying is not probably the most likely emotion in teenagers’ lives.

Study sprints should be ideally 20 minutes long and never longer than 50 minutes with a ten-minute break between study sessions.

Usually on the weekend, have some time set aside for organising information and testing memory of new information.

Patiently, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system when they don’t seem to be following it.

You may also need to discuss minimizing distractions—excessive social media use, listening to music while studying, multi-tasking or chatting with friends online is not compatible with studying. Multi-tasking is just splitting your attention and means you’ll need to study four times longer than you need to.

As a parent of a senior school student, keep yourself informed. Come to information sessions and parent-teacher meetings yourself. Stressed students don’t always store detailed information well so take notes of key dates and requirements.

Steering students back to the system
It is hard to get through Year 11 or 12 without some meltdowns. When a melt down occurs
rather than starting a long conversation about it or providing a motivational pep talk, think about what your student needs- Food? Rest? Exercise? Some social time? Try to quietly arrange for this to occur.

**How to deal with the catastrophic thinking**

Paciﬁying or reassuring the unsettled senior school student is a ﬁne art. Acknowledge to yourself in advance that anything you are likely to say is probably going to be heard as the “wrong thing”.

Generally what you do is more important than what you say. Providing meals, comfort and for some, reassuring hugs is often more powerful than words.

Some teens “freeze up with fear” and want to avoid schoolwork completely. Try to avoid getting into lengthy debates about the merits of the current educational system or their own intellectual ability. Instead, go back to basics. Feed them. Hydrate them. Rest them. Then gently bring them back to the topic. Ask them to tell you what they do understand about an issue. They will initially with, “I know nothing” say, “Well, tell me what you think you know”. Slowly rebuild conﬁdence.

**What to do when the system breaks down.**

When you are planning the system develop a rule of “never miss twice”. We know there are days when even the most well thought through system falls into tatters. Accept this but also plan never to miss twice. For example, I can take a complete break from my study routine for one day but not for two days in a row.

Around August is the most common time for students to become disheartened and lose motivation. However the work done in August and September probably adds more to the ﬁnal results that any other stage of the year. The reason is that by this time most of the basics have been covered and we are now able to add the higher order thinking and deepen understanding.

If taking on new information seems too much at this time, go through the process with them of organising information, drawing up ﬂow charts, making memory aides and consolidating notes.

**What if my teenager won’t listen to me?**

Have a conﬁdential chat with one of their key teachers so that they can have a conversation with your student directly about their progress and study strategies.

**How to deal with the build up to exams**

Here is the time to trust the system. Keep things as calm and consistent as you possibly can. Ensure that your student has enough sleep, good food, exercise and social time.

Consider ceasing part time work in the lead up to exams. Also discuss not using or at least lessening the use of social media sites.

If your family has major birthdays during this period it may be worth delaying celebrations until after the exam period.

**It is not the end of the world**

Your student’s Year 12 result is not their future. There are many other more important determinants of success and happiness in life.

Many people who did not get the Year 12 results they wanted ﬁnd careers where they thrive.

Above all, remain calm and believe in your student. Adding an anxious parent to a panicking teenager is always a recipe for disaster.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch Publishing, 2015).
Multicultural Women Group

This friendly and supportive group is for migrant women from diverse backgrounds living in the Sutherland Shire and St George area. Women from all ages are welcome to experience a safe environment to share their story or relax and make new friends. The group is run by experienced facilitators and aims to support women by improving social connections and reducing isolation.

It will assist by providing:
- an exchange of experiences and information
- a safe place to talk about grief and loss (as result of migration)
- a creative space with meditation and mindfulness techniques
- access to social networks

**Fridays, 10:00am – 12:00pm**
**01st of April to 13th May**
**Venue:** Gymea Community Aid & Information Services
**Address:** 39 Gymea Bay Road, Gymea
**Booking Essential:**
**Phone:** Interrelate: 9527 4450 or
Gymea Community: 9524 9559

---

**Taren Point Titans Junior Rugby League Football Club Inc.**

**PLAYERS WANTED**

**U6* to U17**

**FREE rego for new U6 players**

Register online or at one of our registration days

6th, 13th, 20th Feb 10am-12pm at Gwawley Oval

Bring a friend to sign up and receive a free ball pack*

See our website for full details or contact

registrar@tarenpointtitans.com or Simonne: 0414 902 760

titans.sydney

facebook.com/tarenpointtitans

- Minimum age U6 is 4 years old
- *Ball packs available until current stock is depleted

Gwawley Oval North, Taren Point Road, Taren Point

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Do you want to make a difference in the life of a child?

Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.

Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email fosteringwithfac@facs.nsw.gov.au

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## CALENDAR

<table>
<thead>
<tr>
<th>WEEK 4A</th>
<th>WEEK 5B</th>
<th>WEEK 6A</th>
<th>WEEK 7B</th>
<th>WEEK 8A</th>
<th>WEEK 9B</th>
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<tbody>
<tr>
<td>M. 15/02/16</td>
<td>M. 22/02/16</td>
<td>M. 29/02/16</td>
<td>M. 07/03/16</td>
<td>M. 14/03/16</td>
<td>M. 21/03/16</td>
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<tr>
<td>T. 16/02/16</td>
<td>T. 23/02/16</td>
<td>T. 01/03/16</td>
<td>T. 08/03/16</td>
<td>T. 15/03/16</td>
<td>T. 22/03/16</td>
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<tr>
<td>* Uniform Shop 8:30am - 9:30am</td>
<td>* Uniform Shop 8:30am - 9:30am</td>
<td>* Uniform Shop 8:30am - 9:30am</td>
<td>* Uniform Shop 8:30am - 9:30am</td>
<td>* Uniform Shop 8:30am - 9:30am</td>
<td>* Uniform Shop 8:30am - 9:30am</td>
</tr>
<tr>
<td>* Auxiliary Meeting, 9:30am</td>
<td>* Make Bullying History Day</td>
<td>* Winter Sport Begins</td>
<td>* Regional Swimming Carnival</td>
<td>* Regional Swimming Carnival</td>
<td>* Regional Swimming Carnival</td>
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<tr>
<td>* Y7 2017 Open Night, 6pm - 8pm</td>
<td>* Regional Swimming Carnival</td>
<td>* GOOD FRIDAY</td>
<td>* Regional Swimming Carnival</td>
<td>* Regional Swimming Carnival</td>
<td>* Regional Swimming Carnival</td>
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<tr>
<td>W. 17/02/16</td>
<td>W. 24/02/16</td>
<td>W. 02/03/16</td>
<td>W. 09/03/16</td>
<td>W. 16/03/16</td>
<td>W. 23/03/16</td>
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<tr>
<td>* School Photos</td>
<td>* School Photos (absent from 17.2.16)</td>
<td>*</td>
<td>* P &amp; C Meeting, 7:30, Library</td>
<td>* P &amp; C Meeting, 7:30, Library</td>
<td>* GOOD FRIDAY</td>
</tr>
<tr>
<td>* High Achievers Ceremony, 1:45pm, MPH</td>
<td>* Y12 Visual Arts Excursion - Melbourne</td>
<td>*</td>
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<td>Th. 18/02/16</td>
<td>Th. 25/02/16</td>
<td>Th. 03/03/16</td>
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<td>*</td>
<td>* Y12 Visual Arts Excursion - Melbourne</td>
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<td>* Summer Sport Grand Finals</td>
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<td>* Y10 Scripture</td>
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<td>* Y10 Scripture</td>
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