COMING EVENTS FOR TERM 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>20 March</td>
<td>Vaccinations</td>
</tr>
<tr>
<td>Tuesday</td>
<td>25 March</td>
<td>Year 7 2015 Info Night @ 7.30pm</td>
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<tr>
<td>Tuesday</td>
<td>27 March</td>
<td>Term 1 Formal Assembly</td>
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<tr>
<td>Wed</td>
<td>2 April</td>
<td>School Cross Country @ CHS</td>
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<tr>
<td>Thurs</td>
<td>3 April</td>
<td>Year 12 Exams Commence</td>
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<tr>
<td>Friday</td>
<td>11 April</td>
<td>Last day of Term 1</td>
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<tr>
<td>Tuesday</td>
<td>29 April</td>
<td>Students return to school</td>
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Orientation Night for Parents and Students Year 6
Tuesday 25 March 2014 6:00 – 7:30pm

This is the first Year 6 transition to Year 7 for 2015 activity. Corrimal High School will be holding their Orientation Night on Tuesday, 25th March. The evening begins at 6:00pm at the school hall for welcome and introduction, after which parents and students will be conducted around the school in small groups. There will be activities at each faculty area to view. This is a great opportunity to meet with teachers and see the quality teaching and learning programs available at Corrimal High.

Parents and Citizens

Our current P&C executive has parents who no longer have students at school anymore. They have asked any interested parents to attend the next P&C meeting 7 April 2014 to arrange an AGM to elect a new executive. This is a wonderful opportunity to be involved in organization that supports education at this school.

Tell Them From me

Our school is continuing our involvement in the Tell Them From Me student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the ‘Tell Them From Me’ survey to help them improve. The survey is completed on-line and is run by an independent research company, The Learning Bar, which specialises in school-based surveys. This research will help schools in New South Wales to better understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what work is required to improve student outcomes.

National Assessment Program – Literacy and Numeracy (NAPLAN)

If your child is currently in Year 7 or 9, they'll sit NAPLAN tests this May. And despite what you may have heard, there's no reason to panic or start an intensive study schedule for your child. Find out more:


Mark King
Principal
CORRIMAL HIGH P&C

The AGM of the P&C was unable to be held as only 3 members attended and none of these members currently have a student enrolled at Corrimal High School. It is disappointing to note that with 485 students presently enrolled there is no parent representative from the current student body. The P&C have one major fundraiser a year which supports the students and faculties of Corrimal High School. The P&C meet the 1st Monday of each month at 7pm in the Administration Building. All welcome to attend.

Jannette Parker
Secretary

HASSETT CUP CRICKET

On Thursday 27th February, our junior cricketers took part in the first round of the Hassett Cup against Smiths Hill High at Dalton Park. After winning the toss and electing to bat, our openers, Nathan Trebel and Lachlan Manwarring, graphed out an entertaining 50 run partnership. Following the loss of our first wicket, Smiths Hill gained the ascendancy and restricted our team to a reachable total.

When it came our turn to bowl, rain started to fall quite steadily and our bowlers found it difficult to grip the ball. The pick of the bowlers was Jack Ziems who took 2 wickets. Unfortunately the result was not as we had hoped, and Smiths Hill High chased down our total with 3 wickets lost.

Congratulations to those year 7 students playing their first game for Corrimal High on your efforts. We will be looking forward to improving on this result next year. Mr Tier

EARN AND LEARN SCHEME

You may recall the collection of Woolworths earn and learn vouchers last year? All vouchers do get used and are put towards the benefit of our students’ everyday learning needs. Although it’s a very slow process we have just received the free resources allocated from our community efforts last year. It would be fair to say we have been more successful with previous collections but praise where it is due. The students are pleased with the bank of free resources delivered last week from 2013 earn and learn scheme.

In the previous year 2012, the library alone received over 45+ books with thanks to your dedication, donations and efforts! These books have since been put to good use and have lined the shelves with even more variety, ultimately providing enticing reads in our ongoing attempt, to get our students reading more. The 2012 result does not reflect the resources which were also gratefully received by other faculties within Corrimal High that same year.

We have contacted Woolworths to see if the scheme is running again this year and hope to take advantage of this offer with beneficial results. Watch this space for further updates.

NEWS FROM THE LIBRARY

Seniors and Study Periods
I would like to commend the outstanding number of senior students who have made an excellent start to the year in their use of the library. They are effectively utilising their study periods as well as the Homework Centre.

To further support their learning, the library will now be for exclusive senior use for two-hours each Wednesday, starting at lunch. This block of time will allow for workshops and small group work on topics such as essay writing. It is also an excellent opportunity to get one-on-one assistance with your drafts, essays, research, note-taking, study skills, time management and creative writing.

Ms Cutsforth
Teacher Librarian
Bullets, Steel and Blood

My tribe had lived inherently by the banks of a stream, one that flowed through the high wood of the east. Once every turn of harvest, we’d see storms that no other people would dream about. Once every passing, we’d toss charms, and make dances of tribute, to those beloved, once part of our tribe. ‘Twas this way for years many, for all years in memory, until the coming of a people unknown. A wretched people with a lust for the land, for coin, and for the claiming of lives. I remember the day of their coming, the day when volleys of bullets blasted flesh, and steel spilt blood. Miserable a day it was, when mothers wept at the cadavers of their children. Bereft a village, ours was; a dead village.

A headdress, with plumes of jade and russet, and a rusted, gilt brooch holding the feathers together, wore young warrior Gakoche. Just today, he’d killed many birds with the thoot of his pipe, and plucked he has, nine plumes, jade and russet each. Wearing his headdress, “Hokayo!” he sang, dancing around the fire. Clapping hollowed sticks, ck ck ck ck they chimed, as he went ‘round and ‘round the fire, dancing for the renewal of the hunt. “Hokayo!” we with him sang, sitting by the fire, clapping our hands as he hit the sticks. Yaqamoi threw blood-red petals of rose into the fire. Whoosh! Mighty flames arose from the fire, blowing hot, thick air onto our faces. “Hokayo!” we sang once more. Whence we went on like that for the night.

As the sun rose from the hollow of night, under the ocean, the women picked berries off the bushes. The sweet scent of the dew made the work all the more worthwhile. However, I was consigned with another job; the Proving, as the village folk called it. Fourteen and two months, I was, ripe with ambition for the hunt.

Father and I stalked our prey, on the brim of the woodland. Hiding in our furrow, we readily nocked our arrows, and waited. The breeze sprayed onto our faces, as it howled into the woodland behind us. Father nudge me in the shoulder. “Peyaki, when the opportunity comes, breathe through your gills. As you stalk the beast, keep low in the grass.” I brushed my arm across the bow, nocking it with arrow-in-hand. Confidence blazed within me. Keeping low as I strode out of the trench, I heard a whisper. “Psst.” I turned to father.

“Remember to aim for the heart. Now go! The hunt beckons you,” he gave me his last word of advice, as he dismissed me.

Michael Korczala

YEAR 10 100% ATTENDANCE

Congratulations to the following Year 10 students who have achieved 100% attendance so far this term. (Week 1-7).

You demonstrate a commitment to your education of which you should be proud. I am very proud of you and your positive effort.


Ms Crawford
Year 10 Adviser

SPORT REPORT

GRADE SPORT 2014

As Term 1 recreational sport winds down we look towards the 2014 Grade Sport Competition. In Terms 2 and 3 students will participate in grade sport or school sport. We encourage all students from Years 7-12 to trial for a grade sport in which we will compete against Bulli HS, Woonona HS, Keira HS & Figtree HS. Grade sports are listed below. Junior grade sports are Years 7-9 and seniors are Years 9-12, with Year 9 students eligible to compete in either a junior or senior team. Grade sport is a wonderful opportunity for students to compete in a team sport and develop valuable skills in communication, sportsmanship and team work.

<table>
<thead>
<tr>
<th>GIRLS TEAMS 2014</th>
<th>VENUE</th>
</tr>
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<tbody>
<tr>
<td>Junior Soccer</td>
<td>Home venue CHS / Away Bus fare $5</td>
</tr>
<tr>
<td>Senior Soccer</td>
<td>Home venue CHS / Away Bus fare $5</td>
</tr>
<tr>
<td>Junior Oz Tag</td>
<td>Home venue Towradgi Pk / Away Bus fare $5</td>
</tr>
</tbody>
</table>
Senior Oz tag | Home venue Towradgi Pk / Away Bus fare $5
Junior Basketball | Central venue: Possibly Snake Pit $2 plus $5 bus per week
Senior Basketball | Central venue: Possibly Snake Pit $2 plus $5 bus per week
Junior Netball | Home venue CHS / Away Bus fare $5
Senior Netball | Home venue CHS / Away Bus fare $5
Junior Volleyball | Home venue CHS / Away Bus fare $5
Senior Volleyball | Home venue CHS / Away Bus fare $5
Junior Indoor Soccer | Central venue: Fraternity Club $3 plus $5 bus per week = $8
Open Ultimate Frisbee | Home venue CHS / Away Bus fare $5

BOYS TEAMS 2014

Junior Soccer | Home venue CHS / Away Bus fare $5
Senior Soccer | Home venue CHS / Away Bus fare $5
Junior Oz Tag | Home venue Towradgi Pk / Away Bus fare $5
Senior Oz tag | Home venue Towradgi Pk / Away Bus fare $5
Junior Basketball | Central venue: Possibly Snake Pit $2 + bus $5 per week
Senior Basketball | Central venue: Possibly Snake Pit $2 + bus $5 per week
Junior Volleyball | Home venue CHS / Away Bus fare $5
Senior Volleyball | Home venue CHS / Away Bus fare $5
Junior Indoor Soccer | Central Venue: Fraternity Club $3 + $5 bus per week = $8
Open Ultimate Frisbee | Home venue CHS / Away Bus fare $5
Junior Dodge ball | Uni hub fee $3.00 + Bus fare $5 per week
Senior Dodge ball | Uni Hub fee $3.00 + Bus fare $5 per week

MIXED TEAMS 2014

Junior Darts | Central Venue: Fraternity Club $5 per week total
Senior Darts | Central Venue: Fraternity Club $5 per week total

CROSS COUNTRY 2014

Our school Cross Country carnival will be held on Wednesday 2nd April 2014 (Week 10) during the scheduled sport afternoon. The theme of the carnival is BLUE as it is National Autism Awareness Month. Students can come dressed for the theme of the day, with prizes for best dressed BLUE outfits. Students will be attending normal lessons in Periods 1-3 and then the carnival will commence around lunchtime. Please ensure your child attends school on this day and participates in the carnival. There will be Year 12 fundraising activities, a BBQ and other activities running throughout the carnival afternoon. This year students will be competing in a course around the school and neighbouring areas. Age group distances are below:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Distance</th>
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<tbody>
<tr>
<td>12 &amp; 13 year BOYS &amp; GIRLS</td>
<td>3 km</td>
</tr>
<tr>
<td>14 &amp; 15 year BOYS &amp; GIRLS</td>
<td>4 km</td>
</tr>
<tr>
<td>16 &amp; 17 + year BOYS</td>
<td>6 km (2 x 3km course)</td>
</tr>
<tr>
<td>16 &amp; 17+ year GIRLS</td>
<td>4 km</td>
</tr>
</tbody>
</table>

WOW!

As we have been reporting, Oscar Corby of Year 12 has been selected in the Regional and NSW CHS Cricket teams for 2014. This week a Corrimal High School family generously donated $100 towards Oscar’s sporting expenses. This random act of kindness left both Oscar and his Year 12 classmates speechless. On behalf of Oscar, his family and the Corrimal High School community we thank you for this generous and highly appreciated donation. I’m sure Oscar will pay this act of kindness forward in the future. We are extremely grateful to have such supportive members amongst our school community- thank you!

NEWS

Congratulations to Brandon Farrar of Year 9 who recently represented Corrimal HS at the NSW All Schools Downhill Mountain Biking Championships in Thredbo. Brandon placed in the top 20 out of a field of over 70 riders. What a fantastic effort!

SOUTH COAST REGIONAL TRIALS

Congratulations to all our athletes who have recently attended Regional sport trials and championships. I’m still waiting on confirmation on the South Coast Regional Football teams for 2014- stay tuned!

PREMIERS SPORTING CHALLENGE

This week we will holding the annual Premiers Sporting Challenge “Learning to Lead” program with our community of schools. Selected year 5/6 students from our feeder primary schools, along with selected year 7/8 students from CHS will participate in a sports gala day. Leaders from Years 9/10 at CHS will take the students through their...
paces in such sports as netball, AFL, Rugby League, Golf, Netball & Small games. I was overwhelmed by the interest from our Year 7 and 8 students in participating in the 2014 program. Unfortunately, numbers are limited, so if you missed out this time don’t despair as there will be more sporting opportunities coming up throughout the year.

**SOUTH COAST REGIONAL TRIALS**
The following South Coast Regional sport trials are coming up. See Mrs Arthur for entry forms and details:

- Rugby Union, Hockey
- Netball
- Rugby League

**SPORT QUOTE**
"I know the truth. The truth isn’t what was out there; the truth isn’t what I said ... This story was so perfect for so long." - Confessed doper LANCE ARMSTRONG in his much-anticipated interview with Oprah Winfrey.

Mrs Arthur
Sport Coordinator

**MESSAGE FROM THE CORRIMAL HS SCHOOL COUNSELLORS (Carol Pugh and Joan Gissing)**

**Tips for helping parents and students succeed through their school years**

1. **Prepare yourself for learning**
Thinking positive isn't enough for successfully achieving goals. Implement ways to reduce distractions, at least for a few hours at a time, else learning will become a frustrating experience. Human nature is such that not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may intentionally or subconsciously distract you from your goal.

2. **Get enough sleep**
Getting enough sleep helps you to manage stress, stay happy and also increases your marks. You need at least 8 hours and sometimes as much as 9 and a quarter hours a night.

3. **Eat breakfast**
A lot of people skip breakfast, but you often learn best at school in the morning, and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches.

4. **Use your time well**
Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Some people find if they sit at the front they are less distracted. Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

5. **Focus and immerse yourself**
For at least some time every day switch all forms of technology off and focus on whatever you are studying. Don’t try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.
WOONONA EAST PUBLIC SCHOOL

50th Anniversary Celebrations

WEPS is turning 50 this year and we will be celebrating with an Open Day at the school on Saturday 2nd August.

If you are willing to share photos, memorabilia or memories (for our history book about the school) we’d love to hear from you.

Contact the school on 02 42841472 or email at woononaest-p.school@det.nsw.edu.au for further information.
What's in your headspace?

Are you aged 12-25 years?
Want to learn more about...

- Managing stress
- Anxiety and anger
- Low mood
- Sleep
- Healthy relationships
- Healthy lifestyles

Join headspace Wollongong on Tuesday afternoons from 3.30pm-5pm for a rotating weekly group that examines the common issues facing young people.

Like all headspace services, the group is free and will be led by a headspace staff member. There will be free food available for young people to snack on during the group.

To book in or inquire about this group, please contact headspace Wollongong on (02) 4220 7660.

See you there!

headspace
Wollongong

www.headspace.org.au