COMING EVENTS FOR TERM 4 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>HSC Exams Continue</td>
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<td>28 October</td>
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<td>4 November</td>
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<tr>
<td>Thursday</td>
<td>Year 7B Special Interest Project Display Day - Library</td>
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<td>29 October</td>
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<td>Monday</td>
<td>Year 10 Snorkelling Competency Testing</td>
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<td>2 November</td>
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<td>Wednesday</td>
<td>UOW Science Fair</td>
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<td>4 November</td>
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<tr>
<td>Thursday</td>
<td>Year 12 sign out day 8:50am – 10:50am</td>
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<td>5 November</td>
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<tr>
<td>Friday</td>
<td>Premier’s Sporting Challenge - Leading with Action Day</td>
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<td>6 November</td>
<td>Illawarra Sports High 8:30am – 2:30pm</td>
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<tr>
<td>Monday</td>
<td>Year 7–10 Exam Week</td>
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<td>9 – 13 Nov</td>
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<td>Mon - Thur</td>
<td>Lady Elliott Island Excursion</td>
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<td>9 – 13 Nov</td>
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<td>Tuesday</td>
<td>Year 12 Formal Support Unit Transition</td>
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<td>10 November</td>
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<tr>
<td>Wednesday</td>
<td>Premier’s Sporting Challenge Leadership Camp – Berry</td>
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<td>18 – 20 Nov</td>
<td>Sport and Recreation Camp 9:00am – 4:00pm</td>
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<tr>
<td>Thursday</td>
<td>Vaccinations Round 2</td>
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Sign of the times

Have you taken time to read the messages on our new sign at the corner of Railway Street and Pioneer Road?
Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.
PDHPE/ Sport Report 27 October 2015

Crossroads Course

Last week our Year 12 cohort group participated in the Crossroads course. The course is designed to prepare and support students to lead, and contribute to, healthy, safe and meaningful lives. Students enjoyed various workshops which included Drug and Alcohol, Mental Health, Initiative Games and Travel Safety. The day concluded with an impressive talk from former Dragons player Dan Hunt on his personal experience battling mental health issues and useful strategies to deal with it. The feedback from the presenters on the day was what a great bunch of young people we have at Corrimal High. Many thanks to our presenters from Shoalhaven Drug & Alcohol Service, Headspace Wollongong, The Nicole Fitzsimons Foundation, Mr Abbott and Dragon's Community.

Thank you Mr Jovanovski

Many thanks to Mr Jovanovski of the Maths faculty for donating a bag of new soccer balls to the school. Your generosity is very much appreciated by the students and staff of Corrimal High School.

Year 7 Gala Day is coming up

Students in Year 7 have recently selected a sport to compete in at the upcoming Year 7 Gala Day. This will be held on Tuesday 10 November and students will compete against other Year 7 students in our Zone in soccer, Oz tag, Netball, Frisbee and Newcombe ball. Permission notes need to be returned to the PDHPE staff room and the $6 bus fare is due on the day. See Mrs Arthur for any details.

Dp Battle Undercard School Surfing Comp

On Friday the 23 October Ethan Hughes, Wesley Girardot and Blake Budd represented Corrimal High School at the Illawarra Schools Surfing Competition at Thirroul Beach. With numerous sponsors, professional surfers and scouts present, it was a great opportunity for our boys to test out their ability against the best surfers in the Illawarra. Waking up at the crack of dawn and seeing dark, gloomy weather was not the ideal start to a surfing competition. At Thirroul Beach, the conditions weren't much better, with cloud cover, dark waters and 3-4ft close out waves.

Blake was our first surfer to enter the water in heat 3 of the day. Blake is an outstanding surfer with a lot of talent. Unfortunately for Blake, he got the worst of the conditions early in the morning with choppy, messy waves pushing Blake inside the ideal drop in point. With 20 minute heats, Blake used up a lot of time paddling against the rip to get himself into a better location. Blake managed to produce one solid wave in which he demonstrated his ability to the judges.
Ethan was our next surfer to enter the water in heat 7 and with conditions constantly improving; it was a good opportunity for Ethan to show off his skills. Ethan received some valuable advice from a professional surfer and managed to surf with a lot of confidence, knowing his limits and showing his experience. Ethan was rewarded with four solid waves in 20 mins and impressed a lot of observers with his smooth style.

Wesley is our most experienced competition surfer which showed immediately once Wesley hit the water. His confident, relaxed nature helped him overcome what was a strong heat with some quality opponents. Wesley was very mindful of the conditions and analysed the waves before he went out allowing him to get into better positions. Due to this knowledge and observation, Wesley carved up six waves in his 20 mins, one in which was an amazing wave as he executed four quality manoeuvres. It was beautiful to watch! Wesley was very unlucky not to finish 1st in his heat due to his magnificent performance across the 20 mins.

Overall, it was a great day and a good opportunity for our boys to demonstrate their ability and challenge themselves. It was great to hear external community members commenting on how wonderful our boys were and the talent they possess. Unfortunately our boys all finished 4th in their respective heats, none the less Wesley, Ethan and Blake surfed to the best of their ability and made Corrimal High School proud. Well done Boys!

Mr Kurt Majoor

Rec Sport Update

Wednesday recreation sport has successfully been running since the start of this term. Students are enjoying recreation activities such as swimming, bike riding, fishing, ten pin bowling and darts. The introduction of fitness with a qualified personal trainer as a new recreation sport has been extremely well received by student participants. Carlson our Personal Trainer has students exercising in a variety of fun high intensity activities that promote increases in cardiovascular endurance, muscular strength and overall wellbeing. There are still places available in this sport and it is only $5 per week.
As per the Department of Education’s Sport and Physical Activity Policy; it is required that "students participate in a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. This time includes planned weekly sport". Sport in an integral component of a student’s schooling and overall health, thus we require positive support of this from parents and caregivers. Therefore, please only request student early leave during sport time when absolutely necessary to ensure that your child is meeting the Department’s mandatory participation in sport and physical activity policy guidelines. Students who need to request early leave on a Wednesday need to report to the PDHPE staffroom before 8:35am.

If your child would like to change recreation sports this term, they are allowed to do so. Students are instructed to see Ms Allan on any other day than a Wednesday to do so, and will be provided with a new permission note. If you have any concerns about your child’s recreation sport choice please contact Ms Allan in the PDHPE staffroom or call 4285 1199.

As we continue to move towards summer and temperatures rise; students are reminded to bring plenty of water, a hat and sunscreen to school when participating in outdoor activities.

Ms J Allan

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MADE FRESH ARE SEEKING MORE STAFF TO WORK WITHIN OUR SCHOOLS

They are looking for a dedicated and energetic person to work with them in Corrimal, Cordeaux Heights and Shellharbour areas.

You must be honest, reliable and have your own transport and also ‘Working with Children Check’ Certificate.

To apply send an email with your CV via email and include your phone number.
Only written applications will be considered and we will contact you by telephone.

Email: info@madefresh.net.au

Kind Regards Karen John

(OPERATIONS MANAGER MADE FRESH)

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**Surfers! Help out at our 23rd**

**Thirroul Beach "Hands on Day"**

run by the South Coast Branch of the DSA for the Region’s Disabled Participants with the assistance of surfers, local schools and the general public

When? 5th December, 9am - 1pm.

Where? Thirroul Beach - Putz sign is on the ground near the southern end of the Thirroul Ocean Pool.

Cost? $10 for participants, free to all volunteers, family members and supporters

Other South coast events this season:

- Mollymook Nov 29, 2015
- Gerringa Jun 3, 2015

Don’t forget the National Event at Callarong Sat 27th Feb 2016

**Tag Bureau Says:**

"What's your problem? Come have a look. I do in other places. Fun too - yours!"

For more info contact Ian on 0421 460 122, Sandra on 0412 801 622 or Jim on 0458 730 999

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**DO YOU HAVE YOUR L’S?**

Want to get more hours for your log book?

An opportunity for you and your supervisor to experience a variety of driving conditions including Police RBT, Speed Check and Driver Fitness.

Daylight -
- Sunday Runs are held at: Shellharbour & Kiama 10:00am – 12:30pm
- Wollongong 9:30am – 11:00am

Nighttime -
- Tuesday Runs are held at 6:00pm – 8:30pm in Shellharbour & Kiama only.

All Learner Drivers Must Have 40 Drivetime Log Book Hours

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Email: info@madefresh.net.au

Kind Regards Karen John

(OPERATIONS MANAGER MADE FRESH)
Get ready for the swimming carnival!

You are welcome to come and try Corrimal Swim Club FRIDAY NIGHT POINTSCORE.

Your first 2 visits are FREE!

Corrimal Swim Club’s main purpose is to promote swimming within the area, not just to provide a facility for elite swimmers. Our Friday night point score is a great opportunity for swimmers of all ages to race in a non-competitive atmosphere. All races are based on the swimmer’s individual best times. Not only do the kids have fun but it is also an opportunity for parents to socialise in a relaxed environment and enjoy a barbecue dinner.

What: Swim Club Pointscore
When: Friday nights 7pm start
Where: Corrimal Memorial Heated Pool Short Street, Corrimal
Contact: Kim Hutchinson (registrar) hutchinsonhaul@optusnet.com.au