

RELIEVING PRINCIPAL'S REPORT

For those who have not caught up on the news, Dr Parkes is currently undergoing an operation on a damaged shoulder, and will not be returning until the Term Four. She is extremely distressed at missing many of the Year 12 end of term activities, but she also realises that the operation is needed and that there is never going to be a good time to take leave. Until the end of Term Three I will be relieving as Principal, Mr Ken White as Deputy Principal and Mr Leigh Ford as Head Teacher Administration.

This is a very busy time of year. At the moment our major focus is Year 12. Trials have been completed and final assessment tasks have been handed in. As well, externally marked student projects in Society and Culture, Industrial Technology – Auto, Textiles and Visual Arts are also in the final stages of preparation. Performances in Music and Drama are scheduled too. My thanks to those teachers in these subject areas who have been maintaining a sense of humour as students deal with the inevitable “last minute rush” that is always present at these times. The HSC is still some weeks away and it is important that students maintain their study programs right up until that time, despite the distractions of formals and graduation ceremonies.

One of the privileges that is associated with the Principal's duties at this time of the year is participating in the selection of the 2012 Student Executive. Students are selected from both Years 10 and 11 after submitting a written application and going through an interview by a panel consisting of the Principal, Year Adviser and members of the outgoing student executive. This year the candidates were outstanding, and

it was extremely difficult to make a final decision. All 33 candidates for the 14 available positions were able to discuss their participation in, and leadership of, a wide range of school and community projects. I am very confident that these students will fulfil their duties and responsibilities with distinction and pride.

The selected candidates for 2011/12 are:

Year 11/12

Sophie Aked	Zoe Booth
Madison Braithwaite	Samantha Fisher
Rachel Holmes	Madison Hull
Jade O'Mally	Michael Thrower

Year 10/11

Isabel Cootes	Abbey Bromley
Nick Holmes	Ellen James
Emma McKenzie-Low	Iona McNab
Luke Coleman (SRC Representative)	
Alistair Malcolm (SRC Representative)	

School Captains will be elected from this group at a workshop to be held later in the term.

One of the other highlights at the school since the last Bay Bulletin was the visit to the school of **Celia Lashlie**. As Dr Parkes noted last time, Celia is a renowned author whose

writings on boys and boys' education have been well received throughout New Zealand and Australia. Celia spoke to a large number of staff on the Tuesday afternoon, while on Wednesday she spoke to all Year 9 boys as well as a large group of parents later that evening. As well as being entertaining, Celia gave a fascinating insight into boys, their views and perceptions, and how to assist them survive adolescence. I didn't hear the talk to the Year 9 boys, but the reports that I had indicated that the boys were spellbound by her address. I did attend the parent session, and her message was well received by the large audience, with some great ideas on raising boys given. The school has purchased a number of Celia's CD's, and they are available at cost price through the school.

Mr Neil Best
Relieving Principal

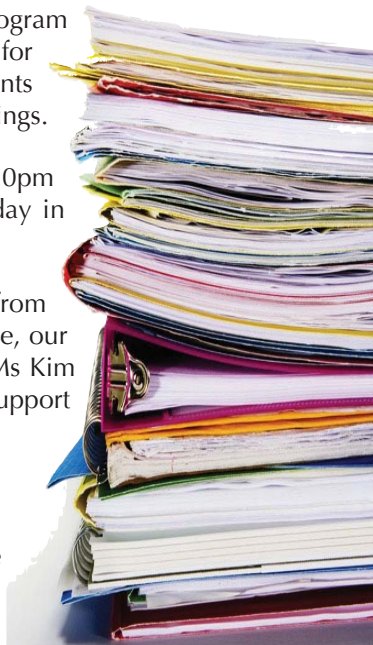
HOMework HELP

Homework Help is a program that provides assistance for students with assignments and classroom understandings.

It runs from 3.20pm - 5.20pm every Tuesday and Thursday in the School Library.

It is staffed by volunteers from the University of Newcastle, our own senior students and Ms Kim Conroy, Staff Learning Support Officer.

**ALL students are welcome
to attend!**



Year 12 *Graduation Ceremony*

Wednesday
21 September 2011

Congratulations
& Good Luck

Family and Friends of all
Year 12 students are cordially
invited to attend Year 12's
last official function
at school.

This is a day to congratulate
the many students who have
done well and to farewell
Year 12, 2011.

There is a dress code
Girls – white button-through shirt,
school skirt, black stockings and tie

Boys – black trousers, white shirt
and tie

The ceremony begins
at 9.15am sharp.

Please be seated by 9.00am.

Year 12 students and parents
are invited to a breakfast at
school from 8.00am.

Lynne Sherwood
Head Teacher LOTE

LANGUAGES UPDATE

Primary GATS courses

We were delighted to meet some of our upcoming language students when they had an introduction to Japanese or Chinese for four weeks last term. This was funded by a grant from the National Asian Literacy Program, a Federal Government initiative that is supporting quite a few new programs with which we are involved in. A repetition of this program in Term 4 will be determined on whether we can fit it into our busy schedules. Thanks go to Mrs Holmes and Eri Takeuchi (Japanese program) and Mrs Biram and Lina (Chinese program) who provided entertaining and enriching



lessons.

A wealth of exchange students

We welcome to our school:

- Martina Schupisser from Switzerland
- Rui Hachiya and Kaho Saito from Hakodate in Japan
- Lucie Mirza, Maxence Goig, Camille Dulin and Estelle Roussel from France
- Mai Nakai, Maya Akao and Yuri Saino from Heian HS in Kyoto, Japan.

And of course:

- The 19 students from Sugunami HS (Tokyo) during Weeks 2 and 3 of this term

Most of these exchange students do special activities for our students in language lessons while they are here. Rui and Kaho are in the process of doing a lesson about their home town Hakodate for the Japanese classes. It is scripted with a slide show, finishing with a game with prizes. It is not hard to see why they were selected to come here! The French students spent a lot of time with our classes, particularly Year 12 French, which resulted in a great lead up to their HSC oral exams. However, some of them manage to entertain and inform the whole school. Who will ever forget the "Dance-Off" one lunchtime in the quad with the Sugunami students??

We are most grateful to the many families who open their doors to these students and show them how generous our community can be. Even more so, after the difficult times some of our exchange students from Japan have been through.

Year 12 Language Students

It was lovely to hear that all the students in the Year 12 French and Japanese classes walked out of their HSC Speaking Exam feeling as though they had communicated effectively with their examiner and happy with what they had achieved. That is no small feat! The mixture of their two teachers, Mrs Karen Holmes and Mrs Janis Muldoon, the Japanese tutor, Ms Eri Takeuchi, the French tutor, Mrs Karen Poole and Mr Remy; their participation in Café Bla-bla and overseas trips; and their own efforts, have all contributed to this linguistic success.

Another fine example is the poem Romany McGuffog wrote in French, inspired by Jacques Prévert:

Déjeuner du Matin (Part 2)

Il a regardé le croque-monsieur
La fumée a surgi
Sans une parole.
Il a mangé le croque-monsieur
Le fromage a brûlé les lèvres
Sans me regarder.
Il a bu l'eau
Et il a renversé l'eau partout.
Il s'est levé.
Son chapeau sur la tête.
Il s'est couvert le visage.
Il est parti
Sans me parler
Et je l'ai regardé
Et j'ai ri.

Lynne Sherwood (proudly) Head of LOTE

ATTENDANCE: IT'S NOT OK TO BE AWAY!

Many students have their educational progress severely interrupted by absences which are more often than not, unnecessary, and for reasons fairly low on the "important to my future" scale.

To reach their potential at school, **students need to attend regularly.** This means a few days off per year due to genuine illness, not a nine day fortnight which accumulates to 25 days, 150 periods or the equivalent of five school weeks absent in a year! How could any student be expected to keep up with work under such circumstances? **Parents, you have a critical role to play in protecting your own child's future.**

Absences can be minimised by arranging dental and doctor's appointments after school or during the school holidays. You need to book ahead. Why not book now for school holidays later in the year. Shopping, helping at home and visiting relatives may seem important at the time, so too, are family overseas holidays which are wonderful bonding opportunities, however, missing school does disrupt the student's learning.

We, (parents and the school), need to work together to help students to understand the importance of being at school whenever possible, and that trivial reasons for absence are not sufficient to discharge parents' legal responsibilities.

Schools and parents have a legal responsibility to account for the whereabouts of young people daily.

Studies show there is a far greater chance of students becoming early school leavers and/or long term unemployed adults, if they don't attend school regularly.

Should you require support in saying **NO** to your son/daughter on their attendance or any other issue, please contact us immediately.

We can all work together to make a difference to your child's future.

Be on time

Be at school

That's the rule!

**Dr Sharon Parkes
Principal**



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JAPANESE SISTER SCHOOL EXCHANGE 2011

AGEPOYO! This word perfectly describes the two week visit we had from our Japanese sister school earlier this term. It's Japanese teen-speak for "awesome"!

Suginami HS in Tokyo sent nineteen nervous 16year-olds to participate in a homestay program with our school. After a couple of days of being looked after by our kind and generous host families they settled comfortably into life in Australia.

The students enjoyed our laid-back lifestyle, as well as the natural beauty of Lake Macquarie. Our way of life is the exact opposite of their busy lives in a metropolis like Tokyo. The Suginami students learnt how to make Anzac biscuits with Miss Saunders and had an interesting dancing lesson with Mrs Brown!

Our Year 10 host students accompanied their billets to Nelson Bay, enjoyed a leisurely dolphin cruise in perfect weather and experienced a fun day out at the Australian Reptile Park where they patted kangaroos, emus and snakes!

Our Year 7 Japanese classes and Years 8,9 and 11 elective classes all benefited from being able to talk to "real" Japanese people and trying out some of the Japanese they have been learning. All of our students were impressed with the Suginami students' friendliness, eagerness and, luckily, English ability. They gained a lot from having Suginami students with whom they could interact.

Once again our two week exchange was an outstanding success. Thank you to all host families for their generosity and to our wonderful hosting students for doing a fantastic job looking after their billets.



K. Holmes
Japanese Teacher



CREATIVE & PERFORMING ARTS

Once again we are having a busy term in the CAPA Faculty! Our HSC students are working steadily towards the completion of the major component of their HSC practical submission. Our 53 Visual Arts students are handing in their Bodies of Work on Monday 29 August. We are all very excited and exhausted!

The HSC Drama students performed wonderfully at our annual Showcase and they will have their HSC Drama practical examination on Friday 2 August.

Our HSC Music students will be examined on the 15 August.

I would like to take this opportunity to wish all of the CAPA students good luck in their upcoming exams and would also like to thank the whole of the CAPA staff for their tireless contributions to the creative pursuits of our very clever students. There is not one member of the faculty that has not supported or assisted both the HSC students and their teachers. This element of collegiality and use of expertise is a large contributor to our continual success at HSC level.

Congratulations to our **Year 11 Drama students**. They recently came second in the prestigious Hunter New England Health Mind Play. This is such a wonderful achievement and reflects dedication and understanding from both the students and their teacher, Mrs Sandra Monk. Students involved in the performance were:

Susan Baxter	Scott Boyd
Elyn Boyle	Madison Braithwaite
Bianca Byrnes	Amy Cavanaugh
Tayla Choice	Liam Dixon
Christopher Henderson	Maddison Hull
Chelsea Johns	Kelsey Kisina
Sophie Micevski	Amy Morris
Lauren Moulton	Katherine Roworth
Barney Sheargold	Conor Skujins
Danielle Smith	Mitchell Sutton
Maddison Whelan	Alex Winner

Our wonderful Music students were on show recently when Mr Ashley Forbes and **Years 9 to 11** Music students had the opportunity to perform at Charlestown Square for Education Week. The performances were outstanding and provided the daytime shoppers with a wonderful glimpse into classroom music. The students involved were engaging, confident and musically very clever and professional. It was a wonderful experience and I would like to thank Mr Forbes and the students for such a fantastic, entertaining couple of afternoons.



Recently our **Years 9 and 10 Ceramic students** went to the annual Morpeth Tea Pot Festival. Our Year 10 students had their work displayed amongst many quirky and famous works, and the opportunity to exhibit with practicing artists was invaluable. Thank you to Ms Lesley Armstrong for her continual support of Ceramics in the school and her organisation and persistence that allows our students to have this wonderful opportunity.

On a final note I would like to invite you to our **HSC Music, Art and Drama evening on Tuesday 30 August**. It will start at 6.00pm for the artworks and our Music and Drama performances will start at 7.00pm. It is a gold coin donation and it will definitely be a fabulous evening!

**Trudy Farmer
HT CAPA**



School Ties

are for sale at the School Office for those students / parents who need to make an urgent purchase outside Uniform Shop hours.

School ties must be worn to all formal assemblies and on excursions where students are expected to wear their uniform.

\$20 cash, cheque or credit card only
- no EFTPOS available.

Cheques to made out to Daylight Sportswear Pty Ltd.

Thank you.

CHESS AND CHECKERS AT WARNERS BAY HIGH



State Knockout Competition

This the furthest our school team has progressed in the NSW Junior Chess League State Knockout competition. Since the last Bay Bulletin, our team has advanced further, playing two more matches. In the Regional Semi Final playing for

1st place, we made it to the last three teams, then lost on countback to Newcastle Grammar School after a 2-2 draw. This technical loss put us into the "Second Place Draw", where we won our first match 4-0 against Rutherford High in an away game. Our next match is against Avondale College - another away game. We wish the team well for future matches.

Our 2011 team is: **Luke Sunol (Year 12), Tyler Rodgers (Year 12), Nic Blarasin (Year 10) and Hamish Broadhurst-Tynan (Year 9) with Corey Sills (Year 9)** as our reserve.

School Chess Competition

This competition is now finished. As organiser, I would like to congratulate all students on their outstanding participation in these competitions. There were some extremely close matches in all divisions. Results and photos appear on this page.

	CH'SHIP DIVISION	INTERMED DIVISION	GIRLS DIVISION	BEGINNER BOYS DIV.
1	Tyler Rodgers	Corey Sills	Skye Newell	Mitchell Hogan
2	Luke Sunol	Matthew Meisenhelter	Bree Manthorp	Curtis Yates
3	Nic Blarasin	Lloyd James	Christen Swales	Dylan Hughes
4	Hamish Broadhurst-Tynan	Henry Humphrey	Hannah Nielsen	Ben Emerson

The Checkers results and photos will be published in the next Bay Bulletin.

Ms Sue Bright Chess Co-Ordinator



School Chess Champion and Runner Up - Tyler Rodgers and Luke Sunol with Dr Parkes and Ms Bright



Chess Division Winners – Tyler Rodgers, Luke Sunol, Corey Sills, Mitchell Hogan, Skye Newell, with Dr Parkes and Ms Bright



Championship Boys Division – Tyler Rodgers, Nic Blarasin, Hamish Broadhurst-Tynan, Luke Sunol with Dr Parkes and Ms Bright



Girls Division – Hannah Nielsen, Bree Manthorp, Skye Newell, Christen Swales, with Dr Parkes and Ms Bright



Intermediate Boys Division – Daniel Taylor, Corey Sills, Jacob Taylor, Henry Humphrey, Lloyd James, Matthew Cizzio with Dr Parkes and Ms Bright



Beginners Boys Division – Curtis Yates, Ben Emerson, Dylan Hughes, Mitchell Hogan, with Dr Parkes and Ms Bright

Luke Sunol and Tyler Rodgers playing the closely contested Championship Final



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WARNERS BAY HIGH SCHOOL P & C ASSOCIATION

The next meeting of the Warners Bay High School P&C Association will be held in the Library on Tuesday 23 August at 7.00pm for a 7.30pm start. At 7.00pm we will again start with some social time where everyone can talk over a drink and something to eat.

We had a great turn out at our July meeting which generated some very constructive discussion which made for a very enjoyable and informative meeting. We would like to thank Mr Ashley Forbes for his enlightening presentation on the school's Music Programs for Years 7-12. This presentation showed how the school provides opportunities for students interested in Music to develop their talents.

The canteen, which is the P&C's main income source, is continuing to operate smoothly. The donations from the canteen have enabled the P&C to fulfill its third term commitment and provide a \$10,000 bonus donation to the school. We have also been able to provide \$1,200 to support the 'Homework Help Learning Hub'. I would like to thank Wendy, Jenelle and the dedicated volunteers for their efforts. Volunteering on the canteen is one way to support your child and keep up to date with what's happening at the school. If you have a free day once a month, why not volunteer on the canteen? Wendy is always happy to welcome any newcomers.

We will be continuing our series of presentations at this month's meeting. The topic and guest speaker are yet to be confirmed. Come and use this opportunity to get additional information on school programs and get to know the Principal, some of the school executive and other parents in the relaxed atmosphere of a P&C meeting.

We look forward to your continued support and hope to see you at our next meeting.

Phillip Jones

President

P & C Meeting

The next Warners Bay High School
P & C Meeting will be held on
Tuesday, 23 August 2011

Drinks and nibbles at 7.00 pm
Meeting commences 7.30 pm

in the Library

(Enter through Gate 1)

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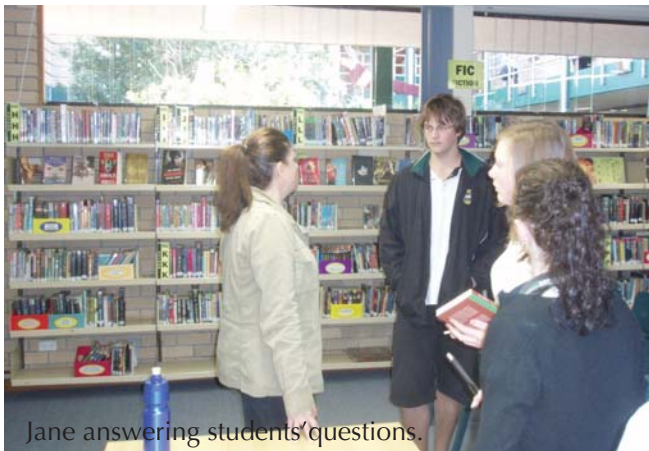
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Jane answering students' questions.

SUPPORTING THE PRINCIPAL'S READING CHALLENGE

– VISIT TO WBHS BY THE AUSTRALIAN AUTHOR J.C. BURKE
On Friday, 29 July one of Australia's most successful authors, J. C. (Jane) Burke visited our school and spoke to some of our students about the writing process. Jane conducted three sessions – two talks and one creative writing workshop. The students who attended were enthralled by what Jane had to say. She spoke about where she gets her inspiration for her stories as well as the whole process of getting a book completed; from workbooks to final editing, to decisions on covers. Jane is a compelling speaker and the day was highly successful. Here are some of our students' comments:

"She has inspired me to follow things through and has made me want to read her books".

"It was an excellent learning experience and it was fun to listen to".

"An amazing insight into the writing process. An inspirational talk from an inspirational writer. Amazing!"

"This has meant a lot to me. J.C. Burke has inspired me to pursue creative writing and make it personal".

"Everything can change. Starting small can take you far".

The Author Days at our school would not happen without the support of our wonderful P&C. This group funds the day for us, ensuring that attendance is free to our students. These days provide rich learning experiences for our students as well as inspiring them to try their hand at their own writing.

Helen Clarke (Organiser)

Sue Bright (Teacher Librarian)

Jane signing autographs.



Creative writing workshop.

Celia Lashlie
CD's

now available at
the front office

\$20
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COLES SPORTS FOR SCHOOLS

We are again collecting the Coles Sports for Schools vouchers. There is a collection box in the Administration Office, Last year we collected 44545 vouchers and we received valuable equipment for our school. It would be great to beat last years total.

Thank you

Belinda McAlpine
Co-ordinator



WOOLWORTHS EARN & LEARN

We are also collecting the Woolworths Earn & Learn dockets for those of you who shop at Woolies.

A collection box for these dockets can be found in our Administration foyer.

Thank you



A PYTHON'S Dinner

The sun shines down on a blistering summer's day
As a snake lies as still as a stone on the desert floor.

It's scaly but silky body lying there, lifelessly.

The stretched, thin body coils into a ball.

No sound disturbs the deep sleep it is in

A rat scampers past as quiet as the wind

The snake instantaneously strikes its' prey

The python constricts his victim to a state of inertia

Then consumes his dinner in its entirety.

Alexandra Tabley
Year 7

CRS AUSTRALIA FOR JOB SEEKERS



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Are you a mum or dad on a Centrelink payment and need training to get back to work?

Do you have a disability, injury or health condition and want a job?

CRS Australia can help by connecting you with training programs that meet a diverse range of needs. Courses are nationally accredited and cover a broad range of industries.

To be eligible you must be:

- a person with the care of a dependent child aged less than 16 years of age
- in receipt of a Parenting Payment Single, Parenting Payment Partnered Newstart, Youth Allowance (other) or Special Benefit.*

Call Liz at our Charlestown office on 4974 3250 to find out more.

*Additional eligibility criteria may apply



LITERACY TIPS

*"When hunting, lions hide in the bushes."
"When hunting lions, hide in the bushes."*

The Comma - one conventional function of the comma is its use in separating clauses in a sentence.

The comma separates the first (independent) clause from the following (dependent) clause, representing a short pause.

For example:

- If you are unsure about this, let me know.
- When the snow lets up, we'll shovel the driveway.
- Because of the snow, the buses were not running today.



Immunisation

Thursday, 22 September 2011

Year 7 Girls - HPV - 3rd Dose

Year 7 Girls & Boys - Hep B - 2nd Dose

Catch up for any Year 7 student that missed Varicella or DTpa (single dose)

Catch up for any Year 10 student that missed dTpa (single dose)

This will be our last immunisation day for 2011

Thank you

Deb Walsh
School Learning Support Officer

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CAREERS NEWS

Newcastle Airport Careers Open Day

Ten students from Warners Bay High attended the annual Airport Careers Day looking at career fields such as aviation engineering, helicopter flying, ground crew careers, Flight Attendant opportunities and careers within BAE systems. Students gained an insight into possible career options and were able to ask questions relating to their career choices.



YEAR 11 Interviews

Interviews for Year 11 students are being conducted this term focusing on career options and choices available to those students who indicated early that they needed further career information. Students have also been interviewed regarding their subjects choices for 2012.

University and TAFE closing dates

UAC Applications due by the 30 September, 2011.

TAFE Diploma high demand applications due by the 31 October, 2011.



Students with any questions relating to either please see Mr Alexander.

Early Entry Principal Recommendation Scheme for University

Southern Cross University, Charles Stuart University, University of New England and the University of Canberra offer early entry schemes requiring Principal Recommendation. Students should see Mr Alexander for the application forms and the information as soon as possible.

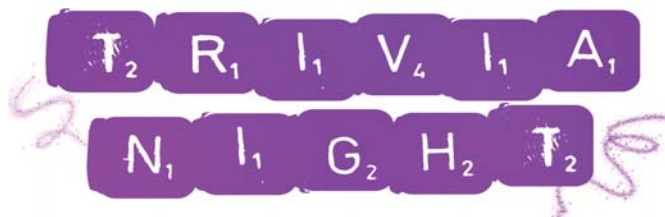


SCHOOL DIARY

Aug	29	HSC Major Projects due 9am - D&T, Visual Arts
	30	Year 12 MAD night
	31	Student Exec Leadership Conference HSC Legal Studies Student Lecture Day, Maitland
Sep	5	Year 8 Marine Stud exc - WBay Foreshore - Periods 1 & 2 HSC Music Projects due 9am
	7	Year 12 Graduation practice Pd 3 & 4 Year 10 History Day
	8	Year 8 Marine Stud exc - WBay Foreshore - Periods 1 & 2 Year 11 Preliminary Exams begin State Athletics
	9	State Athletics
	10	HSC Music rehearsals - MPC
	11	HSC Music rehearsals - MPC
	14	Year 9 PAS Camping - Day 1
	15	Year 9 PAS Camping - Day 2
	16	HSC Music Practical exams - MPC Year 10 Trial School Certificate
	19	Year 10 Trial School Certificate
	21	Surviving the HSC workshop for parents - 7.00pm Year 12 Graduation Breakfast Year 12 Graduation Ceremony Year 12 Formal - Wests 6pm
	23	Last day Term 3 Year 11 Preliminary Exams conclude Japan Trip departs



WARNERS BAY HIGH SCHOOL P&C ASSOCIATION AND YEAR 12



Warners Bay High School P&C and Year 12 would like to thank all of the parents, staff and students for their support at the Trivia Night. The night was a great success, with over \$4000 raised. This money will be shared between the gift to the school and the Nicholas Trust.

We would like to take this opportunity to thank the following businesses for their donations to our Trivia Night.

Bakers Delight Warners Bay

Newcastle Permanent Building Society

Byron Bay Cookie Company

The Games Shop



UNIFORM SHOP TALK

20% OFF SALE

The big news at the uniform shop is our 20% off sale! It is only on for four days, so make sure you come in and make some great savings. Everything in stock is on sale.

The sale will be on the following days only:

To thank you for your support of the school's uniform, our suppliers

Daylight Sportswear

are holding a

20% OFF STOCKTAKE SALE

Wednesday, 7 September 8am – 12:00

Thursday, 8 September 12:00 – 4pm

Wednesday, 14 September 8am – 12:00

Thursday, 15 September 12:00 – 4pm

SHOP HOURS ONLY

*** SALE ONLY INCLUDES STOCK IMMEDIATELY AVAILABLE**

*** NO LAYBY, ORDERS, RAINCHECKS**

The sale is always very busy and the lines can be long, so to avoid lining up for the change rooms on sale day, come in to the uniform shop before the sale with your child to try on uniforms.

Please choose all items carefully as:

There will be NO refunds on items bought at the sale.

There will be NO returns on items bought at the sale.

There will be NO exchanges on items bought at the sale

PAYMENT OPTIONS

Purchases may be paid for by cash, EFTPOS, credit card or cheques made out to "Daylight Sportswear"

PHONE QUERIES

As sale time is very busy, I will have the shop phone redirected to my mobile phone. Please leave a message and I will return your call at the end of the day.

SENIOR JERSEYS

It is now time to order senior jerseys for next year's senior students. They have long sleeves and will have the name of your choice printed on the back. The name is to be no longer than 12 characters. Come in to try one on to get the right size. The jerseys are to be paid for at the office at a cost of \$66 each. Bring the receipt and your order form to the uniform shop before the last day of Term 3. No orders will be taken after this day

SENIOR JERSEY ORDER FORM

Please attach your receipt from the office to this form.

Name to be printed on back must be no more than 12 characters.

All names will be printed in upper case.

Orders must be in no later than Thursday 2 December

Cheques to be made payable to Warners Bay High School (only for Senior Jerseys)

STUDENT NAME _____

ROLL _____

CONTACT NO _____

NAME TO BE PRINTED ON JERSEY :

SENIOR SHIRTS

Short-sleeved senior shirts are available at all times for \$35 each. We have plenty in stock, so come in and pick up a few for summer.

YEAR 12 BOMBER JACKET

If any current Year 11 students are interested in purchasing a Year 12 bomber jacket for next year please come to the Uniform Shop to discuss. They will be \$93.50. I need to have at least 50 orders to be able to place the order with the manufacturer.

Yvonne Wade
Uniform Shop Manager



Parents are lifelong teachers

Have you ever found yourself saying or doing something to your child that you promised you would never do, before you became a parent? Before you had kids, you were never going to be like your Mum who always reminded you how good you had it and how spoilt you were, or like your Dad, who regularly humiliated you by yelling at you from the sidelines on the football field. Now, you find yourself doing the same thing with your own kids. This is the difference between our intentions and our actions, between our values and methods.

Whilst our intentions as parents, are usually good ones, in that we generally aim to guide and help our children, sometimes our methods are not consistent with our intentions and we know from our own experience, that they are not effective.

We may also complain that our children do not listen to us, when we forget that they are watching everything we do, our values, our attitudes and the feelings behind our behaviour. In the words of Franklin Jones "Children are unpredictable. You never know what inconsistency they are going to catch in you next."

Although it is impossible for anyone to be 100% consistent, it is important for us to strive for consistency between our values and actions or for us to 'walk the talk'. How much harder for example, is it for a parent who smokes, to try to influence their teenager son or daughter, not to smoke.

Spotting inconsistency in other parents, is much easier than recognizing it in ourselves. How many times have you witnessed another parent doing one of the following with little or limited success?

- Yelling at a child to 'stop shouting'
- Smacking a child after they have hit another child
- Losing patience with a child who is being impatient

As parents, we are lifelong teachers to our children, but need to be aware that many of the things we try to teach our children are in fact, not 'teachable' but rather learned through experience and by following our example. Arguably, the most important and enduring example that we can set for our children, is how we express and manage our own feelings. It can be helpful for parents to pause, occasionally to

consider "Am I practicing what I preach?" and "Are my teaching aims and my methods consistent?"

Children can push "our buttons" or find our vulnerabilities like no-one else. As well as experiencing enormous love and pride in them, we can also experience intense negative emotions towards them, such as frustration, anxiety and irritation.

Being aware of our feelings and expectations and trying to respond in a more calm and controlled manner, provides a good example for children to follow and helps keep relationships on track. This is no easy feat and it would be unrealistic and maybe unhealthy to expect that we can do this all the time.

Some of the strategies that parents have identified which help to do this include:

- Creating a pause or breather in a tense situation, by going for a walk, to the bathroom, making a cup of tea etc
- Having a mantra or phrase that a parent can silently repeat to themselves, such as "Stay calm", "It's my job to be bigger, stronger, wiser, kinder"
- Deep breathing or other activities that can help calm you in the moment
- Regular self-care and relaxation strategies. The more stressed and tired we are, the harder it is to find a way to be calm

If you want to talk about your child's behaviour with one of our professional counsellors, call 1300 130052 or visit our website www.parentline.org.au for tips sheets and parenting stories.



*School Uniforms

** TAX

DEDUCTIBLE

from 1. July 2011

* Only the "Approved" school uniform, available from the school shop, is tax deductible.

** From 1. July 2011, 50% of the cost of the "Approved" school uniform will now be included in education expenses up to a maximum of \$1558.00 P.A. This applies to all persons eligible for family tax benefit(Part A).

WARNERS BAY HIGH SCHOOL UNIFORM SHOP

Uniform Shop Manager - Yvonne Wade

Phone: 49549617 (shop hours)

0412 605982 (mobile)

OPERATING HOURS

EVERY

WEDNESDAY -

8.00AM - 12.00PM

THURSDAY

12.00PM - 4.00PM

Additional hours on demand
refer to King Street Noticeboard



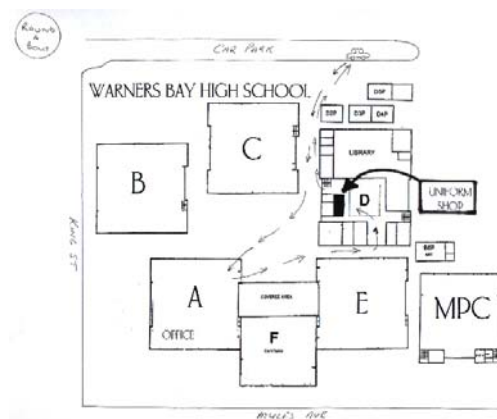
DAYLIGHT

DAYLIGHT

ITEM	PRICE
GIRLS	
S/S White Blouse & Piping	\$26.00
2 Pleat Tartan Skirt	\$48.50
4 Pleat Tartan Skirt	\$48.50
Black (Stretch) Slacks	\$39.00
Black Prestalene Shorts	\$35.00
Black Thick Stockings	\$9.50
BOYS	
S/S Tailored White Shirt	\$26.00
Black Gabadine Shorts	\$35.00
Black Gabadine Trousers	\$42.00
UNISEX	
Custom Polo Shirt	\$25.00
School Jacket	\$65.00
80/20 Wool Jumper	\$68.50
Polar Fleece Top	\$19.00
Wool Cardigan	\$72.00
Zip up Fleece Jacket	\$40.00
White Socks	\$7.50

ITEM	PRICE
SPORT (UNISEX)	
Football Socks 2-7, 7-12, 11-14	\$8.50
Microfibre Trackpants	\$35.00
Sport Shorts - Standard Length	\$24.00
Sport Shorts - Longer Length	\$24.00
Sport Polo Shirt	\$32.00
SPECIAL/OTHERS	
Winter Scarf*	\$20.00
School Ties	\$20.00
School Cap	\$15.00
Apron	\$10.00
Chef's Cap	\$6.50
Broad Brimmed Hats - UV Protection	\$15.00
Senior Polo - Yrs 11 & 12	\$35.00
Senior Jersey - Yrs 11 & 12 - Long Sleeve	TBA

SIZES	
GIRLS	2 - 26 (Standard commercial size) - specific girls items
BOYS	8,10,12 + Extra small
	S/M/L - XXXXXL
UNISEX	Same as Boys sizes
SPORT	Same as Boys sizes
JUMPERS	10 - 26




Please check in at the Front Office on arrival.

Please make cheques payable to
Daylight Sportswear Pty Ltd
EFTPOS NOW AVAILABLE

STUDENT INVOICES

For your convenience, Student Invoices are now being sent to you with each issue of the Bay Bulletin.

Please look on the back of the address label of this edition to locate your invoice.



WARNERS BAY HIGH SCHOOL

"Quality Education for All"
 1 Myles Avenue WARNERS BAY NSW 2282
 Phone: (02) 49549488 - Fax: (02) 49565297

Invoice to: Parent / Caregiver
Invoice Date: 28/03/2011
Amounts paid on or after the invoice date (28/03/2011) will still appear on this invoice.

Student Name _____

Date	Description	Amount	Pay
02-Dec-10	PD07 PD Health 2011	\$6.00	<input type="checkbox"/>
02-Dec-10	EN07 English 2011	\$3.00	<input type="checkbox"/>
02-Dec-10	SP07 Sport 2011	\$30.00	<input type="checkbox"/>
02-Dec-10	General Contrib 2011	\$70.00	<input type="checkbox"/>
02-Dec-10	MU07 Music 2011	\$20.00	<input type="checkbox"/>
02-Dec-10	TE07 Ind Arts 2011	\$25.00	<input type="checkbox"/>
02-Dec-10	TE07 Home Ec 2011	\$25.00	<input type="checkbox"/>
02-Dec-10	VA07 Vis Arts 2011	\$30.00	<input type="checkbox"/>
Total for student:		\$209.00	
Total for family:		\$209.00	

CREDIT CARD PAYMENT SLIP:

CARD NUMBER:

EXPIRY DATE (mm/yy):

CARDHOLDER NAME:

PAYMENT AMOUNT:

SIGNATURE:

Please Note: the General Contribution is voluntary.
 Subject money is used to provide consumables.
 Dr Sharon Parkes
 Principal.

VISA:

MASTERCARD:

Parents / caregivers who receive the Bay Bulletin by email will receive their invoice by mail as usual.

HAVE YOU CHANGED YOUR DETAILS?

Please fill in and return to the office.

Student's Name: _____ Year: _____

Mailing Title: _____

Address: _____ Home Phone: _____

Phone numbers of parents/caregivers:

Name: _____ Daytime Ph No: _____ Mob: _____

Name: _____ Daytime Ph No: _____ Mob: _____

Emergency Contacts:

Name: _____ Relationship: _____ Daytime Ph No: _____ Mob: _____

Name: _____ Relationship: _____ Daytime Ph No: _____ Mob: _____