



WINMALEE HIGH SCHOOL

High School Drive Winmalee NSW 2777

T 02 4754 2822 E winmalee-h.school@det.nsw.edu.au

winmalee-h.schools.nsw.gov.au f Winmalee High School - Official



Term 1 Week 11 Communication – Thursday 11 April 2024

Dear Parents and Carers,

Warami.

Sadly I need to inform you (especially ex-WPS families) that Ms Lynch who was the Stage 3 Assistant Principal at Winmalee Primary for ten years and retired a few years ago has died after a short illness. She will be remembered amongst her other achievements for her commitment to choral singing and enabling Schools Spectacular opportunities for Winmalee Primary students.

I'm looking forward to marching in the Springwood ANZAC Day March and getting my great grandfather's medals out in the sunlight. I attended the WestWords book launch and Will the published author highlighted to the student authors that their stories capture a moment in their lives that they will be able to look at in 20 or 30 years time. Being of an age getting closer to retirement I understood exactly what he was talking about.

Well done Winmalee High, it has been a long term with lots of changes. Tomorrow we have our ANZAC ceremony that is part of the fabric of the school and a great tradition recognising those who have served. The Cross Country on Wednesday was blessed with perfect running and walking weather and the Year 10 Commerce class catered very well for the hungry runners and walkers on their return from the course. I have shifted our weekly Communication publication day to a Thursday hoping to increase our readership and reduce deadline pressures at school.

Enjoy the holidays and stay safe.

WestWords Book Launch



This week we celebrated the launch of our collection of short stories called 'Connections: The Things that Make Us'. During the composition process, Will Kostakis, award winning young adult author, empowered our students to craft a selection of

narratives that are diverse in terms of style, genre and plot. What connects these pieces, like the proverbial connect-a-dot, is the idea that connections matter, in fact, they make us who we are.



It was wonderful to have Will return to Winmalee for our book launch; he praised our students for their hard work and creativity. A copy of the collection will be available to read at the Library. Congratulations to our writers!





Bangarra Dance Theatre Workshop

On Monday 8th April, four students attended the Secondary Aboriginal Dance workshops in collaboration with Bangarra Dance Theatre at Colyton High School. They participated in practical-based workshops and learned choreography from members of the elite Aboriginal dance company Bangarra, with a small performance at the end of the day. All students were commended for their participation and talent at the workshop. Well done Alice Pigram, Lily Warren, Amalia Tredoux and Florence Rooney.



The **Cross Country Carnival** was run on Wednesday and what a great day was had by all students and teachers. The course was a bit wet in places and hilly in others. Students ran between 3km and 6km and there were some great battles for places in all age groups.

Thanks for all those who had a go, ran their best, had a great walk or enjoyed a sensational day.

For more Cross Country photos please see our [website album](#).



Congratulations to the following winners of their age groups:

- 12 Years Girls - Violet McRae**
- 13 Years Girls - Indy Fitzpatrick**
- 14 Years Girls - Erin Durie**
- 15 Years Girls - Annabella Sciberras**
- 16 Years Girls - Amelia Peake**
- 17 Years Girls - Ellen Henderson**

- 12 Years Boys - Henry Templeman**
- 13 Years Boys - Lucas Paton**
- 14 Years Boys - Mitchell Taylor**
- 15 Years Boys - Harry Summers**
- 16 Years Boys - Beau Jackson**
- 17 Years Boys - Jeremy Taylor**



The Year 10 Commerce Market Day was a resounding success, with students showcasing their entrepreneurial flair and teamwork. From tantalising baked goods to sizzling barbecue delights, each group's mini-business thrived, resulting in a complete sell-out of all products! The air was filled with the aroma of success as delighted customers savoured their purchases, marking the occasion as a memorable celebration of community and achievement for Winmalee High School. Well done Year 10 Commerce. For more photos please see our [website album](#).



Year 7 have finished the unit on Landscapes and Landforms in Geography this term. What better way to summarise everything learned in class than by creating their very own landscape with play-doh!





Last week our Term 1 grade sport teams had their finals down at Emu Plains. The results for the terms were three 2nd places, one 3rd and one 6th. Students will select their Term 2 Wednesday Sport (both grade and recreational sport) on Wednesday, Week 1 (1st May). It is essential that students are present on the day to maximise their chances of being allocated their preferred option. Congratulations also to **Seda Amputch** (Year 10) and **Nathan Broadhead** (Year 9) who were recognised for their achievements in grade sport. Each week, every Winmalee teacher would give out 3, 2 or 1 points for students demonstrating talent, sportsmanship and team spirit. Nathan, with a tally of 8 points, was the highest male and Seda, with a tally of 12 points, was the Best and Fairest overall winner. Both students received a \$10 canteen voucher.

Year 11 Drama students are currently participating in 'The Riff: Youth Theatre Festival'. Involvement in the Festival includes a Stagecraft workshop, Technical Rehearsal and performances on the Q Theatre stage in the Joan Sutherland Performing Arts Centre in Penrith in June. Taking part allows students to express their ideas and experience working in a professional theatre setting with a professional theatre practitioner and forms part of their school assessment for Preliminary Drama. Students attended a Stagecraft workshop on Monday, with rehearsal and performances later on in Term 2.

Sydney West Open Netball

On Tuesday 26 March the Open Girls Netball Team travelled to Kingswood High School for the second round of the Sydney West Knockout tournament. Despite Winmalee fielding a younger team against the more seasoned Kingswood squad, both teams engaged in a spirited match. Winmalee showed commendable improvement with each quarter, despite ultimately succumbing to a 28-16 defeat. However, with younger players participating in the Open's competition, there is considerable potential for future success in this arena. Regrettably, no photos were captured from the game. Nonetheless, we extend congratulations to the following students for their exceptional efforts on the day: **Erin Kenn and Florence Rooney** from Year 8, **Charlotte Hughes** from Year 9, **Larissa Atkins, Abby Bain, and Pippa Mein** from Year 10, and **Holly Clark, Addison Down, and Lucy Roediger** from Year 11.

Last Thursday, **Lucy Roediger and Addison Down** (Year 11) represented Nepean Zone at the Sydney West Open Netball Trials. The girls avoided tricky conditions by playing at the Hawkesbury Indoor Stadium and played a number of games throughout the day. The Nepean Zone team came third on the day.

Congratulations to **Lyla Douglas and Harry (Year 10) and Cullen (Year 8) Summers** – pictured at right - who last week represented Sydney West at the CHS U15 Boys and Girls Touch Football Trials in Mudgee. Both teams played nine games over two days and Lyla and the boys were strong members of both teams. Sydney West finished the tournament 7th for both boys and girls.

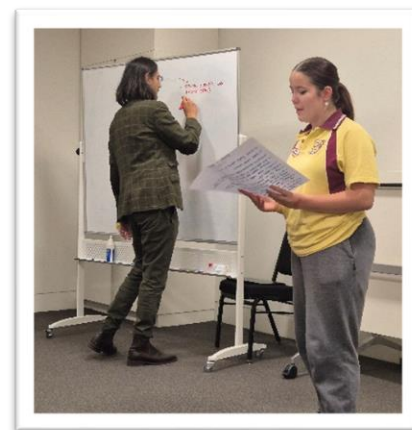


PARTNER *Blue Mountains*

On Wednesday 27 March, four students from Winmalee High School attended the **Planet Youth 2024 Community Workshop** at Katoomba Cultural Centre. Planet Youth Blue Mountains (PYBM) is a community-centred project aimed at preventing alcohol and drug use amongst young people by strengthening the social environment they grow up in.

At the workshop, Year 10 students **Bryce Grimson, Taylor Posford, Sienna McGrath, and Reese Laybutt-Smith** collaborated with Katoomba High School

peers and community service representatives, including the Blue Mountains City Council and the Alcohol and Drug Foundation. Together, they shared perspectives and brainstormed strategies to bolster 'protective factors' and reduce the likelihood of substance use. The insights generated from this workshop will inform the development and implementation of a Community Action Plan.



The students were also given the opportunity to visit the new 'Street University' in Katoomba to visit their dance and music studio and learn about the support services available to young people in the Blue Mountains community. Congratulations to the students involved for being

outstanding representatives of Winmalee High School and young people in the Blue Mountains community.



ANZAC DAY
Lest we forget

Springwood ANZAC Day March Thursday 25 April

Each year the Student Representative Council and members of our school community are invited to participate in the Springwood ANZAC Day March. Students participating need to assemble opposite Springwood Railway Station in full school uniform at 10.15am for a 10.30am start. A permission note for students to attend is attached to the end of the Communication and is available on the Parent Portal. Please return the permission section to Mrs Sheehy by **tomorrow**.

**World's
Greatest
Shave**

A reminder that the SRC are once again supporting the **World's Greatest Shave**. All staff and students are encouraged to consider joining our team and being brave enough to shave. Click on the image or [here](#) to see details of our team and how to donate!

The Big Shave Event will take place on **Friday 10th May**.

Stronger Families Alliance - Find out about low-cost and fun activities in the Mountains for children, youth and families. National Parks workshops, playgroups, art & craft workshops, Basketball Skills, Family Fun Days and lots more. There are more than 40 events listed for the Autumn holidays. See the [Stronger Families Alliance calendar](#) and flyer at the end of the Communication.



All students return for Term 2 on **Tuesday 30 April**.

Best wishes,

Winmalee High School

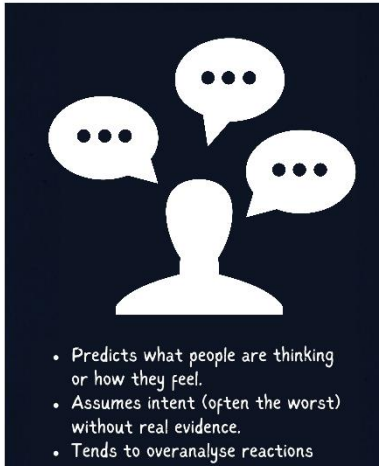
COGNITIVE DISTORTIONS

MIND READING



WHAT IS MIND READING?

Do you ever think that you know what someone else is thinking without really knowing? Well, that's called "mind reading". It's when we assume what others are thinking without having good reasons to think that way.



- Predicts what people are thinking or how they feel.
- Assumes intent (often the worst) without real evidence.
- Tends to overanalyse reactions

Riot Lessons will continue for Year 7-11 in Term 2. Have a safe and enjoyable holiday!

EXAMPLES OF MIND READING

- Assuming that someone is upset with us because they didn't smile at us when we saw them.
- Ms. Brooks gave me a C in Science. She hates me.
- Believing that a friend is ignoring us because they didn't return our phone call /message

CHALLENGING MIND READING

It's important to be aware of when we're mind reading and try to stop ourselves from doing it. We can challenge our thoughts and ask ourselves if there's any evidence to support what we're thinking. We can also remind ourselves that we can't really know what others are thinking unless they tell us.



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ANZAC Day March

Dear Parent / Caregiver

Each year, the Student Representative Council (SRC) and members of our school community are invited to participate in the ANZAC Day March (Thursday 25 April).

If it is at all possible, we would like to have all Student Council Representatives and any other interested students represent the school at this event. Members of the Leadership Group considering standing for captain are reminded that attending either the ANZAC Day March or Vietnam Veteran's Day March is one of the mandatory conditions for inclusion on the ballot paper.

Our current captains will be playing a prominent role in the proceedings on ANZAC Day, including reciting the prayers, and select members of our Vocal Ensemble will be leading the hymns. SRC members may also be needed to help arrange chairs before the service and help with the Legacy collection. We hope that anyone who is available will attend the service to support our captains and represent our school on this very important occasion.

Students participating need to assemble opposite the Springwood Railway Station (at the western end of Macquarie Road) at 10.15am for a 10.30am start. The march concludes with a full ANZAC service held at the cenotaph and should finish at approximately 12.00pm.

Students are expected to wear school uniform.

Thank you for your participation.

Yours sincerely

Mr Chris Pendergast
Principal (Relieving)

✂

Springwood ANZAC Day Permission Note

Please return this completed permission note to Mrs Sheehy by Friday 12th April.

Student Name: _____ Roll Class: _____

I will be attending the ANZAC Day March (Thursday 25 April)

Medical Conditions: _____

Parent /Caregiver Signature: _____ Date: _____

Stronger Families Alliance Website



WHERE YOU CAN FIND

- Activities calendar for children, youth and families
- Parenting programs and support groups
- Local services to support your family



Visit strongerfamilies.net.au

