



WARWICK

SENIOR HIGH SCHOOL

355 Erindale Road
Warwick WA 6024
T (08) 6240 4400
F (08) 6240 4497
Email: warwick.shs.enquiries@education.wa.edu.au
Website: www.warwickshs.wa.edu.au

16 SEPTEMBER 2013 NEWSLETTER NO 8

Administration Office (Front Office) Hours

Monday to Friday
8:15 am – 3:30 pm

Uniform Shop Hours

FRIDAY 8:00 am – 9.00 am

FROM THE PRINCIPAL'S DESK

STUDENT ACHIEVEMENT OF EXCELLENCE

I have recently been advised that a 2012 Year 12 student, **Nyomi Jenkins** has been awarded an **Australian Vocational Student Prize** and then a **Prime Minister's Award for Skills Excellence**. Nyomi is one of only 18 students Australia wide that have received the Prime Minister's Award. Nyomi was awarded \$2 000 for each of these awards.

In Year 12 Nyomi achieved an admirable set of results which included:

- Cert IV in Business
- Cert III in Business Administration
- Cert I in Sport and Recreation

and she was Dux of a number of Year 12 subjects.

Nyomi was also involved in the Specialist Netball Program and was a Student Councillor in 2012.

As a school, we are very proud of this award, and Nyomi attended our Term 3 assembly and we congratulated her.



CUTS TO STAFFING AND FUNDING FOR 2014

Last week I have been advised by the Department of Education that Warwick SHS will have some cuts to its staffing and monetary allocations in 2014. This is in line with all government schools, as we move to a new funding model that will begin in 2015. **These cuts to date total \$152 000.00**, which means that in planning for the 2014 school year the school will need to make some cutbacks in the light of this reduced funding. The reductions have been in the areas of postage, Literacy and Numeracy support, support for Aboriginal students and disadvantaged students and teacher staffing.

Warwick is a smaller high school, and has always worked with very tight and restricted budgets, but we will need to economise in some areas. I aim to keep the school community fully advised as the impacts become more obvious.

Thank you in advance, for your patience and continued support of the school.

DATES TO REMEMBER FOR TERM 3

MONDAY – 23 SEPTEMBER

P&C Meeting – 7.15 pm
Administration Foyer

TUESDAY - THURSDAY

24-26 SEPTEMBER
Year 9 Football Camp

THURSDAY – 26 SEPTEMBER

Year 12 Exams begin

WEEK 2 - SCHOOL HOLIDAYS

Year 12 Exams continue
Monday 7 October until
Friday 11 October

RETURN TO SCHOOL

TUESDAY 15 OCTOBER
School re-commences for students
8.30 am

These dates above are a guide only and may be changed throughout the year.



Lesley Wintle
Principal

P&C MEETING NOTIFICATION

P&C Meeting will be held on **23 September at 7.15 pm** in the Administration office lobby.
New members are always welcome.

Angela McGuinness - President

Up to date notifications from **Warwick P&C**.
Find us on our **Facebook** page. "LIKE" us on **Facebook**.
<http://www.facebook.com> Warwick Senior High School P&C

P&C - REQUEST FOR EMAIL LINK

Due to government cuts to postage allowances at school, the need for more economical and efficient ways of distributing information to parents has arisen. The Warwick Senior High School P&C have created a Facebook page, simply to disseminate the necessary information regarding P&C business, meetings, canteen, Uniform shop and fundraising issues. It is our hope that as many parents as possible will log on and 'LIKE' our page and ensure that they receive the notifications that are sent out. This is not an online forum or a place to comment – simply a means of communicating relevant information. The content is controlled to ensure that no offensive material will be placed in our posts.

In addition it is necessary to reduce the amount of printed material mailed out and we would like to be able to send out P&C newsletters, uniform orders and canteen orders direct to parents. To do this we need your email address. Can you please email wshspandc@gmail.com requesting to be added to our email list. No junk mail or other information will be sent to this address other than P&C newsletters and relevant order forms.

Shortly, a letter will be sent home to all parents addressing the proposed government cuts. We ask that all parents read the letter and if in agreement with our concerns, do one of two things:

1. Sign the attached letter and drop it personally in to Peter Collier's office (Minister for Education) at Warwick Centro (next to the NAB).
2. **OR** email it to his work email address at: Minister.Collier@dpc.wa.gov.au or FAX 6552 8300.

Angela McGuinness – P&C President

YEAR 12 EXAMINATIONS DURING HOLIDAYS

Year 12 exams are held during the second week of the Term 3 holidays. This is done to allow Year 12 students to complete a full term of work in Term 3. Teachers volunteer to supervise these exams.

Students have received a copy of their exam timetables.

I would like to thank the staff concerned and wish the students well in their oncoming challenges.

Dennis Hodge – Associate Principal

INDIGENOUS STUDENT VISITS TO ECU MT LAWLEY

Our indigenous students from Year 9 to Year 12 have been participating in a number of workshops at ECU Mt Lawley.

Volunteer university students work with our students and those from other schools in the program, to provide leadership and guidance towards a possible future entry by these students into ECU. The school envisages that as a result of these visits, students who had not even entertained applying for university entry will now give it serious consideration. Students made their third visit on September 13.

Dennis Hodge – Associate Principal

FINANCIAL ASSISTANCE AVAILABLE

2013 Contributions & Charges are now payable

Full payment of subject charges should **now** have been received for students who are enrolled in specialist programs (Football, Netball and Dance).

Students whose charges are not paid up to date may not be invited to attend extra curricular events e.g. reward excursions, river cruises, camps etc.

To allow the school to provide all students with optimal educational outcomes, please make every effort to pay the contributions and charges. These funds go directly to the Learning Areas to subsidise resources and equipment for the use of our students.

Payment Options:

- Cash/EFTPOS – in person at the front office
- Cheque/ Money order – payable to "Warwick Senior High School"

- Credit Card– payment slip at end of newsletter.
- Internet

ACCOUNT NAME: Warwick Senior High School

BSB: 306 074

ACCOUNT No.: 419 704 8

Reference: student name

Are You Experiencing Financial Difficulties?

The school is sympathetic to families suffering financial hardship, if your family is experiencing financial difficulties, please contact Christine Lott on 6240 4400 to arrange a payment plan for 2013 Contributions and Charges may be paid off at as little as \$10 per week.

Thank you to all the parents who have already made payment to the school.

Rose Gannaway - Business Manager

DOES YOUR CHILD GET ENOUGH SLEEP?



Schools are often finding more and more children coming to school tired. This is particularly evident on Mondays. Often classroom teachers are forced to deal with children that are too tired to concentrate, disorganised, irritable and unable to deal with social issues in the playground.

When we wake up feeling rested we feel ready to handle the challenges of the day. It is the same for our children. Sleep is very important and often overlooked when seeking reasons for poor attitude and behaviour.

Just how much sleep do children need? The Centre for Sleep Research at the University of Adelaide gives these guidelines for the average number of hours children need to sleep –

Newborns ~	18 hours
Toddlers ~	15 hours
Pre-schoolers	11 to 12 hours
Primary aged	10 to 11 hours
Adolescents	9 hours



PROBLEMS LINKED TO POOR SLEEP

Irritability and Bad Behaviour

Poor sleep interferes with the part of the brain that controls behaviour and emotions. Children who are tired get very upset about things that would not normally worry them. Most children are tired and irritable at the end of the day. But children who have not slept enough can be easily annoyed at any time of the day.

Poor School Results

Lack of sleep affects children's ability to pay attention in class and to remember new information. Sleep is a time when our brains rehearse what we have learnt during the day. Not enough sleep can prevent this practice happening. Tiredness also affects children's ability to focus on what they are doing. This makes it difficult for them to listen in class and to complete their work.

Weight Gain and Frequent Sickness

Poor sleep reduces the hormones in the body that control appetite. They can mean that children may eat more than they need to. Lack of sleep also interferes with the body's immune system making infections and sickness more common.

While most of our parents do ensure that their children are getting enough sleep it is worth checking actual sleeping hours and that routines are maintained. Our Year 6 and 7 students recently did some research into the effect of using digital media immediately before bedtime. They found that it is a cause of children not being able to fall asleep easily.

Coping With Sleep Behaviour Issues

We know that sleep is important to the health, happiness and the growth of our children. But sometimes children can still resist going to sleep. So how should we deal with children who refuse to go to bed, or stay in bed? We have to remind ourselves that children do not know what is best for them. Children cannot decide when to go to sleep. It is not an issue that we should negotiate with them – they need us to take charge of this part of their lives.



'yourtutor' – FROM THE TEAM AT ECU



Dear Parents and Carers

Edith Cowan University (ECU) is happy to provide you with free 'yourtutor' online access to help with study and homework questions. **yourtutor** is one-to-one, real-life study help, right when your child needs it, with English, writing, Maths, Science, and more.

Students, use your ECU **yourtutor** access card to sign in: www.ecu.edu.au/yourtutor

Best of luck with your studies, and don't forget to check out ECU's exam and study tips flyer included in this newsletter.

Dennis Hodge – Associate Principal

ABSENT FROM SCHOOL?

If your child is going to be absent from school and you wish to advise the school of your child's absence via text message.

The number to use is
0407 983 896.



STUDENTS NAME:	YEAR
REASON FOR PAYMENT:	
Enclosed Cheque/Money Order for amount	\$ _____
OR	
Please debit:	MASTERCARD <input type="checkbox"/> VISA <input type="checkbox"/> OTHER - Specify <input type="checkbox"/>
CARD NO:	<input type="text"/>
EXPIRY DATE:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> MM/YY Amount: \$ _____
Name on Card:	Signature:

Cash Register Receipt No; Date:

NEW EMAIL ADDRESS FOR WSHS
 Please note the change of WSHS Enquiries email address.
warwick.shs.enquiries@education.wa.edu.au

