

## What Dads Need

- Fathering and mentoring don't come with a licence - read a fathering book & attend a seminar
- Use a diary plus some friends in order to plan and to keep going with any good intentions

Ask your school, workplace, club, church etc to run fathering courses/seminars

## Thoughts?

Join the discussion on the website:

<http://www.thefatheringproject.org/?p=2939>

We love to hear from you too

Bruce Robinson and the Fathering Project Team

### Avoiding Injuries

Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain? Experts discuss and give tips on what to watch out for.

Find out more: <http://>

[www.schoolatoz.nsw.edu.au/en/wellbeing/health/ways-to-keep-your-childs-back-and-posture-healthy](http://www.schoolatoz.nsw.edu.au/en/wellbeing/health/ways-to-keep-your-childs-back-and-posture-healthy)

Parents and Students can now link up to the Schools face book page : <http://www.facebook.com/pages/Willyama-High-School/564463436898578>

### SCHOOL CALENDAR

The following link will connect you to our online school calendar for up to date information including term dates, school events, excursions etc.

<http://web1.willyama-h.schools.nsw.edu.au/webcal/calendar/1>

### EMAIL ADDRESS

If you would like the Willyama Whisper emailed to you, please let the Front Office know and we will put you on our email distribution list.

### THE FAST CENTRE

The FAST centre is open for all Willyama students on Monday and Wednesday afternoons from 3.30pm to 5.00pm and provides a great opportunity for students who may be having difficulty with assessment tasks or class work to receive extra assistance and tuition in any subject in a relaxed and resourceful environment.



# WILLYAMA WHISPERS

Principal: Tony Hicks  
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<http://www.willyama-h.schools.nsw.edu.au>

Term 1 Week 8

Monday 18 March 2013

## PRINCIPAL'S REPORT

Congratulations to the entire Willyama High school community on the way that the school has started in 2013.

The vast majority of students have settled into their routines and are working extremely hard. Well done to all of you.

On Monday 4 March, Willyama held our swimming Carnival. It was without a doubt the best swimming carnival I have attended. The students were extremely keen to participate, particularly as the more they participated the more slide time they received !

Congratulations to the record breakers, the age champions and also to Kyara House.

A special thank you to Ms Harris and all the staff for making it such a great day.

Also congratulations to the students' that participated in the West Darling Carnival. You all did Willyama High proud.

I have been really impressed by the students wearing of the school uniform to start the year. It really looks good and identifies you as part of the Willyama High 'family'

Just a reminder to all our Years 7,8,9 and 10 female students that the uniform requirement is for grey shorts/skirts **not** black ones. That is for our Years 11 and 12 students.

## INTERNATIONAL WOMEN'S DAY BREAKFAST



Willyama High School has again been represented by a wonderful group of our young women at this annual event. Girls Adviser, Mrs A Jones invited Whitney Smith, Georgia Borlace, Taylor Shepherd, Rebecca Yates, Codie Whitehead, Katelynn Rudd and Sage Collins, all members of the schools' SRC, to attend the morning. Organiser, Eleanor Blows asked that our School Captain, Katelynn, and Vice Captain, Codie, present a speech at the event outlining their beliefs, hopes and dreams as young women today. Another of our young ladies, Abbey Johns, provided entertainment in the form of two beautiful songs. A lovely morning that our girls should be proud of!

### *Fresh fruit prices may vary*

MT Franklin water	\$2.50	Ice coffee	\$2.50
Pump water	\$3.80	Ice chocolate	\$2.50
Flavoured Water	\$4.00	Ice strawberry	\$2.50
Focus water	\$1.50	Ice honeycomb	\$2.50
		Oak chocolate	\$2.50
Coke Zero	\$3.00	Oak coffee	\$2.50
Diet Coke	\$3.00	Oak strawberry	\$2.50
Fruit Box – 4 flavours	\$2.00	Up & go milk all flavours	\$2.80

Orange juice	\$2.00	\$3.80	Zero powerade	\$4.00
Apple juice	\$2.00	\$3.80	Juiced up cans	\$2.00
Apple & blackcurrant	\$2.00	\$3.80		
Orange & mango	\$3.80			
Orange & passionfruit	\$3.80			
Pineapple	\$3.80			
Lemon	\$3.80			

Chips	\$1.20	Plain chips	\$1.20
Honey soy chips	\$1.20	Grain waves	\$1.20
BBQ chips	\$1.20	Jumpys	\$1.20

***Fruca Sticks 10cents each***

Come join us train at 7am every Tuesday and Thursday at the bottom of the ramp. Ask Mr Klozsko, Miss Kelly or Mr Melke for a permission note.

The Willyama Running Group will be participating in three major events this year – join us for all of these or just one event or simply come along to training to improve your fitness and have some fun.

- ♦ The **Broken Hill Desert Dash** ~ Sunday 7 April
- ♦ The **Gold Coast Fun Run and Marathon** ~ Saturday 6 and Sunday 7 July
- ♦ The **Adelaide City to Bay Fun Run** ~ Sunday 15 September

### **WILLYAMA HIGH SCHOOL CANTEEN MENU**

***Orders to be in by 9:00am***

Pie	\$3.50	<b><u>Fresh Rolls - \$4.00each</u></b> <b><i>Grain or low GI white choice of all the fillings</i></b>
Pasty	\$3.50	
Sausage Roll	\$3.00	Ham, Beef, Chicken Lettuce Tomato Cucumber Alfa Carrot Gherkin Pickled onion Cheeslaw Raw onion Beetroot Avocado
Sauce	30cents	
Hot ham and cheese roll	\$3.50	
Hot cheese roll	\$3.00	
Chickadee (chicken & corn)	\$2.00	
Lasagne	\$3.00	
Fried rice	\$3.00	
Spaghetti	\$3.00	
Pizza single	\$2.50	
Chicken fillet burger	\$3.50	
Hot dogs	\$3.50	

### **WILLYAMA CHAMPIONS ~ PBL NEWS**

I'd like to thank the staff, parents and community members who provided feedback and comments during the School Values and Expectations review conducted in 2012.

The feedback provided most was that we needed to reduce the number of Expectations that we have within our School Values of Respect, Responsibility and Cooperation ~ and we have listened!

We are now seeking your approval or comments on the proposed refinement of our school Expectations to:

#### **RESPECT**

- ♦ Respect others
- ♦ Use appropriate language
- ♦ Be proud of our school environment

#### **RESPONSIBILITY**

- ♦ Be honest and do my best
- ♦ Be safe
- ♦ Be in the right place at the right time

#### **COOPERATION**

- ♦ Follow instructions
- ♦ Be a learner
- ♦ Wait for my turn

Please feel free to contact Simeon Kloczko on [Simeon.kloczko@det.nsw.edu.au](mailto:Simeon.kloczko@det.nsw.edu.au) or 08 8088 1055 with any further feedback by COB on Friday 22 March 2013.

## Willyama High School Swimming Carnival

### Records broken are as follows:

16 male 50 freestyle - Lachlan Tiziani

12 female 50 fly - Angel Simmons

14 male 50 backstroke - Jesse Cochrane-Adolfson

17+ female - 50 free, 50 breaststroke, 400 free, 100

butterfly, 50 backstroke, 100 backstroke, 100 freestyle, 50

butterfly (8 records in total) - Ellysia Oldsen

### **Swimming Carnival Results**

	Age Champion	Runner Up	Age Champion	Runner Up
Male			Female	
12 Years	Zachary Murray	Mason Jones	Angel Simmons	n/a
13 Years	Eli Bock	Tyler Hicks	Geirgie Kuerschner	Elleisha Perry
14 Years	Jesse Cochrane-Adolfson	Kai Pressler	Chelsea Masclet	n/a
15 Years	Connor Esling	Cooper Murray	Jessica Pryor	Olivia Burt
16 Years	Bailey Stubing	Lachlan Tiziani	Mikayla Mills	Caitlin Lee
17+ Years	Benjamin Mills	Myles Burt	Ellysia Oldsen	Katelyn Rudd

### House Pointscore

1<sup>st</sup> – Kyara ~ 973

2<sup>nd</sup> – Yancowinna ~ 485

3<sup>rd</sup> – Hexham ~ 322



## West Darling Swimming 2013

Willyama with 1106 points came first with Broken Hill High School second on 634 points. A number of records were broken. Ellysia Oldsen broke nine records, including the 400 free, 100 breaststroke, 200 free, 50 backstroke, 100 butterfly, 50 breaststroke, 100 free, 100 backstroke and 50 butterfly. Zachary Murray broke three records including the 100 breaststroke, 50 free and the 100 backstroke. Ben Mills broke two records including the 100 backstroke and the 100 fly.

The Age champions were 12 years girls - Angel Simmons, 14 years girls Chelsea Masclet, 17+ girls Ellysia Oldsen. 12 years male - Zachary Murray, 14 years male - Jesse Cochrane - Adolfson, 16 years male Bailey Stubing and 17+ male Ben Mills

Congratulations to all participants

### **“Up and Running 2013”**



Sophie, Joletta and Mercedes



Stretching is vital during training



Bailey, Sophie and Mercedes



Campbell, Lachy, Georgia and Ashleigh