

WYNDHAM COLLEGE
*A partner within the Nirimba Collegiate Group of Schools
and the Nirimba Education Precinct*

WYNDHAM WHISPERS

Nirimba Education Precinct, Eastern Road, Nirimba Fields
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Phone: 9208 7100 Fax: 9208 7199
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MARCH 2022

Principal

Classa Martinuzzi (Relieving)

Deputy Principals

Kellie Boyd (Relieving) & Brian Ewin (Relieving)

Collegiate Deputy Principal

Jo Andrew (Relieving)

March

Mar 28 -29 – SRC Camp

Mar 29 – Yr 11 & 12 Meet the Parents @ 4-6pm

April

Apr 8 – End of Term 1

Apr 26 – Staff return – SDD

Apr 27 – Students Return **Term 2**

May

May 10 – Nirimba Collegiate Seniors Information Night

May 17 – Wyndham Open Night @ 4pm

May 24 – Friends of Wyndham Meeting

May 30 – RHS & SHHS Taster Day

May 31 – QHHS Taster Day

FROM THE COLLEGE PRINCIPAL

As we settle into full routine for yet another year, I am pleased to report that the teaching and learning in our classrooms is progressing extremely well.

As I move around the school, I can see most of our 268 Year 11 students are well settled and have moved quickly into serious study mode. We also have 14 Year 11 students from our Collegiate partner schools accessing a course here at Wyndham College.

Year 12 are, as is usual at this time of year, beginning to feel the pressure, with assessments for most courses now occurring.

Focus Week – Year 12 are, as is usual at this time of year, beginning to feel the pressure, with assessments for most courses now occurring.

During Week 8, our Year 12 students had Focus Week. This is a week that allows students to take a break from regular classes and focus on current and upcoming assessment tasks and preparation for HSC major projects and performances. This year we made a choice to run some assessment tasks in the Hall. While these appear to be examinations, students are sitting their School

Based Assessment Task 2 in the environments of the Hall. COVID-19 lockdowns and restrictions in 2021, prevented this cohort from experiencing sitting their

**FRIENDS OF
WYNDHAM COLLEGE
(e-P&C)**

24 May 2022

**Parents can join the
e-P&C at any time
Please contact the
school and leave an
email address**

**Year 11 & 12
Meet the Parents
29 March 4-6pm**

end of Year 11 examinations in the type of environment. We felt it was important for our Year 12 students to see the type of setting in which they will sit their HSC examinations at the end of the year.

For VET courses, we are required to submit an average of two examination marks for each student's HSC School Assessment Mark. Year 12 VET students have completed examinations in this Focus Week assessment period. Again, these students were unable to complete their Year 11 VET examination in 2021, thus the need to complete two at this time.

COVID Intensive Learning Support Program – The last two years have been tough for many in our community. They have been especially difficult for our young people. They have dealt with constantly changing conditions, remote learning and uncertainty. All of which have, not only impacted their wellbeing, but also academic progress.

For our students, this has been unsettling. The government and department have recognised this and have extended the COVID Intensive Learning Support Program for 2022. We have identified students, who would benefit the most, from intensive support through small group tuition. This support will be tailored to their requirements and ensure student educational outcomes continue to improve in 2022. At Wyndham College, this program is being coordinated by Anjani Bachu.

Although we will be focusing on literacy and numeracy, we also support students across a number of subject areas. The Department of Education's [website](#) has more information on this program.

Course Changes – We have concluded the process of allowing some Year 11 students to change their subjects, so now most students are content with their choice. Any student who has changed courses, needs to ensure they catch up the work they would have missed from the start of the year.

Attendance at all classes is mandatory (rolls are marked every lesson). **Lateness** on a number of occasions or absence from class can, and has in the past, led to students having to **repeat** one or more subjects (or the whole year) at the end of Year 11. Once students arrive at the college they are **not permitted to leave the premises without permission**. Whilst infractions of the above only apply to a small number of students, I would seek your support, as a parent or carer, to assist us in helping your child adjust to senior high school and to thrive during their time at Wyndham College.

Student Wellbeing – We take the safety and wellbeing of our students very seriously. As a College, we continue to focus on student growth and attainment; to implement a range of wellbeing initiatives; and work together to ensure the happiness, safety and wellbeing of our students. Our programs focus on mental health and the building of resilience. As a community, I again look forward to your support of this program.

Generally, as we would expect in a senior college, **most of our students work hard and behave maturely**. Our focus is and will continue to be, on the pursuit of academic excellence through good teaching and learning – not on behaviour.

Recent Flooding – Well-being of our students has also been forefront in our minds during and after the recent flooding event affecting our local communities. Our well-being staff are available to assist wherever possible.

The need for community support during this time was so great, the SES Unit at Blacktown contacted the College seeking assistance with the filling of sandbags. This call was enthusiastically supported by a group of our students. Their willingness meant the regular SES staff and volunteers could be used in flood rescue and evacuation work. On 3 March our students rolled up their sleeves and bagged 26 tonnes of sand in 5 hours to help hundreds of local people protect their homes and businesses.

I would like to thank these students, their teacher, **Brendan Hourigan** and applaud the wonderful community spirit of **Jacob, Branden, Lamack, Andrew, Jack, Keith, Alofa, Benjamin, Leveni, Jack, Numia, Kaili, Nikki, Braeden, Kasio and Braith**.



Student Representative Council – We recently held an election to decide the new Year 11 members of the SRC. Many thanks to **Kirtana Hariharan** and **Daniel Moss** for organising this event.

Thank you, also, to all the students who nominated. It is a daunting task and once again, the candidature was outstanding. I am pleased to announce the successful candidates from Year 11 2022:

Rachael Banks
Egan Jasson
Tahlia Keenan
Joanne Mghames

Ziah Burns
Carlos Jimenez-Maistry
Tanay Kumar
Tyleen Saipele

Tahlia-Rose Gallagher
Vansh Kalra
Amiity Lownds
Nada Shadid

These students were inducted into the SRC on 7 March 2022 and will work with our Year 12 SRC students. A fantastic team - representing and being the voice of the student body.

Friends of Wyndham – The Annual General Meeting for the Friends of Wyndham was held on Tuesday 1 March 2022. At this meeting, Michael Kent stepped down from his position as Secretary due to increasing work commitments. He will, however, continue to be a member of the Friends of Wyndham. We express our great appreciation to Michael for his hard work and commitment to the College.

We also welcomed new members and elected office bearers for 2022. The Friends of Wyndham 2022 Office Bearers are:

President: Melissa Hindmarch
Treasurer: Gary Reid
Secretary: Annette Ward

I would also like to thank **Liz Stubbs** for volunteering as the 'back-up' Secretary. I know you welcome our new executive and know they will do a fabulous job.

As a group, we decided to meet once each term in 2022 (and continue the E-P&C as well). Meeting times will be 6pm at Tradewynds Café and Function Centre, unless otherwise advised. The meeting dates are:

Tuesday 24 May
Tuesday 16 August
Tuesday 1 November

At each of these meetings/forums, we will concentrate on delivering information that will be useful for parents and carers. Topics that have been suggested are:

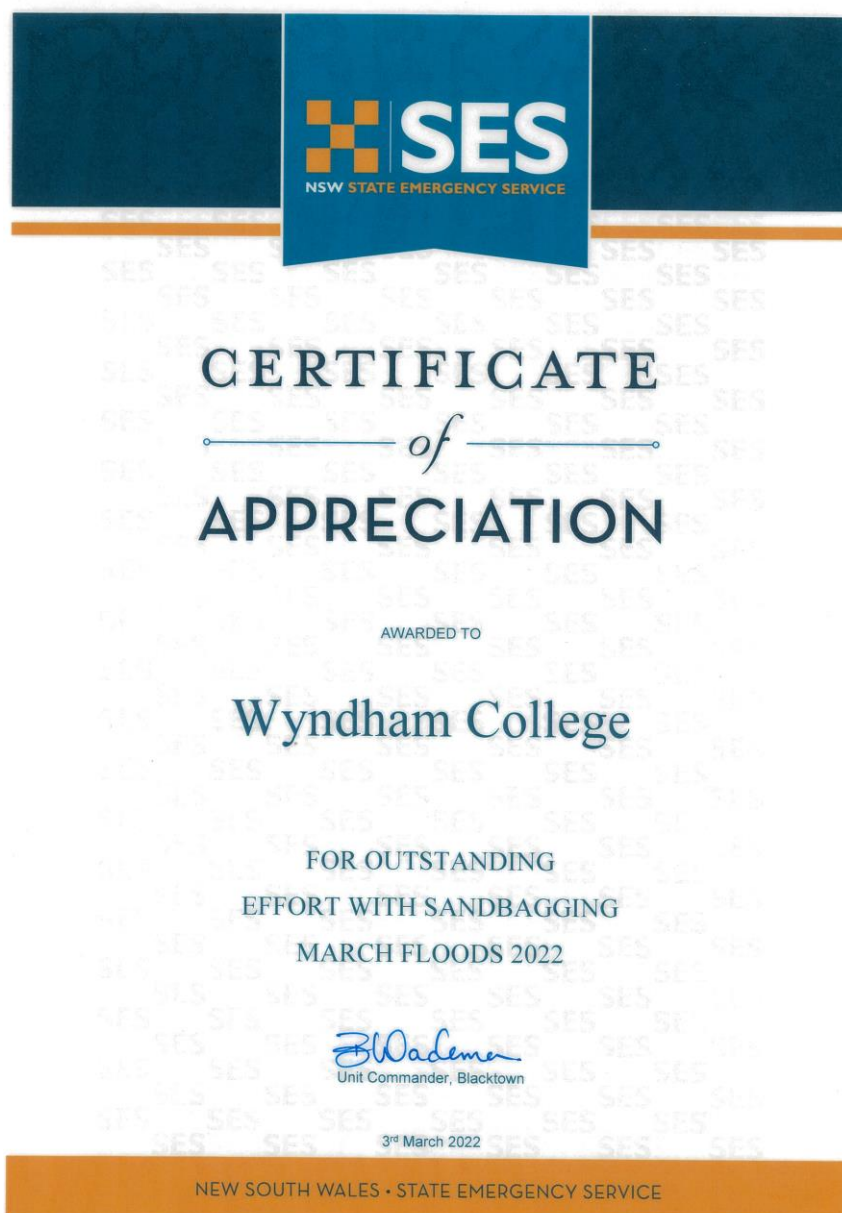
- Assessment in Stage 6 – November meeting
- Various Head Teachers to talk about their subjects and the current syllabus being delivering
- Edrolo and the parent portal

For parents and carers who cannot attend these forums, any presentations delivered will be sent to the FOW email group.

Finally – I would like to welcome Carolyn Lasker, the new Principal for Wyndham College. Carolyn was successful in her application for the position and she will be a great asset to our Wyndham community. She is an existing principal and will be greatly missed by Armidale Secondary College, Carolyn has a commitment to the improvement of outcomes for all students; is passionate about creating authentic opportunities; and connecting with students, staff, parents/carers and the wider community. Carolyn commences at Wyndham College in Term 2.

Whilst I have been relieving as Principal, Kellie Boyd has been relieving Deputy Principal for Year 12 this term. I would like to thank Kellie for doing an amazing job in this role. Wyndham is extremely lucky to have so many talented and capable staff, who can fill these roles to ensure continuity of learning and stability for our students.

Classa Martinuzzi – College Relieving Principal





Education

Dear Parents and Carers

It is my pleasure to announce that the new Principal of Wyndham College has been selected following a rigorous merit selection process.

Ms Carolyn Lasker has been appointed as the new Principal for the school and will commence in the position at the beginning of Term 2 2022.

Ms Lasker brings to the school significant leadership experience, most recently as the Principal of Armidale Secondary College. I know that the Wyndham College community will benefit greatly from her deep curriculum and wellbeing knowledge, her educational leadership and vision, her capacity to develop staff and her interpersonal skills in establishing productive partnerships with parents and the broader school community.

Ms Lasker is greatly looking forward to working in partnership with the staff, parents and community to ensure Wyndham College continues to provide excellent educational opportunities for all students.

I would also like to acknowledge Ms Classa Martinuzzi's excellent leadership in her role as Relieving Principal of Wyndham College, leading the school with a clear and strong focus on driving improvement across the college during Term 1, 2022. I know Ms Martinuzzi will be an integral part of ensuring a successful and seamless transition of Ms Lasker into the leadership role of Principal of Wyndham College.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Tania Riley'.

Tania Riley
RELIEVING DIRECTOR, EDUCATIONAL LEADERSHIP
QUAKERS HILL NETWORK
17 March 2022

NSW DEPARTMENT OF EDUCATION
METROPOLITAN NORTH SCHOOL PERFORMANCE DIRECTORATE – NIRIMBA OFFICE
Warawara land
Building T3C, Nirimba Education Precinct, Eastern Road NIRIMBA FIELDS NSW 2763
9208 7611 metronorthnirimba@det.nsw.edu.au www.education.nsw.gov.au

FROM THE YEAR 12 DEPUTY PRINCIPAL

Assessment Tasks and Focus Week:

It has been a busy term so far, particularly with Week 8 being Focus Week (and the weeks either side of this week), which saw most courses having Assessment Task 2 due for submission. Each Assessment Task counts towards a student's final HSC result. The School Assessment mark contributes 50%, the remaining 50% drawn for the student's result in the HSC examination.

As such, it is important that students ensure all Assessment Tasks are submitted on time and to the best of their ability. If this isn't possible, there are a small number of valid reasons that exist to allow a student to still have the opportunity to have marks awarded for the task, rather than a mark of ZERO and an N-Letter, indicating non submission of task.

Further details relating to missed or late Assessment submission can be found in the Year 12 2022 Assessment Handbook, with particular attention relating to this matter on Page 3 point 4. The link to this document can be seen below : https://wyndhamcol-h.schools.nsw.gov.au/content/dam/doe/sws/schools/w/wyndhamcol-h/learning/assessment/2022_HSC_Assessment.pdf.

If students missed an onsite task or were unable to submit a task on the scheduled day and time, the class teacher or the Head Teacher of the faculty for the course in question, will need to be contacted to organise a "catch up day/time" for the task to be completed at school.

To ensure you meet the requirements, as stated in our school Assessment Policy related to Illness/Misadventure, please complete a Green " Illness/Misadventure" Form. These can be obtained from the College Office. Evidence to support the application must be provided and attached.

The main points to remember to ensure you are eligible to be awarded marks for your task, rather a mark of ZERO (O) are:

- Contact the school as soon as you know you are unable to attend/submit a task. This should be PRIOR to the due date/time.
- Illness/Misadventure forms must be completed and returned to school, with supportive evidence and documentation.
- A day/time to do/submit the task must be negotiated, and adhered to, when the class teacher or Head Teacher are contacted.
- In most cases, and if no contact is made, the student MUST do the task FIRST DAY BACK AT SCHOOL, as stated in our Assessment Policy.

Yr 12 Semester 1 2022 Reports and Parent/Teacher Interviews:

Year 12 Semester 1 2022 Reports will be distributed at Parent/Teacher night on 9 May 2022. More details relating to this evening will follow soon. These reports will form highly valuable evidence that can be used by students in applications for early entry for university or other institutions.

Academic and Attendance Reviews:

Academic and Attendance Reviews were undertaken with approximately 60 students over Weeks 5 and 6. For most students, the aim of these meetings was to check in with their progress; wellbeing; to ensure they remained or got back "on track"; and were clear with what was required to work towards successful achievement of their HSC qualification. Students are required to submit outstanding Assessment Tasks

from Term 4 2021 and/or improve attendance. Students who have not been able to work towards this goal, since this Review meeting, will be asked to attend another Review meeting before the end of the term.

Uniform:

Wyndham College is a uniform school. As it provides identification for security purposes, on a site that also provides for TAFE and Western Sydney University students, all students must wear their uniform and carry their student ID on campus. Wyndham College does not have gates or fences and only students in school uniform are permitted on school grounds.

Buying a uniform:

Well done to all of our students, who have been in full school uniform each day. With the weather we have experienced of late, it has been a challenging time to achieve this.

If students are unable to wear any part of the school uniform, they should have a note from their parent/carer that is presented to the Deputy Principal for a uniform pass.

For students requiring items of our uniform, the **School Locker shop** located at Wyndham College on Eastern Road - past E Block is open:

- Tuesday: 7.30am - 10:30am
- Thursday: 1:00pm - 3.30pm.

What is required to be worn as uniform:



Students should wear

- black leather enclosed shoes
- (Girls) blue collared blouse with school emblem and school skirt or black tailored pants (***not hoodies, jeans, trackpants or leggings***)
- (Boys) blue collared shirt with school emblem and black trousers (***not hoodies, jeans or trackpants***) or shorts (can be worn in Terms 1 and 4 only)
- white socks (unless under long pants, then black)
- minimal safe jewellery
- black school jacket and/or jumper and/or Year 12 Class of 2022 jacket
- only plain white undershirts to be worn.

Only zip style school black trousers and shorts for boys and black tailored pants for girls, purchased from the uniform shop are acceptable.

Remember that ALL users of the Nirimba Precinct roads and car parks are bound by the NSW Road Rules and are enforceable by NSW Police Force.

Precinct security may also record and report infringements to the Police and respective school Principals for action.

Continue the great work Year 12! Any “pain” now will certainly lead to long term “gain”, particularly as the road ahead to the HSC is quite a short one. Please do not hesitate to contact me at any time with any concerns or questions you may have.

Kellie Boyd - Relieving Deputy Principal**FROM THE YEAR 11 DEPUTY PRINCIPAL**

Assessment Tasks - I would like to take this opportunity to remind students in Year 11 of their responsibilities regarding assessment tasks. It is vital that students maximise their efforts, begin routines for school work and study, ensuring that they give themselves the best possible chance for success.

Students will always be given ample warning of the nature of any task and the due date. This due date is not a guideline; it is a deadline. Assessment tasks **MUST** be handed in when stipulated on the Assessment Task notification; **NOT** at some time later in the day.

If a student cannot attend school on the day of an Assessment task to submit it or perform the task in person because of a valid reason, the Illness/Misadventure Appeal process must be followed. Information regarding this process is in the Assessment Handbook. This book was issued to all students and can also be obtained from any Head Teacher.

The easiest way to avoid any issues or concerns is to ensure that all Assessment tasks are performed to the best of a student’s ability and that they are handed in prior to or performed on the due date. If there are any issues or questions regarding any of this process, please do not hesitate to contact me at school.

The College is holding an informal 'meet and greet' with the teachers of Year 11 & 12. Details are -

'Meet the Teachers Night'
Tuesday 29th March
4pm to 6pm
Wyndham College Library
Interim Reports for Year 11 will be distributed

Parking - Any students who drives to school must register their vehicle(s) on the College database. A form needs to be obtained from and returned to me in order for this to happen. Parking privileges may be revoked if this procedure is not followed.

REMINDER: Driving and parking within the Nirimba Education Precinct (NEP) is governed by the NSW road rules and enforceable by the NSW Police. The NEP security also enforce parking rules and can report traffic infringement to the NSW Police for action.

So remember Drive Safe & Stay Safe

Brian Ewin - Relieving Deputy Principal

FROM WELL-BEING

Health Issues

Thanks to all parents and carers who have completed the ASCIA Plans and returned the Health Care Plans sent home this term. If your child has medical/wellbeing needs and you have not received the relevant paperwork please contact the school.

All students with serious health conditions must bring their correct medications each day eg EpiPen, glucose testing kits, etc. If changes need to be made, please contact the relevant Year Advisers to ensure we are supporting students appropriately.

2022 Year 12 Formal

Information regarding this major event will be provided to Year 12 this term. Please ensure mandatory course fees are paid, so that processing of 2022 Year 12 Formal payments can proceed without stress or strain on family budgets.

Life Ready Program

Year 12 have participated in using GoalHub, an online activity that gets students to set SMART (Specific, Measurable, Achievable, Realistic, and Timely) goals that include educational and personal targets. This assists with focus and motivation. Year 11 will be introduced to this early in Term 2.

Year 11 & 12 are participating in a session on 'Personal Values and Beliefs' in their long connect session in Week 9. This is based on small group activities and led by their Connect teachers. Year 11 groups will also meet their Wyndham Wingmen. They will assist with supporting them in the transition to our College.

Open Pantry

To ensure our students are cared for, the Chaplain co-ordinates an Open Pantry. Students can access this

during recess or lunch via their Year Advisers located at the top of B Block. Basic snack foods are available if needed.

Student Assistance

If financial difficulties are creating pressure in terms of being in school uniform and paying course fees, a Student Assistance Program form can be collected from either the School Office or Year Advisers.

Please contact a member of our team if you have concerns about your child

Sue Beamer/ Rachel Kelso - Head Teachers Well-being

CAREERS@WYNDHAM

TVET students – Sue (TVET Co-ordinator)

Students have been asked to make sure their timetables reflect their TVET courses on either Monday or Wednesday afternoon. They should all now have a TVET pass to ensure they can get to their TAFE course in a timely manner.

Attendance is essential for success and both the school and TAFE teacher should be informed if a student cannot attend. All enquires relating to TAFE courses should be sent to susan.beamer@det.nsw.edu.au

SBAT –Sue (SBAT Co-ordinator)

If you're in Year 11 and have a School Based Apprenticeship & Traineeship and haven't spoken with Sue yet, please either email or visit the Careers Office now!

All SBAT students will be meeting our new SBAT Engagement Officer Kim Butler in the library on Wednesday. Please check your emails for your invitation – this must occur outside normal class times, eg study periods or recess /lunch times.

It is imperative that students inform the school of any issues relating to their SBATs as soon as practical.

Careers@wyndham classroom (code – 7ujke47)

This great resource has up to date information and all in one central location. It includes job opportunities, current apprenticeships and traineeships, TAFE, UAC, private colleges, University and gap year information.

Careers interviews – many students have already come in for appointments to discuss many career-based issues. It's always good to start early, ask questions and find resources. Please email Sue or Karen to book a time. The Careers Office is at the top of D Block and available to all students. Parents & carers should feel free to call the College with career related concerns about your student.

Sue Beamer- available Monday to Wednesday

susan.beamer@det.nsw.edu.au

Karen Tuynman – available Thursday- Friday

Karen.Tuynman@det.nsw.edu.au

TEXTILES AND DESIGN

Hello, my name is Charlotte Silvestri, and I am a Year 11 student at Wyndham College. My lovely Textiles & Design teacher Mona Kamel has asked me to write about what motivated me to have joined the school. Well, I absolutely love textiles, fashion, design, sewing, all aspects of it, and I am very fortunate to be able to take my dream textiles course at the **White House Institute of Design** where I will be working in the city for a week in each of the school holidays and will be studying all concepts of fashion and textile design.

At the end of the 2 year course, I will receive a Bachelor degree in Textiles and Design and will be fully set up for when I leave school. I am super keen and excited to see where the future takes me from taking this course and am so very grateful and seriously cannot thank Wyndham College enough for this opportunity.



FROM THE LIBRARIANS DESK



How TikTok is Encouraging our students to Read

Although many may associate TikTok with trending videos and dances, there's a whole other side to the popular video-sharing app in the form of a book community called BookTok. Influential BookTokers and reading enthusiasts share their mutual love or hatred for books they've read via comments or video responses. BookToks have seemed to spark students interest in reading, making our school librarians very happy— with a significant increase in fiction borrowing and reading since the start of this year.

According to the catalogue, the library has seen a record 50% growth in books borrowed from the Nirimba Library compared to the same time last year, partly caused by the phenomenon of BookTok. Anime and Manga books have also proved to be popular reads so far this year.

Initially spiked from lockdown and the resurgence of reading as a way to pass the time, this great new trend allows young minds to unite, as a community, as well as discover new books from different genres. BookTok creators hold the power to influence their followers into reading novels they are fond of, and by watching, many become captivated by the same book series.

TikTok made me read it: #BookTok

There has been a definite change in the habits of students in the Library since the rise of "BookTok." Although it's difficult to say whether trends on the platform have led to increased interest, there's been a noticeable increase of students in the Library who are interested in books and reading during study periods and breaks — enough so that the library has created an "As Seen on TikTok" display featuring a rotating selection of popular books.

Sally Govett

Teacher Librarian

FROM THE OFFICE

Statements of Account

Due to a software problem, the College has not been able to produce your Statements of Account for our families. As soon as we are able, we will issue these but, in the meantime, we can confirm course fees etc, over the phone and you may still make payments via the Parent Online Portal (POP). This payment option is found on our Wyndham College website and not in the Sentral Parent Portal.

Student Unwell or Not Attending on a Particular Day?

If your son or daughter is unwell or will not be attending school, the absence needs to be notified by the parents or carers detailed on the initial Enrolment Application. The preferred methods of making this notification is via –

- a telephone call to the school on 9208 7100 – the School Office is open from 7.30am each day
- response to the SMS message triggered by the student being marked as absent at Connect (Roll Call)
- a written explanation provided on the student's return.

Notifications via the above options are directly dealt with by the staff responsible for their recording in the student's records – thus, we prefer you not to email the College with absence notifications.

Student Becomes Unwell Whilst at School?

In the interests of student wellbeing, staff, usually from the Office, need to actually speak to the parents or carers detailed on the initial Enrolment Application, to obtain permission for the student to go home and to ascertain the means by which the student will return home.

If you are not able to take our call, please call back as soon as possible so arrangements can be finalised for your son or daughter to return home.

If your son or daughter contacts you directly saying they are unwell and would like to go home, please ask them to report to the School Office and in the meantime a call from you to 9208 7100, will mean we are able to sign them out straight away. Otherwise their departure will be delayed whilst we attempt to contact you to obtain the necessary permissions.

Student Needs to Leave School Early?

If your son or daughter needs to leave school before the end of their timetabled day, perhaps for a medical appointment, please provide them with a note to bring to school.

This note should include –

- your child's full name
- the date
- the time they are allowed leave school
- the reason for leaving early
- and your signature

Before their scheduled departure time students ask one of the Deputy Principals to countersign the note. The note then allows the student to leave their class and come to the Office to be signed out of school.

Service NSW confirmed case reporting

A reminder that if a student receives a positive result from Rapid Antigen Test, they need to:

- record the positive RAT result through the [Service NSW website](#) or [Service NSW app](#) – and add details of the child's school
- notify the school of the positive RAT or PCR test result as soon as possible
- follow [NSW Health advice](#) to isolate for 7 days.

This is a requirement under the Public Health Order. It connects you to support, as well as helping NSW Health track COVID-19 in schools and to address any public health issues if required.

Reminder of COVID-19 symptoms

NSW Health and the Department of Education would like to remind our schools of the full list of COVID-19 symptoms that your communities should continue to look out for. Symptoms include:

- fever (37.5 degrees Celsius or higher)
- cough
- sore throat
- shortness of breath (difficulty breathing)
- runny nose
- loss of taste
- loss of smell.

Other reported symptoms include:

- fatigue
- acute blocked nosed (congestion)
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite.

Unexplained chest pain and conjunctivitis (eye infection) have also been reported as symptoms of COVID-19. If anyone develops any of these symptoms, they should get tested and isolate until they receive a negative test result.

Parents, carers and community members should refer to the [NSW Government's COVID-19 symptoms and how it spreads page](#) for further information and [Getting tested for COVID-19](#) for advice on getting testing if they or their children develop symptoms.

Masks continue to be mandatory on public transport for everyone 12 years and over

While masks on schools sites are no longer mandatory and in line with community settings, masks continue to be mandatory on public transport. This applies to students aged 12 years and older, as well as staff, when travelling to and from school and during school excursions by public transport or by chartered transport services.

For further information refer to the [NSW Government's Face mask rules](#) or the [Masks section of our COVID-smart measures page](#).

Our school has a new look **online payment page!**

From 30 March 2022, an upgraded Parent Online Portal (POP) page will replace the Westpac page currently attached to the Wyndham College website. To make a payment, simply:



Visit the Wyndham College website on your mobile, tablet or desktop computer. (You may now also choose your preferred language.)



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note: You are NOT required to provide the 9-digit Student Registration Number.



Check your email for a copy of the receipt of payment



Education

NSW Education Standards Authority

GETTING EXAM READY

TIPS FOR PARENTS

It's normal for students to feel stressed when preparing for exams (especially big exams). It's also normal for parents to share this stress. A bit of stress aids success by increasing motivation, but at high levels it becomes unhelpful and can reduce academic performance.

This sheet is designed to help parents offer support to their children in preparing for exams by recognising when stress is too much—and if it is, how to reduce it.



When pre-exam stress is normal

- * It's short term (such as a few days or weeks around the exam, but subsides once exams are over)
- * Students can still distract themselves by other things
- * Students feel fatigued, but only until exams are over
- * Students feel butterflies or shaky right before an exam



When it's too much

- * The shakiness and nervousness doesn't go away
- * Students are unable to study or sleep properly
- * Students feel nauseous, depressed or constantly worried about not doing well or failing
- * Students appear to be overwhelmed and panicked

REMEMBER— It's normal for students to feel stressed when preparing for exams, but if it gets too much they should seek help.



Have you seen this in your child?

If you notice your child showing any of these signs, there are things you can do to help. First, simply talk to them, for example: "How do you feel about your exams?" Listen to what they have to say and give them time to say it without interjecting. Also try going through the tip sheet for students together. If you still have concerns, contact your child's school or your GP for more advice.

IN A NUTSHELL

Stress is the activation of our 'flight-or-fight' response—a natural part of our sympathetic nervous system designed to prepare us to deal with threat or danger. If we suddenly feel unsafe or under attack, the flight-or-fight system increases our heart rate (which activates

blood flow to our muscles to help us either run or fight), stimulates our sweat glands (to cool the body) and heightens our senses (to increase alertness).

At first it can be hard to see how this is relevant to exams. But when people think of exams as threatening (worrying they won't do well) the flight-or-fight response is activated. Although it isn't helpful to have a racing

heart or to sweat in an exam situation, the increased mental alertness and motivation that stress brings may be helpful.

When stress is too high or goes on for too long, the symptoms actually hinder performance. If this sounds like your child, try some of the ideas and explore the websites and apps listed on the following page.



NSW Education Standards Authority

TIPS FOR PARENTS

MANAGING STRESS LEADING UP TO EXAMS

For most parents there are simple ways to help your children manage stress. We don't want to make it go away completely, but rather use it to their advantage. Different things work for different people, so encourage your child to experiment to see what works for them.



* Encourage balance between study and breaks

Help your child build a routine around realistic study times (eg before school, early evenings or weekends). Try to encourage study before downtime—but it's important not to nag. Be realistic when setting up routines, so that they are actually achievable.

* Provide a dedicated quiet space

A desk in an undisturbed part of the house is best, but wherever your child's study space is, encourage them to put their phone on silent, turn off chat features and keep the music low (or off). Don't get into battles about technology, but rather set clear parameters around its use.

* Remind them to rest

It's important for students to engage in activities that provide mental and physical rest and relaxation, like taking a bath or long shower, listening to music or a guided meditation, reading or watching a movie. Socialising is also a form of downtime. You could also plan some fun activities to enjoy as a family.

* Healthy body = healthy mind

Provide health food options to help keep your child's energy levels up. Encourage regular exercise like running, swimming or walking the dog, which uses up excess adrenaline and stress hormone (cortisol).

* Talk to your child

Ask what you can do to help, whether it's a pop quiz, reading drafts or just sharing your own experiences. When your child makes an effort to study, acknowledge it (even if it isn't as much as you'd like!). Research tells us that one of the things that is associated with severe distress in senior students is perceived pressure from parents. So offer support and encouragement rather than becoming directly involved in their schoolwork, or pushing a 'need to achieve'.



* Remember the bigger picture

It's important to acknowledge that exam results matter, but they're not the 'be all and end all'. While it's helpful for students to have academic goals to work towards, there are many pathways to post-school study options and careers.

EXTRA RESOURCES



Websites

ReachOut.com

Information, support and resources about mental health issues for young people

Headspace.org.au

A non-profit organisation for youth mental health

BeyondBlue.org.au

Helping with issues related to depression, suicide, anxiety and other mental illnesses



Apps

Calm

Soothing visual backgrounds and a range of meditations

Stop, Breathe & Think

Develop the skills to stop everything and just be still

Smiling Mind

Equipping young people with integral skills to thrive in life



Helplines

(available 24/7)

Lifeline

Call 13 1114

Kids Helpline

Call 1800 55 1800



It's your club. All are welcome!

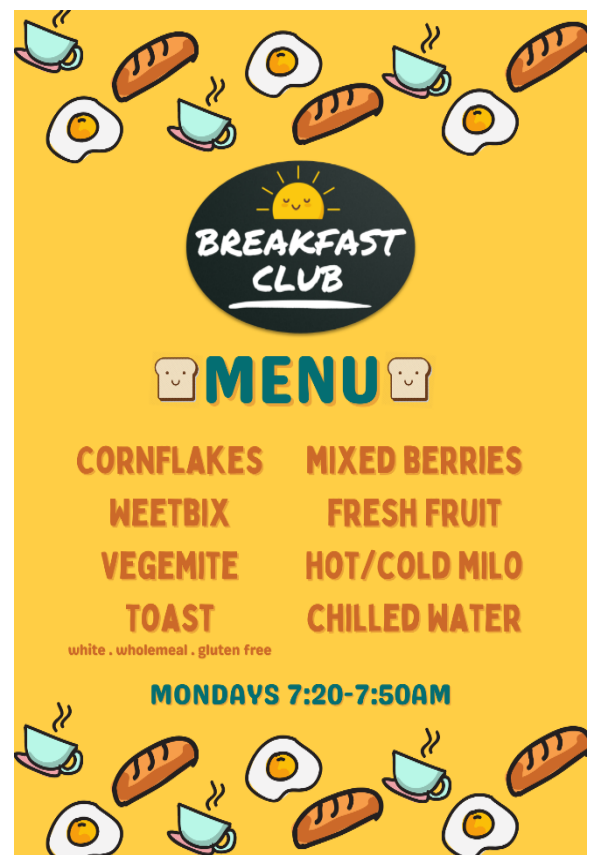
Every Monday in D03

7:20 am - 7:50 am

The Breakfast Club is for everyone at Wyndham College! Come along to the casual café to connect, eat a nutritious breakfast and have fun in the artistic corner, relaxing or meditating. You will love the Breakfast Club and you will be excited to come to school, especially every Monday!

We will be serving a variety of foods such as Weetbix, Cornflakes, toast - wholemeal, white or gluten-free - fruit bread, butter, Flora dairy-free spreadable, Vegemite, full cream milk/oat milk/soy milk, Milo - hot/cold - mixed berries, chilled water, and fresh fruit. Eating a healthy balanced breakfast will ensure you have the right balance of nutrients to keep you feeling satisfied and meet your nutritional requirements. This will help you to be ready to start the school day positively.

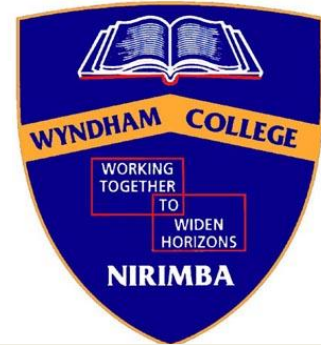
All are welcome to meet with the friendly Wyndham College community, Tim the School Chaplain, Maurie our social worker, our caring Wellbeing Team, and the wonderful volunteers who prepared the breakfast.



Food  Friends  Fun



The School Locker
is proud to partner
with Wyndham
College



The School Locker

Our goal is to provide great shopping experiences for families and our retail stores are centred around a single great idea: one store with everything you need for school.

The Wyndham College uniform range is available online at: www.theschoollocker.com.au

Working in partnership with your school.

UNIFORM SHOP –

Online purchases available www.theschoollocker.com.au

Wyndham College is a uniform college and students are expected to be in full college uniform from day one 2022. This includes pale blue shirts, with the college emblem, and fully enclosed black leather shoes. For information about uniform items and prices, please refer to School Locker's website



Uniform Shop location



<http://theschoollocker.com.au/catalogsearch/result/?q=Wyndham+College>

CHANGE OF ADDRESS OR CONTACT DETAILS

Changed your home address? New email address or phone number?

It is VERY IMPORTANT to notify the College Office as soon as possible!

In the interests of student safety & wellbeing, it is very important to provide details of changes to your address and contact information.

Much of the vital information needed by our families is sent via email. Please ensure you keep this means of contact open by providing the College Office with any changes to your email address.



For your convenience, you may complete the form below but we ask you to please print carefully -

Student Name

New Address

Home Phone

Mobile Phone - Mother..... Name.....

Mobile Phone – Father Name.....

Parent / Family Email Address

(To avoid errors, please take care with your symbols etc – especially - & _)

Parent/Carer Name

Parent/Carer Signature

Date.....

