The loss of their mother to cancer last year inspired Mitchell and Nathan Connor to undertake an epic 219km bicycle ride to raise money for research. The boys were joined by their teacher, Mr Sugitha, after raising $7500 in only a short amount of time for the entry fee. The ride, known as The Sunsuper Ride to Conquer Cancer benefitting Chris O'Brien Lifehouse was held on the 11th and 12th of October in the Blue Mountains and Windsor districts. The Lifehouse is a world-class cancer treatment and research facility providing integrated care and support services to public and private patients.

Miss Hastings, a HSIE teacher at Wyong High School, described the boys as wonderful role models with great character.

Mitch said it has been a really stressful time since the death of their mother and he thinks of her every day. “Cancer is one of those things you know is there and you hear stories every day about people being diagnosed with, or having, cancer. But it is never something you think will ever affect you or your loved ones. Even through the whole fight I still never thought it would ever come to the moment we were faced with.

One thing I always did was tell my mum how much I loved her and that is something I will always remember doing and I am happy I did.”

Mitch and Nathan would like to thank the Wyong community for showing their generosity and helping raise funds for this excellent cause.

*Article summarised from the original by Errol Smith, Central Coast Express Advocate.*
**Breakfast Club**

Wyong High School has a breakfast club open on Mondays and Thursdays from 8.15 to 8.45 am. We have about 20 regular students who drop in for breakfast and more that come in occasionally as the need arises. A nutritious start to the day is a key factor in helping students to be able to focus on their learning. Students who are unable for a variety of reasons to have breakfast at home are now able to have the good start to the day they need so they can focus on their learning.

This year students have used the breakfast club to learn more about the food they eat and how it can help them learn as well as developing cooking skills. They now know the difference between sunny-side-up and over easy, can make omelettes and scrambled eggs as well as toad in the hole, pancakes and French toast.

They have access to toast, cereal, juices and a variety of hot food. We have been very fortunate in that both Sanitarium and Coles Wyong have supported the breakfast club by providing cereals and funds to purchase breakfast items. Students are also lucky enough to have a steady supply of free range eggs which Mrs Macey, a Learning & Support Teacher and Breakfast Club organiser brings from her small farm each week.

Other Wyong High School teachers too are using the breakfast club to build positive relationships with students by taking the time to assist with breakfast club, talking to the students and getting to know them a little better.

*Mrs Macey - Learning and Support*
WONDABYNE TO WOY WOY HIKE

Extreme Outdoor Recreation
In Term 3 a dedicated group of students from the Year 10 Extreme Outdoor Recreation class embarked on a hike from Wondabyne to Woy Woy. The students accompanied by Mr Mee and Miss Yates caught the train down to Wondabyne where they joined a section of The Great North Walk. The walk was a challenging 15.5km track which included an ascent of Mount Wondabyne – the tallest mountain in the Brisbane Water National Park. It was interesting to note the difference in the amount of talk amongst the kids during the flatter sections compared to the amount of talk throughout the steeper sections. We reached the summit of Mount Wondabyne in record time and enjoyed scenic views over the majority of the Central Coast whilst eating lunch. The group continued its way down the mountain and towards Woy Woy before catching the train back home. The same group of dedicated students will be participating in a difficult 30km two day hike from Hornsby to Cowan in Term 4.

Matt Mee – PDHPE Teacher
Term Success Stories

The highlight for me over the past term has been the process of selecting our senior leaders. These Year 11 students are a credit to Wyong High School and the community. From their speeches to students and staff through to their written applications and interviews, they have modelled respect, responsibility and learning and I congratulate every one of them for being excellent role models for all of us.

Congratulations to Year 11 for surviving the rigours of their Preliminary HSC. Some excellent results were achieved in the yearly exams. Now the real fun begins, in the form of four terms of HSC studies! The keys to success are to learn from any mistakes made and to build upon strengths developed during the course of your Preliminary studies. Consistent effort over the next four terms will also maximise your level of achievement. As this will be the last Newsletter of 2014, I urge all students to commit fully to their learning for the remainder of the year and I wish everyone a safe and happy holiday.

It was very rewarding to check in with our Year 12 students as they nervously started their HSC exams this term. It reinforced to me that all the hard work our students and staff put in so worthwhile to give options for the future. I look forward to seeing all of our students working as hard as they can right up until the last day for this year, in order to maximise their learning opportunities. I wish all the Wyong Learning Community a well earned break and implore you to have a safe and relaxing holiday period. I look forward to working closely with you all again in 2015.

Independent Learners Thinking Green

Students in the Independent Learners’ class recently wrote to Wyong Council seeking assistance to set up a compost bin within the Support Unit area as part of their studies about recycling. In Term 3 Mr Greg Finnegan from Wyong Council arranged for two compost bins and a worm farm to be donated to the students. Many thanks from the students to both Wyong Council and Mr Finnegan.

The Independent Learners’ class is completing a unit of work within Technology Mandatory by designing a habitat for small animals that can be maintained within the classroom. Mr Archer has assisted one group by loaning a tank set up with guppies and a yabby. The second group of students would like to thank Matt at Squawks Pet Shop, Showground Road Gosford. Matt has generously donated a complete hermit crab habitat set up for the students to use.

Girls’ Netball Gala

On Friday 17th of October I had the pleasure of taking the junior girls’ netball team out to their gala day at Adcock Park. The girls showed great enthusiasm, teamwork and sportsmanship. Each of the girls was extremely well behaved and helpful throughout the day. I’d like to also thank April Brown’s mum who was also a big help with umpiring and assisting with organisation. The girls all had fun and bonded really well as a team. Well done girls!

Ms Hoskins - Casual Teacher

IMPORTANT NOTICE

Research in the School

The school is participating in the Aspirations Study, a research project run by Professor Jenny Gore and her colleagues at the University of Newcastle. Students in Years 5, 7, 9 and 11 will be completing a survey during class time. If you do not want the data to be given to the researchers, please return a withdrawal form to the school. Withdrawal forms are available from the school office. For more information or to download a withdrawal form, please visit www.newcastle.edu.au/aspirations.

Ms Connally - Teacher, Careers

Students on Track
Friday 5th December - Sydney 500
Open to PASS Elective students
Cost $10

More info see PDHPE staffroom

V8 Supercar Excursion - As part of PASS elective course, students will have the opportunity to go trackside at the Sydney 500 as part of their studies on Event Management. See the PE staffroom for more info.
Meet our amazing new staff member:
Ashley Rademeyer

What is your favourite thing about Wyong High School? Lots of trees. I like the school atmosphere.
What is your favourite food? BBQ Ribs.
Who is your idol and why? My idol is Nelson Mandela. He fought for human rights and sacrificed a third of his life in jail for his beliefs.
What is the best advice you have ever been given? Be true to yourself.
Please finish this sentence: Education provides... the opportunity to better your situation and that of your family; to get out of poverty and misery.

MATHS NEWS

Why study maths?
Australia's job market demands it! The Australian Mathematical Sciences Institute (AMSI) released its 17th Edition of Maths Ad(d)s. This free online publication lists recent job advertisements showcasing the scope of careers available to university students who have included mathematics or statistics in their tertiary degree. Federal Minister for Education, Christopher Pyne, endorses this edition of Maths Ad(d)s and commends AMSI for the publication. He insists the general public must be made aware that science, technology, engineering and mathematics play a crucial role in Australia's development of a globally competitive knowledge economy. “By choosing to study mathematics… you will have a unique opportunity to contribute to the long-term prosperity of this country,” says Minister Pyne. As high school participation rates in intermediate and advanced mathematics dwindle, the challenge is making the community aware of the breadth of roles available to those studying some form of mathematics. Maths Ad(d)s calls attention to career opportunities combining mathematics and statistics with health, computing, data analysis, biology, business and meteorology – to name a few. Mary Coupland, President of the Australian Association of Mathematics Teachers (AAMT), recommends this publication to all students, parents, teachers and career advisors. AMSI Director, Professor Geoff Prince, says: “You won't believe how many different employers are chasing maths talent, nor the edge that maths and stats will give you. Maths Ad(d)s will unlock your future!”
Maths Ad(d)s is available to download from AMSI's new careers website: http://careers.amsi.org.au/mathsadds/

Earlier this year our Photography students were fortunate to participate in a full day workshop under the instruction of a professional photographer. The Moran Arts Foundation provides the opportunity for schools to participate in the workshop program. This year Charlie Smith (pictured above) was nominated as a finalist in the 2014 Moran Contemporary Photographic Prize and will now go on to a further round of judging. Good luck Charlie!

Mrs O’Kane - Visual Arts