Over many years there has been a range of educational opinions in regards to the value of homework and the type of homework given to students. My personal view in regards to homework is there is a need to reinforce learning that takes place in the classroom. This may involve practising similar mathematical questions, reading class notes and making study notes or answering questions that extended on class work.

Homework should not be a demanding task for parents because if learning weaknesses are identified, this should be conveyed back to the teacher. Parents should not be responsible for teaching new concepts however, they can support the process and communicate to teachers if some of the homework is too difficult or is not understood by their child.

Society has dramatically changed and there are many after school distractions for families including sporting commitments, part time work and other activities. Children should still have time to play, relax and socialise however, a regular study routine should help children develop a deeper understanding of course work. West Wyalong High School teachers provide opportunities for all students to complete homework and study however, we are also aware of external factors such as some families lacking access to computers and the internet that may affect a child’s ability to complete tasks at home. Don’t forget that we provide an opportunity for teacher support after school hours on a Tuesday and Wednesday evening.

Most children will tell their parents that they do not have any homework however, this may be an opportunity for your child to revise class work, do some further reading or reinforce some of the mathematical skills learnt.

I have provided some tips below to assist parents;

- **Establish a predictable routine.** If homework is done at the same time each night, getting started is usually less of an issue.
- **Establish a good working environment for students.** Make sure they have a quiet area (away from distractions) that is well lit and with good ventilation. A table or a desk makes a good work space.
- **Encourage children to work reasonably quickly and efficiently.** Have a set time limit which they should stick to. A little work each night is more productive than packing it all into one weekly session.

- Encourage children to become organised by planning homework around their extra curricular activities. A weekly planner or diary will help older students to organise themselves.
- Keep explanations simple and practical when helping a child. If they become upset or frustrated and the atmosphere becomes tense, stop helping.
- If your child has a problem, talk about the best way to find a solution. Perhaps between the two of you it can be worked out. When in doubt send a note to your child’s teacher letting him/her know the problem. They will appreciate being informed.

**Mr G Sheens, Relieving Principal**

**2016 NAPLAN dates**
The Year 7 and Year 9 NAPLAN tests will be conducted from Tuesday 10th May until Thursday 12th May.

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<tr>
<th>Tuesday 10th May</th>
<th>Wednesday 11th May</th>
<th>Thursday 12th May</th>
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<tr>
<td>Language Conventions (45 minutes)</td>
<td>Reading (65 minutes)</td>
<td>Numeracy (non-calculator) (40 minutes)</td>
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<td>Writing (40 minutes)</td>
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**CALENDAR – TERM 1 - 2016**

**WEEK 8**

- Tuesday March 15: CHS Basketball - Cowra
- Tuesday March 15: League Tag - Griffith
- Thursday March 17: CSU IT DAY - Wagga
- Thursday March 17: CHS Netball - Orange
- Weekend-19th & 20th: Willow Glen to Sydney Royal Show

**WEEK 9**

- All Week: Willow Glen at Sydney Royal Easter Show
- Wednesday March 23: CHS Rugby League - Narromine
THE FUTURE IS LOOKING BRIGHT

One thing that most people agree on is the current fast paced changing nature of the world. We have seen some very significant changes in society over recent decades and it makes society as a whole question what this means for the future of education.

The NSW Department of Education has been proactive in moving towards the future with the development of a special unit called the ‘Futures Unit’. This new unit asked for submissions from schools who would like to be involved in working closely with them to research the changing needs of students. Based on the already positive work being undertaken at the school focussing on project learning, West Wyalong High School was one of fifteen lucky schools in the state selected to take part.

Four teachers at WWHS now form a project team and will be working with the entire school community to research, plan and implement new learning strategies. This will be an exciting process that commences with research involving feedback in the form of survey responses from students, teachers and members of the community. Some more in depth interviews with students are crucial to this process to gain feedback and ensure the school meets their needs. These interviews are voluntary and confidential with information only used for the purpose of this project. Should any parent not wish their child to be interviewed please contact the school.

This is a fantastic opportunity for the school and a proactive approach to ensuring we are meeting the future needs of students.

SWIMMING SUCCESS
OFF TO HOMEBUSH!!

Nine swimmers and their supporters travelled to Dubbo recently to attend the Western Region Swim Trials and achieved some fantastic results. Across the nine competitors there were 21 personal best times posted over 49 separate races with some times being lowered substantially.

In order to represent Western Region, students were required to finish 1st, 2nd or 3rd in their chosen events. Ethan Tough had one of his best days in the pool where he set personal best times in six of his seven races. His best results were first in 13yrs, 200m freestyle, second in 100m backstroke and 3rd in the 100m freestyle. The time he submitted for the 400m freestyle was also good enough to qualify for this event at the State Championships as well. Lydia White set a couple of P.B’s and came first in 13yrs butterfly to claim her Western Region spot. Molly Cattle and Catherine Hood also beat some of their previous best times which they were very happy with however, they were up against a strong group of swimmers in the 14 year age group.

After he set numerous records at the school carnival, Darcy White performed well with four new personal best times and also qualified for Western Region in 15yrs 100m butterfly – 1st, 100m freestyle – 2nd, 50m freestyle – 2nd and 200m individual medley – 2nd.

Samantha Tough is also on her way to Homebush later this year after qualifying in the 15yrs 200m freestyle – 1st, 100m freestyle – 2nd, 100m backstroke – 2nd and 200m individual medley – 3rd. She also submitted a time for the 400m freestyle event and was successful in selection in this event as well.

Ben Cattle swam well, beating some of his best times and finishing 3rd in the 16yrs 100m freestyle, 100m butterfly, 200m freestyle and 100m backstroke. He will now pack his bags to compete in those four events. Britney Troy chose her events well and qualified in the 16yrs 50m freestyle – 2nd, the 100m backstroke – 2nd and the 100m freestyle – 3rd.

While Kadi Lord did not set any personal best times, she was within her best mark on almost every race and it paid off as she finished 2nd in 100m freestyle, 50m freestyle, 100m breaststroke, 200m individual medley while she came in 3rd in 200m freestyle and 100m backstroke. Kadi will have a very full schedule as she also qualified for the 400m freestyle event after submitting her time before the trials.

In two great team performances, the girls Opens medley relay (Britney Troy, Samantha Tough, Lydia White and Kadi Lord) finished second to qualify for Western Region. Also ensuring that all nine swimmers will be heading to Homebush, the 15’s girls 200m freestyle relay team (Catherine Hood, Molly Cattle, Lydia White and Samantha Tough) won their event. This was one of the best overall results for West Wyalong High School at the Western Region swimming trials for many years. It highlights the dedication of these swimmers and the hard work they have done at training.

Congratulations and good luck at the State Championships!!
BRONZE MEDAL IN NSW TRIATHLON

Ben Cattle travelled to the Sydney International Regatta Centre recently, to compete in the NSW Combined High School Triathlon Championships. Ben raced in the intermediate event which consists of a 600m swim, 15km bike ride and a 4km run. In a gruelling race, Ben finished third to bring the bronze medal home to West Wyalong. The NSW Combined High Schools Championships is run in conjunction with the NSW All Schools Competition. Ben finished a very credible tenth overall.

Congratulations Ben!

MOTIVATIONAL MEDIA 2016

Everyday Heroes was the theme for this year’s Motivational Media presentation and WWHS has once again provided ALL students with the fantastic opportunity to view this massive production on a gigantic 13m screen at no cost. The message was strong and to the point – Everyone can be a hero, it starts with just one small step!!!

- A true hero realises that it isn’t a single, massive once off act that makes a hero. Rather it is the small, consistent, seemingly insignificant daily decisions that do.
- A true hero realises that small acts have big outcomes.
- A true hero commits to small acts of sacrifice fuelled by love for others.

- A true hero recognises that we all have weaknesses, and see the value in being vulnerable to those close to them, as a means to grow stronger.
- A true hero knows the value of friendship and recognises that everyone needs support. A commitment to building others up and living a congruent life is paramount.
- A true hero understands that small decisions often go unrecognised, and nonetheless commits to making a difference in their world.
- A true hero acts with courage not bravado - not out to please the crowd, they take bold, wise risks to create change.
- A true hero overcomes obstacles and perseveres. Everyday people overcoming incredible difficulties and achieving extraordinary results.
- A true hero recognises the rights of others - people have tremendous value and should be given dignity.
- A true hero actively looks for ways to make a difference - they use what is right in front of them to create change.

Everyday heroes are the people that do these things as part of their daily lives - committed to making the world a better place. Always at the ready to act, to improve themselves to the point where the only outcome possible is that of success, to be someone’s Hero, maybe not today, but one day.

One such Everyday Hero was Casey Lyons. Casey Lyons co-founded LIVIN with Sam Webb in September 2013 in honour of Casey’s best friend Dwayne Lally who took his own life after suffering from mental illness. LIVIN is about destroying the stigma attached to mental illness and connecting and supporting each other to talk about their feelings and problems. “It ain’t weak to speak” is LIVIN’s motto. Casey has recently received Pride of Australia People’s Choice Medal. Find out more at: http://www.livin.org.au/
For more information simply visit their website http://www.motivationalmedia.org.au/