Dear Parents and Carers,

Well here we are, commencing the final term of 2106 and for some of our students, the final few weeks of their education at Wangaratta High School. The term is busy as we bring the year to a close and introduce our students to 2017 through ‘Step Up’.

Our year 12 students are busy doing their final preparations and working closely with staff to bring their knowledge and understandings to the fore in preparation for exams. It is pleasing to see these young adults applying themselves so diligently to the tasks at hand to ensure they secure their preferred futures. Many of our students are preparing for a successful entry into the workforce and have plans well underway with some already heading for interviews.

We wish all of our students in year 12 all the best for whatever they have planned to do in the future and I would like to thank our dedicated staff for the support and encouragement that they have given so freely to their charges.

Photo: Class of 2016, best wishes to those of you who will be doing VCE exams, and to all of you in what ever you pursue for your careers and future.

This week we have welcomed students from the outlying towns and who are to commence year 7 with us in 2017. These young people have taken part in a sample of the curriculum they can expect at Wangaratta High School and have been given a sneak preview of the new building facility. The kids were excited and are looking forward to next year. Thanks to Kasey Doyle for leading this and to the staff and students for supporting the transition program.

Whilst our new building is not yet fully functioning, we have been able to open up the new toilet block. The old block is now closed and the students are able to make use of the new toilets. Over the next few weeks we will be making more use of the new building as we trial a number of approaches and use the facility for a number of presentations. We will be using the new building to deliver a program on ‘Cyber safety’ to our students which has been funded by our Parents’ and Friends’ Association. This is a wonderful use of funds and will certainly address the correct use of social media amongst our students.

The recent bout of heavy rain has affected many in the community and has presented us with challenges also. The surrounding areas of the school are very wet and look likely to remain so with our kids unable able to get out on the grass for some time yet. The bus runs have been variously affected and I would like to thank all families for their understanding and support as we have addressed the safety needs of getting kids to and from school. A special thanks to Janine Andrea for her work.

Regards,

Mr. David Cummins - Acting Principal

Welcome to term 4’s Mystery Word. This term’s word has four letters, ‘N’ is the term’s first letter.

From the letters printed this term work out the word and ask a parent/carer to sign the coupon, place your coupon in an envelope with your name and answer on the front. Take the envelope to the General Office prior to the day the competition is drawn and place in the box on the front counter.

The winner will be drawn on Friday 2nd December 2016 and will receive a $250.00 voucher from Frank’s Footwear. Good Luck!
Last Thursday 6th October, 15 students represented Wangaratta High School at the Hume Region Athletics. Each individual participated to the very best of their ability and were a credit to the school.

Of the fifteen students on the day twelve of our team came away with medals and three just barely missed out. The event was held in Albury at the Albury athletics track, this was the second round of competition. The students who achieved a 2nd are considered to be in the top 16 performers in the state, of each age group for their particular event.

The schools attending on the day came from a wide area including Corryong, Cobram, Broadford, Seymour, Yarrawonga, Shepparton and Alexandra.

A big thank you to Ms Sandy Newman who did an outstanding job organising the students for the day. Driving them there and home again, ensuring that the students were prepared for each event and representing the school in an outstanding manner. Ms Newman was supported by Elise from year 11, thank you Elise.

Our Successful medallists are:

Luke: 13 boys, 2nd triple jump
Reese: 13 girls, 2nd high jump
Emily: 16 girls, 3rd triple jump
Brianna: 20 girls, 3rd 800m and 1500m
Kyle Simmonds: 20 boys, 2nd 800m
Ben: 15 boys, 2nd 800m
Jacob: 16 boys, 2nd shot put
Alice: 15 girls, 2nd high jump
Shanay Desmond: 13 girls, 2nd 100m
On Thursday 6th October, Year 9 students were privy to a fantastic opportunity when Mr Tim McCurdy MP came to speak. Over the second half of last term, Year 9 have been studying politics and learning how the Australian government system functions. To develop this understanding further, Mr McCurdy spoke to the cohort about the many different aspects of being a member of parliament and what his daily life entails. The students then asked many insightful and genuine questions, to which Mr McCurdy provided detailed answers. We are very thankful to Mr McCurdy for taking time out of his busy schedule to speak to the students.

The 2016 Wangaratta Agricultural Show presented an excellent opportunity for the WHS textile students across all year levels to showcase their talents by exhibiting a total of 125 items. A large number of students won ‘section’ prizes and show titles this year. Two students receiving major awards; Ella awarded the title ‘Best Exhibitor 18 years and under’ and Halle awarded the title ‘Year 7 & 8 most successful exhibitor’.

WHS textile students have worked tirelessly to design and produce garments and textile articles that they were proud to display to the broader community of Wangaratta. Congratulations to all participating students.

Section winners were as follows:

### MAJOR AWARD WINNERS:
- Ella Yr 12, 18 years and under most successful exhibitor.
- Halle Yr 7, Year 7 & 8 most successful exhibitor.

### STUDENT | PRIZE | SECTION
--- | --- | ---
Olivia | First prize | Year 7 & 8 Pin cushion
Halle | First prize | Year 7 & 8 tote bag
Dakota | Equal second prize | Year 7 & 8 Pin cushion
Shania | Equal second prize | Year 7 & 8 tote bag
Shania | Equal second prize | Year 7 & 8 tote bag
Aninika | Equal second prize | Year 7 & 8 tote bag
Ebony | Highly Commended | Year 7 & 8 tote bag
Macy | Highly Commended | Year 7 & 8 tote bag
Layla | Highly Commended | Year 7 & 8 tote bag
Halle | Highly Commended | Year 7 & 8 Pin cushion
Ebony | Highly Commended | Year 7 & 8 Pin cushion
Alyssa | Equal First prize | Year 9 & 10 cushion
Nathan | Equal First prize | Year 9 & 10 cushion
Erin | Second prize | Year 9 & 10 cushion
Riley | Highly Commended | Year 9 & 10 cushion
Ella | First prize | After 5 full length dress
Chloe | Second prize | After 5 full length dress
Chloe | Highly commended | After 5 full length dress
Ella | First prize | After 5 cocktail length dress
Lauren | Second prize | After 5 cocktail length dress
Triarn | First prize | Little black dress
Paris | Second prize | Little black dress
Abbey | Second prize | Casual day wear
Ella | Ella Lowe | Casual day wear
Sarah | First prize | Stretch sewing
Sarah | second prize | Stretch sewing
Chloe | First prize | Casual day wear
Alex | First prize | Sewn article
Bridey | Second prize | Sewn article

Congratulations to all students who contributed items to the Wangaratta Show.
When I started the last year of my schooling, I was nervous and unsure what the year was actually going to be like. I’d heard the stories from those in years above me, but I was yet to experience year 12 myself in all its glory.

During year 12, and in the time between school finishing and starting my tertiary education, I experienced a lot. I learned a lot. So I’ve compiled the things I learnt into a list of the things I wish someone had told me when I was scared and worried about starting year 12.

1. **Balance is important**
Year 12 is a year of hard work and huge commitment, but it’s also a very social year with many chances to step outside the education bubble and let your hair down, especially with the 18th birthday parties that seem to be held almost every weekend. With so much going on it can be hard to find a balance between study and life. "Balance" is a word you’ve probably heard before, from every year level coordinator, education expert, psychologist and everyone else with an opinion. Well you’re going to hear it again from a former student who didn’t have a good balance and got very sick as a consequence. That would be me.

I let my year 12 studies consume my life. I focused so hard on studying, for ridiculous periods of time, and completely reneged on maintaining a healthy body and relationships. I didn’t find a balance, and I look back on the year now and wish I had. You have 24 hours every day and it’s possible to do everything that you’re required to do in that time period, once you find that balance.

Keep up hobbies and leisure activities, and talk to someone if things are getting overwhelming. Remember: everyone at your school is on your side and looking out for your mental health.

2. **Don’t compare yourself to others**
It’s easy to get caught in the trap of comparing your marks/results/whatever to those of your friends or peers. Try to avoid this. All it does is get you frustrated with your own marks and make you doubt your abilities - which isn’t helpful in the slightest.

Keep in mind that everyone completing year 12 has different circumstances. As much as VCAA tries to make year 12 a level playing field for all, the reality is that it’s not a level playing field. Everyone has different abilities, knowledge and skills, which means you shouldn’t compare yours to those of another.

3. **Find your own best way to study**
Throughout the year, you’ll have people telling you how to study, when to study and what to study. You should probably listen when you’re told what to study, but as for how and when, don’t take them too literally.

Year 12 is all about independent learning and finding out how you learn best. This means discovering how you study. You might learn best by drawing pictures and diagrams, making up songs with matching dances, or you might learn by simply writing things down.

As well as experimenting with different methods of study, try studying at different times of the day. You might be sharpest of an evening, rather than the morning! If you know yourself and how you study, learn and remember, you will have a better chance of knowing your coursework.

4. **Actually try in the GAT (no really - try)**
You probably all know about the General Assessment Test (GAT) from older students and their advice and wisdom, or maybe even personal experience. It’s a strange test, stretching over three hours with two writing tasks and 70 multiple choice questions that quite often have you scratching your head.

For years students have been dissatisfied with their GAT. You often hear things such as, "Well that was three hours of my life I’ll never get back!" and "They should call it the GWT- the General Waste of Time!"

The GAT is by no means a waste of time, though. It could very well save a year’s worth of hard work if you happen to fall sick around exam time.

The GAT is essential to formulating a Derived Examination Score - should you be unable to attend an end of year exam because of extenuating circumstances, the DES is the score that you get for the exam. It is a prediction of your outcome, based on GAT and SAC scores. So as tiresome as it can be (I know this from personal experience) stick it out and do your best. Because it’s worth it.

5. **SACs are intended to prepare you for exams**
School Assessed Coursework (SACs) is the closest you’re going to get to an exam situation throughout the year, especially with regard to time constraints. Use your SACs to practise completing assessment tasks in allocated times.

That practise is absolutely essential and will give you an advantage in the exam. It will also help you to feel at ease and less pressurred when having to write a lot in such a short amount of time. Treat every SAC like you would an exam - lose the phone, arrive with the right supplies and forego chatting in class. That way, you’ll be much more prepared to tackle a real exam.

6. **Don’t stress too much**
Year 12 isn’t the be all and end all. Promise. I’m not going to tell you not stress at all, because I know that’s not going to happen. So many people told me not to stress. I laughed at them (you might call me a "highly strung" person).

Unfortunately, the build-up through the schooling journey towards year 12 doesn’t help to dispel the unnecessary hype around the ATAR, and the stress that many students feel about it. Is it a ranking of all of the year 12 students in Victoria? Yes. Does it measure intelligence or individual skill? No, not at all. In simple terms, the ATAR is basically a measurement of who can remember and apply the most knowledge in an exam situation. It doesn’t take into account personal circumstances and most certainly doesn’t define you as a person.

What I will tell you though, student to student, is: it doesn’t matter if you don’t finish the year the way you want. It doesn’t matter what ATAR you get. Because if you want to do something more than anything, then nothing will stop you. Not an ATAR, not a year 12 result.

Of course a high ATAR is a great thing to have, but there are lots of pathways to anywhere that you want to go. Sometimes, instead of taking the direct route, you just have to take the scenic one instead.

The administration office has new opening hours.

These hours are daily from:
8:00am until 4:30pm

For student absences please contact the absentee line
57 230 515

Lunchbox ideas…….

Its already Term 4 and ideas for what to bring for snacks & lunch are getting thin. Check out this website for some new ideas to fill your students lunchbox.  https://kidshealth.org/en/teens/recipes/#catrecipes

It’s a great idea to start cooking at home, making something good for school lunchbox’s and a great way to spend time together in the kitchen and teaching some valuable skills to you children.
NEWS FROM THE SCHOOL NURSE

Last school holidays I was fortunate to attend a presentation by Greg Gebhart from the e-Safety commission about Digital Citizenship and E-Safety. Some interesting facts were:

- Most children’s digital footprint is commenced on the day they are born
- 10pm - 12midnight is the peak time for Australian teenagers to be using the internet
- Most young people are very trusting and believe online information
- 50% of young people have taken a naked or semi-naked photo of themselves and ¼ of those photos have been seen by someone else
- There are many apps available for secret storage – eg a calculator app that stores hidden content
- Exposure to inappropriate content is most likely to have occurred by 5 years of age

Some pretty frightening statistics, however the good news is the e-Safety commission which commenced about a year ago is a great website with up to date information and it also has powers to assist when there are problems. One of the roles of the commission is to remove any inappropriate/offensive/bullying content, contact the offender, warn them, contact parent/guardians, and if there is not a satisfactory outcome the police will be contacted. Greg stated that they have had offensive material removed within 20 minutes and the longest it has taken is 6 hrs. He also said that in hundreds of cases they have only had one person reoffend. The website is www.esafety.gov.au

Keep those conversations happening with your child about online content and safety. Have a look at the eSafety chart below……….

RU OK DAY

Many people have heard of the day but are not quite sure of where it has come from. In 1996, much-loved Barry Larkin was far from OK. His suicide left family and friends in deep grief and with endless questions. In 2009, Gavin Larkin chose to champion just one question to honour his father and to try and protect other families from the pain he endured. He worked on a documentary to raise awareness but realised this was not enough…. He was a firm believer that a conversation could change a life……. His goal was ensuring all Australian’s realise a little question can make a big difference to those people struggling with life. RUOK? was born.

On the last day of Term 1 I organised RUOK DAY? for the middle school. With a short presentation at the middle school assembly followed by a hot milo and wristbands….along with a great DJ and Todd on the skipping rope for entertainment.

Thanks to Todd and the other wellbeing team members for helping on the day, Logan and the great DJ!

Remember, it does not take long to see if someone is OK!

Thanks Mel – School Nurse

SUN SMART

A reminder to students, families and staff that in terms one & four our summer uniform policy is in place. Please ensure that your child has a hat to wear to school, sunscreen on and that they bring plenty of water to keep hydrated.

![SunSmart](image)

Slip Slop Slap Seek Slide

Protect yourself in five ways from skin cancer

![SunSmart](image)
**LITTLE ATHLETICS 2016/17**

**2016/2017 Little Athletics Season**

ALL REGISTRATIONS MUST BE COMPLETED ONLINE AT www.lavic.com.au BEFORE ATTENDING

Online Registration Portal opens 12th August
Sept 26th- 10am-12noon
Oct 5th,10th,19th- 4.30-5.30pm
Bill Eaton Reserve on Appin Street
Season commencing Friday, October 7th 2016
Keep up to date by visiting
Facebook:www.face.com.au/wangaratta20
Website:www.wangarattalac.com.au

PROOF OF AGE FOR NEW ATHLETES: Birth certificate/Passport

If you have any questions please contact: Maree Johnston (Registrar) 0418 377 057

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**WHS Our Values**

Our **Core Values** at Wangaratta High School are shown below. These values underpin our thinking and conversations with students, parents and colleagues.

**Core Values:**
- Ready to learn
- Safe
- Respectful
- Personal best

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**BREAKFAST CLUB**

The Breakfast Club invites the WHS school community to enjoy a hearty breakfast every Wednesday morning at 8.00am until 9.00am near the Food Technology area between the M and the Senior Years Learning Community.

There is delicious food on offer such as eggs, pancakes, toasted sandwiches, fresh fruit, hot drinks, fruit juice and much more. Staff and students are welcome to enjoy a free and wholesome breakfast to start their day in an informal and relaxed social setting.

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**VISITING THE SCHOOL**

We would like to remind parents, carers and friends of the Wangaratta High School community that when visiting the school you must do this through the General Office.

The office staff will assist you with your enquiry. Entry to the school must be from the Edwards Street entrance. We have a duty of care to all of our students to ensure the school’s grounds are safe and orderly.

If a parent or carer needs to contact their son or daughter, please ring the office and a message will be given to your child. Messages can only be accepted and delivered to students before 3.15pm unless there is an emergency.

By working together we can create a safe and positive learning environment for all.

---

**STUDENTS ARRIVING LATE**

Students who arrive late to school must bring a note indicating why they are late. This note is to be given to the Attendance Officer in the General Office when they arrive and this will be recorded.

Parents/carers will be asked to provide a reason for the student’s lateness.

We ask that all students and parents follow this process in order to assist us with accuracy in our attendance records.

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**CHINA Antipodeans Wine Sale**

Please fill in the form below and return it, and monies to main office at Wangaratta HS by **Friday 21st October**

These wines are easy drinking local wines at an affordable price.

Now is the time to stock the shelf for the Melbourne Cup holiday or even Xmas!

Apart from enjoying a nice tipple, you will be helping the Staff Social Club raise money for the Antipodeans Cultural Expedition building project in Shangri La, China.

Each wine needs to be ordered in boxes of a dozen.

Some wines will be as clean skins (no label). There are 4 wines to choose from and all sales are cash only.

Wine can be picked up at Wangaratta HS on a date to be advised.

All profits go directly towards the Antipodeans expedition community project.

Name:__________________________________________________________

Email Address:____________________________________________________

Mobile Phone: ____________________________________________________

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Name:__________________________________________________________

Email Address:____________________________________________________

Mobile Phone: ____________________________________________________

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USEFUL PHONE NUMBERS AND ONLINE SERVICES FOR STUDENTS, CARERS AND PARENTS

**USEFUL PHONE NUMBERS**

**BEYOND BLUE & YOUTH BEYOND BLUE**
1300 224 636
24 hours a day/7 days a week
https://www.beyondblue.org.au/

**LIFELINE**
13 11 14
24 hours a day/7 days a week
https://www.lifeline.org.au/
Online – 7pm – 4am

**KIDS HELPLINE**
1800 551 800
We care we and listen, anytime and for any reason.

**PARENTLINE**
13 22 89
8am – 12pm
7 days a week

**CAR PARKING AREAS**

Parents are asked not to enter the staff car park at any time. This area is for staff parking only.

With the increased use of headphones, students need to be reminded that they must take extra care when crossing roads.

Please be patient and wait for cars and buses to move so that you have clear vision before crossing. Use the available crossings and traffic lights to ensure your own safety, and please look out for others.

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**SESSION TIMES**

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<tr>
<th>Monday, Wednesday, Friday</th>
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<tbody>
<tr>
<td>8:45am (Staff Only)</td>
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**CSEF ASSISTANCE**

**CAMPS, SPORTS & EXCURSIONS FUND (CSEF)-DAIRY ASSISTANCE**

As part of the Victorian Government’s dairy assistance package the Camps, Sports and Excursions Fund (CSEF) is being extended to students currently enrolled in government and non-government schools whose parents own, share-farm or lease a dairy farm business; or those people whose primary occupation is working on a dairy farm.

For further information please contact Kylie Fountain, Finance Liaison Manager, the forms can be obtained from the administration building.

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**VCAL**

It was perfect timing, the sun finally came out and it was a great day for a BBQ. The VCAL students were again holding another fund raising activity to support their Leadership trip to Melbourne. Through out the year the students have been working hard on many fundraising activities developing their leadership and group work skills.

PHOTO: Jason, Daniel, Zac and Liam.
UP COMING EVENTS

BENALLA LALWN TENNIS CLUB
91st Annual Tournament
29 Oct - 1 Nov 2016

Our 91st Annual Tournament will be held from the 29th of October to the 1st of November in 2016.
- 29 Oct (Sat) – Singles (Please note change of days)
- 30 Oct (Sun) – Mixed Doubles and Trivia Night
- 1 Nov (Tue) – Doubles.
We hope you can join us for our annual event which we hope will grow from strength to strength in this new timeslot. The timing not only avoids other tennis tournaments around the region but also brings us into the very popular and successful Benalla Festival, something which adds to the experience of all players over the three days.
We are also pleased to advise that Junior events this year will be part of the Medibank Junior Development Series.
Entry form: Click here
For enquiries on our 91st Annual Tournament contact Pjewell1@bigpond.com
World Mental Health Day
October 10th 2016

It is important to openly talk about mental health, it’s a good way to try and break the stigma attached to it.

- Each year approximately one in five Australians will experience a mental illness.
- Mental illnesses are the third leading cause of disability burden in Australia, accounting for an estimated 27% of the total years lost due to disability.
- Prevalence of mental illness decreases with age, with prevalence greatest among 18-24 year olds.
- Many violent people have no history of mental disorder and most people with mental illness (90%) have no history of violence.

With the statistics clearly outlining the prevalence of mental illness in our community we all should take a moment to check in and make sure our friends, work mates, fellow students and family are all OK. Remember a conversation has the potential to make someone’s day better then without the conversation.

Take the time to read ‘Ten Tips of 10/10 – To help maintain mental wellbeing’. You may feel you don’t have the need for it, but someone else in your life might.

References:
Northeast Health Wangaratta and ATEL Clinical School Based Traineeships 2017

In 2016 we will offer local secondary students the opportunity to apply for three paid Clinical traineeship positions working one day per week (THURSDAYS) at Iloura Aged Care facility-Northeast Health Wangaratta during 2017

Trainees will study the Certificate Three in Individual Support (Aged Care) qualification delivered by GOTAFE. This will replace one school subject during their school year.
All students will complete core units including work health safety, infection control and confidentiality. Then students will complete electives related to support and care of elderly residents. All theory is delivered by GOTAFE. Please note this traineeship requires students to work directly with patients and involves direct care for aged care clients. E.g. showering, dressing, assisting with meals and mobility.
Gain a nationally recognised Certificate III in the chosen field of industry.
Acquire skills and theory related to study for the Diploma of Nursing or Bachelor Nursing
Greater career, study and employment options will also be available to you.
School-based can give credits towards VCE or VCAL studies.

If you are interested in a school-based or want to know more, log onto www.atel.com.au to register. Enquiries regarding school-bases are welcome and can be directed to ATEL’s Wangaratta office on (03) 5720 0100

Northeast Health Wangaratta and ATEL Non clinical School Based Traineeships 2017

In 2016 we will offer local secondary students the opportunity to apply for seven paid NON Clinical traineeship positions working one day per week (TUESDAYS) at Northeast Health Wangaratta during 2017.
NON Clinical positions on offer for 2017 are:
Supply & Logistics—warehouse, stock supply
Business Administration- secretarial work , ward clerking
Finance & Accounting—budding accountants
Maintenance— for those interested in a trade career
Kitchen /Hospitality services—budding chefs and cooks
Cleaning/Orderly—cleaning and supply of line, patient transport
Instrument sterilisation and preparation ** NB this is a Certificate three qualification and occurs THURSDAYS (see more information below)
Trainees will study the Certificate Two in Health Support Services qualification delivered by GOTAFE. This will replace one school subject during their school year.
All students will complete core units including work health safety, infection control and confidentiality. Then students will complete electives related to the profession they are training in i.e. business studies, accounting, supply, kitchen services.
All theory is delivered by GOTAFE onsite at NHW monthly **except the instrument sterilisation course which is via Mayfield online
Gain a nationally recognised Certificate II or III in the chosen field of industry.
Greater career, study and employment options will also be available to you.
School-based can give credits towards VCE or VCAL studies.

If you are interested in a school-based or want to know more, log onto www.atel.com.au to register. Enquiries regarding school-bases are welcome and can be directed to ATEL’s Wangaratta office on (03) 5720 0100 or to Di Ward at NHW nhwstudentemail@nhw.hume.org.au
At Wangaratta High School we place each child at the centre of our thinking. Our focus is to ensure that every child becomes a confident, curious, creative and independent thinker and learner who is able to achieve their personal best. We model and nurture respectful relationships to create a positive environment in which every child can thrive. Our school is a vibrant, innovative learning community based on the principles of quality learning. Our highly skilled teachers design and activate a broad range of programs to engage and challenge, excite and inspire every young person to pursue their unique pathway. Through structured and flexible learning opportunities we empower students to explore and negotiate their learning so that they can make a difference in their school, local and global communities.