

JERRAMUNGUP DISTRICT HIGH SCHOOL NEWSLETTER

Term 2 Issue 1 2025

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Home Economics



Multicultural food and Sensory properties were two topics covered in Term 1 for our Year 8 -10 students. Bibimbap, Chinese Pork dumplings and Toad in the hole (REAL Toad in the Hole) are just a few of the dishes that the students tried from across the globe. In Year 8 we looked at how the different properties of foods are affected once cooked and how these effect the final product. This term the Year 8's are looking at how nutrition changes at each life stage from Pregnancy and Birth to Death – taste testing baby foods will be a highlight of this terms program of work. The Year 9-10's are looking at preserving food and cooking recipes based on these techniques.





Year 7's have been lucky to be doing Textiles!!! We have made pin cushions, tissue holders and are currently working on Pencil Cases. We made our own Tie Dye shirts at the end of Term 1, and they look Fantastic!!!!



Principal's Address – Mrs Robb

Welcome to Term 2

Term 2 has started off in a whirl and we find ourselves already at the end of Week 3 with a mountain of school activities yet to come. Teachers are working closely with students in all the classes to choose and begin learning their piece of text for the speech competition. While we understand that public speaking is not everyone's "thing", all students are encouraged to participate. We appreciate parent support with this, particularly by encouraging and working with them to learn their text. Remember their text does not have to be a long and difficult piece of text to learn and it does not necessarily have to be a poem it can be a descriptive text about how to ride a motor bike, it can be a text written about something that interests them or the words to a song. Encouraging your child to attend on the day of the heats is also strongly recommended.

Miss A has also started prepping classes for the Cross Country which is happening in Week 6. Thank you to all those parents who have volunteered to help on the day.

CodeCrush

Big congratulations to Jonte Lowson and Temperance Wise who have been selected to attend a CodeCrush Camp being hosted at Murdoch University later this term. Through CodeCrush it is hoped that a larger movement is sparked across Western Australia for more young females to pursue IT as their career. We wish them all the best and can't wait to hear about their exciting experiences.

School Uniform

Jerramungup DHS has a very smart looking uniform that as visitors who attend the school quite often say it is smart and looks great when all our students are together. All our students wear their uniform with pride and there is not often anyone is seen to be out of uniform. I have had to remind a few students though lately that when they are wearing their uniform outside of school or taking pictures of themselves and posting them on social media platforms that they are also choosing to represent the school in a certain way. Whilst I do receive comments from the public about positive things that have happened as they have seen students in the uniform and know that they belong to us, I have had some phone calls and discussions with community members about things they have seen online or heard in public from students wearing their uniform that aren't so great.

It is just a timely reminder that whether you have your uniform on at school, at the park or down at the sports club you are representing Jerramungup High School wherever they are.

Social Media Platforms

It was brought to our attention this week that Jerramungup DHS had gained itself a Tik Tok account, it has since been taken down. Whilst that was troubling, when we were investigating the owner of the page, the videos that were posted and the followers of the page it was quite alarming to see that more than half of the students that were following this page on Tik Tok had their settings set as public which means that anyone, anywhere can access their content, information or send them a direct message.

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Some of the students had more than 450 followers – I could almost guarantee that at that age they do not know 450 people who would be following them as friends on social media. It was also noted that pictures of some students were posted as well. While these pictures were harmless, they were posted without that person's permission which can get any person in a whole lot of trouble.

On November 28, 2024, the Australian Federal Government passed the Online Safety Amendment (Social Media Minimum Age) Bill. The new legislation will make it **illegal for anyone under the age of 16 to use certain social media platforms starting in 2026.**

This includes Snapchat, TikTok, Facebook, Instagram and X.

The legislation aims to protect young Australians from online harms and ensure their safety and well-being. Social media platforms will be required to take reasonable steps to enforce this age restriction. In good time, the Government has indicated they will provide guidance for parents, carers, and children to help them navigate this change.

This means that if your child will be 15 or younger in 2026, it is advisable to start preparing now by removing their access to social media.

Additionally, if you have not yet given permission for your child in this age range to use social media, we strongly advise against doing so.

From the introduction of this Bill onwards, our school will face significant limitations in addressing bullying concerns that originate on social media.

If a student has a social media account which contravenes the new legislation, our capacity to intervene in issues such as cyberbullying, inappropriate content, or other social media-related concerns will be more restricted.

Practical Steps for Supporting Your Child's Digital Wellbeing

Here are actionable steps you can take to make a big difference:

1. **Consider Saying 'No' to Smartphones:** If your child needs a phone, opt for a basic 'dumb phone' without social media apps.
2. **Gradual Introduction:** Start with a restricted and graduated approach to devices to encourage responsible use.
3. **Keep Phones Out of Bedrooms Overnight:** Charge devices in a common area to support better sleep.
4. **Set Clear Expectations:** Use a mobile phone contract to outline rules and consequences from the start.
5. **Monitor Apps and Privacy Settings:** Know which apps your child uses, follow their accounts, and ensure privacy settings are set to the highest level.
6. **Have Open Conversations:** Talk about what they post and why they post it and even consider the long-term impact of what you post about them.

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7. **Encourage Speaking Out:** Support your child in addressing poor online behaviour, whether by reporting it or calling it out respectfully.
8. **Discuss Image Sharing:** Emphasise the importance of never sharing inappropriate images or videos and the risks involved.
9. **Set Time Limits:** Limit screen time on school nights and during holidays to encourage a balanced lifestyle.
10. **Create a Tech-Free Hour Before Bed:** Blue light disrupts sleep patterns, so ensure all devices are off well before bedtime.
11. **Ban Phones at the Dinner Table:** This applies to everyone, including parents, to foster connection and conversation.
12. **Schedule Digital Detox Days:** Plan regular breaks from technology to help reset and recharge.
13. **Teach Reporting Tools:** Encourage your child to report inappropriate behaviour to the eSafety Commissioner, the police, or the school when needed.

These small steps can make a big difference in helping your child navigate the online world safely and responsibly.

Helping young people navigate the digital world successfully requires teamwork. While the school sets boundaries during school hours and provides education to empower students, the reality is that parents are the primary influence in their child's digital life. The habits and behaviours formed at home have the most lasting impact, and this is where parents play a pivotal role.

Schools cannot do this alone, nor should they. Parents must take the lead, and schools are here to support you.

We support your efforts at home by collaborating with experts like Holly-Ann Martin from Safe 4 Kids to provide practical tools and strategies. Holly-Ann will be delivering her message to students, teacher and parents at the beginning of Term 3. This will help create a united approach to ensure your child's online and offline wellbeing



High School Basketball Competition

In Week 9 of Term 1, the spirit of friendly rivalry was alive and well as students from Jerramungup District High School, Ravensthorpe District High School, Gnowangerup District High School, came together for the first round of the Interschool High School Sports Competition.

Hosted at Jerramungup DHS, students competed in a series of round robin basketball games, showcasing great sportsmanship, teamwork, and determination. All teams put in a strong performance, with many close and exciting matches throughout the day. Congratulations to Jerramungup, who came away with the overall win!

A big thank you goes to those who volunteered their time to umpire, Vanessa Maskey, Nicole Hollis and Rowie Martin. Thank you for giving up your time to support our high school students.

Another massive thank you goes to our amazing P&C, who generously provided snacks and lunch for all students and staff attending the event. Your support is always appreciated and helped keep everyone fuelled and energised.

The competition continues in Term 2, with the next round to be held again at Jerramungup DHS — this time featuring round robin netball. We're looking forward to another fantastic day of interschool sport and the chance to catch up with our neighbouring schools once again. See you all there!



Easter Raffle

In the lead-up to the Easter break, JDHS was buzzing with excitement as the annual Easter Raffle took centre stage. Thanks to the generosity of our school and wider community, we were able to collect a fantastic range of donations including Easter eggs, baskets, books, lollies, and more—enough to create over 40 amazing prize packs!

Our Student Council took the lead in organising the raffle. They carefully arranged the prizes and sold tickets during recess and lunch times over several days. Their efforts paid off, with the raffle raising nearly \$700—a tremendous result that will go towards future Student Council projects and school initiatives.

Congratulations to all our lucky winners, and a heartfelt thank you to everyone who donated items or bought tickets. Your support made this event a great success and helped spread plenty of Easter cheer across our school.



ANZAC Celebration

Last term, JDHS came together as a school community to honour ANZAC Day with a commemorative service. Led by our Student Council, the ceremony reflected the spirit of remembrance and respect that ANZAC Day represents. Students worked collaboratively to prepare beautiful floral wreaths, which were laid as a symbol of gratitude for those who served. Representatives from each year group took part in the ceremony at the flagpole, where they played a key role in marking the solemn occasion.

Although there were some technical difficulties on the day, the service continued with grace and dignity. We are proud of the maturity and leadership shown by our students, particularly those on the Student Council, whose planning and presentation ensured the service was both meaningful and memorable.

Lest we forget.



Mother's Day Morning Tea

The school was alive with warmth and joy as our Kindergarten to Year 2 students hosted a beautiful **Mother's Day Morning Tea**, celebrating the incredible mums, grandmas, and special women in their lives.

Guests were treated to a morning filled with love and laughter as students proudly led their loved ones through a range of thoughtful and creative activities. From handmade picture frames and colourful bracelets to nail polish stations and mini hair salons, there were smiles all around as little hands worked hard to pamper their special guests.

Craft tables offered bookmarks and paintings made with love, while each station was a chance for children to show just how much their mums and grandmas mean to them.

To make the morning even sweeter, a delicious morning tea was served, giving families the chance to relax, chat, and enjoy each other's company.

It was a joyful celebration of love, appreciation, and togetherness. A heartfelt thank you goes out to all the staff, volunteers, and families who made the morning so memorable — and of course, to our wonderful mums and grandmas, who are cherished every day.



Term 2 Planner 2025

2025

Jerramungup DHS Planner

Term Two

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	28 Apr Student Development Day	29 Students resume	30	1 May	2	3	4
2	5 May	6	7	8	9	10	11
3	12 May	13 Food Sensations k-6	14	15 Newsletter	16	17	18
4	19 May	20	21	22 Year 1/2 Assembly	23 Musica Aviva	24	25
5	26 May	27	28	29	30	31	1 Jun
6	2 June WA DAY	3	4	5 Cross County (PM) Newsletter	6 High School Netball Carnival -TBC	7	8
7	9 June	10 School Photos	11 Yr 10 Excursion – Albany Yr 7-9 Incursion Speech Comp Heats	12 High School Assembly	13	14	15
8	16 June	17 Speech Comp Finals	18	19	20 Lightening Carnival Wagyl/Kaip H/S Excursion	21	22
9	23 June	24 Report Interviews	25	26 Speech Comp Assembly Newsletter	27	28	29
10	30 June	1 July	2	3 K/PP Assembly	4 Students last day	5	6
H	7 July	8	9	10	11	12	13
H	14 July	15	16	17	18	19	20

Start and End of Term
Public Holidays
School Holidays (students)
School Development Days

Canteen Menu – Term 2, 2025



Canteen Manager: Denise Lee

TERM 2 - 2025 Winter Menu

Phone: 0439579647

RECESS		SANDWICHES FRESH OR TOASTED	HOT FOOD
A Ham & Cheese Scroll	\$1.50	(GF & Lactose free available)	A McCains Pizza \$5.00 or 2 for \$8.00
A Muffin	\$2.00	G Chicken & Salad \$4.50	(Ham & Cheese or Hawaiian)
A Hash Brown	\$2.00	G Ham & Salad \$4.50	(GF and Lactose free available)
A Toasted Cheesie	\$2.00	A Cheese \$3.50	A Mrs Mac's Sausage Roll \$4.50
(GF and Lactose free available)		A Ham & Cheese \$4.00	(GF available)
G Banana Smoothie	\$3.00	A Chicken, Cheese & Mayo \$4.50	A Chicken Fingers (6) \$4.00 (10) \$6.00
(lactose free available)			A Spaghetti Bolognese JNR \$4.50 SNR \$6.50
A Chocolate Cake	\$3.00	WRAPS FRESH OR TOASTED	A Tomato Sauce in a cup (refillable) 20c
A Milo	\$1.50	G Chicken & Salad \$5.50	
ICY POLES	50c	G Ham & Salad \$5.50	DRINKS
Our Canteen uses STAR choice registered products: Green Choice (G): very healthy Amber Choice (A): select carefully		A Ham & Cheese \$4.50	G Milk Box (200ml) \$2.50
		A Chicken, Cheese & Mayo \$5.50	A Juice Box (250ml) \$2.50
			(Apple/Blackcurrant, Orange or Apple)
			G Bottled Water (600ml) \$2.50
		Salad: Lettuce, Carrot, low fat cheese	

TERM 2 DAILY SPECIALS

Week 1&2	Week 3&4	Week 5&6	Week 7&8	Week 9&10
Recess	Lunch	Recess/Lunch	Recess	Lunch
Choc Chip Hot Cross Bun	Ham & Cheese Croissant	Meal Deal Recess – Hash Brown and Milo Lunch- Pizza	3 Sprinkle Pikelets	Nacho Bowl
\$2.00	\$5.00	\$8	\$2.50	\$6

PARENT HELPERS

Week		Wednesday		Friday	Week		Wednesday		Friday
1	30/4	Becky Johnson	2/5	Dael Parnell	6	4/6	Vicky Cuthbert	6/6	Jess Brown
2	7/5	Tina Harding	9/5	Zaskia Pretorius	7	11/6	Ali Hocking	13/6	Shelley Turner
3	14/5	Suzie Solomon	16/5	Ashton Armstrong	8	18/6	Mel Smith	20/6	Tai Grace
4	21/5	Rowie Martin	23/5	Tina Parsons	9	25/6	Liv Goundry	27/6	Nicole Hollis
5	28/5	Kirstie Viljoen	30/5	Alyce Langdon	10	2/7	Arianne Zahra	4/7	Katie Tapscott

OPENING HOURS: Wednesday & Friday 8:30am to 1:30pm

How to order:

QuickCliq online ordering system: Register online at <https://quickcliq.com.au/> The cut off for ordering is 8:15am on canteen days.

Cash: write your order, child's name and year on a brown paper bag. Where possible we will ALWAYS supply your child with what they have ordered, in the event that stocks are low or we have run out, we will substitute with another item.



THANKYOU FOR YOUR CONTINUED SUPPORT!

Parent Communication

Pre-primary bicycle track upgrades

I would like to thank all the people who helped and donated their time, equipment, materials and skills to improve the pre-primary bicycle track. The first part of the bike track was completed way back in 1997, when Dean Hislop was a young student, and his dad Paul was involved in a busy bee constructing it.

As a kindness to our school Giovanni Felesina pulled out all the stops and got everyone on board back in January and February of this year. Jeremy Wisewould kindly loaned us an excavator, and Giovanni helped me lay out the figure 8 formation groundwork. On the 25th of February, a team of hardworking locals, Dave Turner, Kyran Brooks, and Dean Hislop helped Giovanni pour the concrete that was delivered by Cast-Tech group from Gnowangerup. The end results speak for themselves. The kindy and pre-primary students are very appreciative.



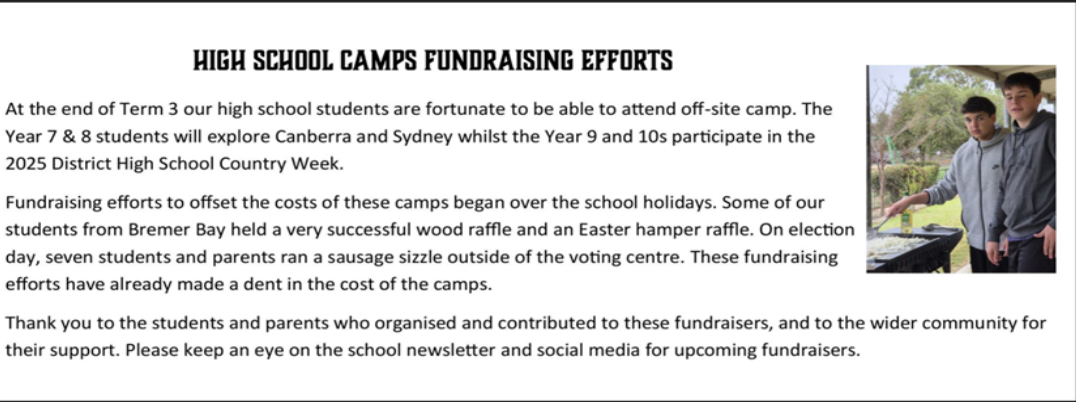
Parent Communication

HIGH SCHOOL CAMPS FUNDRAISING EFFORTS

At the end of Term 3 our high school students are fortunate to be able to attend off-site camp. The Year 7 & 8 students will explore Canberra and Sydney whilst the Year 9 and 10s participate in the 2025 District High School Country Week.

Fundraising efforts to offset the costs of these camps began over the school holidays. Some of our students from Bremer Bay held a very successful wood raffle and an Easter hamper raffle. On election day, seven students and parents ran a sausage sizzle outside of the voting centre. These fundraising efforts have already made a dent in the cost of the camps.

Thank you to the students and parents who organised and contributed to these fundraisers, and to the wider community for their support. Please keep an eye on the school newsletter and social media for upcoming fundraisers.



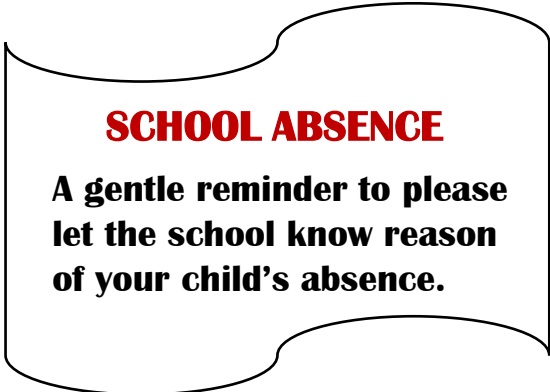
SCHOOL ABSENCE

**A gentle reminder to please
let the school know reason
of your child's absence.**



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**National Walk to
School Day**

**Join the JDHS
Walking School
Bus**

16/5/2025

Start at 29 Derrick Street at
8.20am

Students are welcome to
join the bus as we walk past.

A map showing the walking school bus route. The route is marked with a red line and arrows, starting at 29 Derrick St (marked with a red dot) and ending at 29 Derrick St (marked with a red dot). The route passes by the school building and the playground. The map includes street names: Derrick Street, School Street, and the playground area. Two cartoon children are shown running towards the route. Text on the map indicates the start at 29 Derrick St @ 8.20am.

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[Contact Us](#)

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