

High School Highlights

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Issue 6 2013



Open Day

Apex Teen Fashion Awards

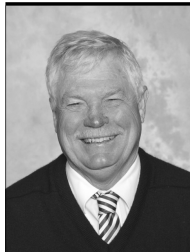


Jycara Stewart



Hayley Simmons





Alby Huts

Principal's Report

You may have seen reports in the media regarding a new funding model that is to be introduced for public schools in 2014.

Recently I have attended several Wheatbelt Education Region Principal's briefings regarding the changes to the staffing and funding allocations for schools in 2014. Consequently I have briefed our staff, School Council and P&C President about the likely changes and the implications for Narrogin Senior High School.

For Narrogin SHS this has meant some reduction in staff and funding for 2014.

In our planning for 2014 we are working to ensure that our students will be able to access courses that are currently available at Narrogin SHS.

The new student-centred funding model is based on equity of funding for individual children. This model was informed by a comprehensive review conducted by Professor Teese from the University of Melbourne's Centre for Research on Education Systems. Next year will be a transition year with schools moving towards a one line budget in 2015.

This means that in future all school funds, and teacher and support staff time will be based on the exact number of children attending our school as well as extra allocations for Aboriginality, Social Disadvantage, English as an Additional Language or Dialect (EAL/D) and Disability. Some further allocations will be based on site factors such as Locality (or geographical disadvantage).

Therefore it is really critical that you inform us as soon as possible if your child or children will not be attending Narrogin SHS in 2014.

With the introduction of Year 7's into secondary schooling and our Year 12 half-cohort leaving at the end of next year we expect our student enrolment to increase by about 200 to nearly 800 in 2015. This should mean a significant increase in teacher numbers for 2015.

Parents and carers can rest assured that the staff at Narrogin SHS will continue to provide a meaningful, well-balanced, engaging and purposeful curriculum to your child.

In years past our school has had allowances to provide a wide variety of additional programs that cater for students at 'point-of-need', these funding reductions will **not** mean these programs will cease entirely but some small changes are imminent. The staff and I will work increasingly hard to ensure we continue to provide the very best educational opportunities for your child.

Further information about school funding changes is on the Department website at det.wa.edu.au/schoolsandyou

Narrogin SHS Open Day

Despite the weather, the Federal Election, AFL and other local events our Open Day was an extremely successful event and enabled us to showcase what Narrogin SHS has to offer. On behalf of the Open Day Committee thank you to everyone who made this such a special community occasion.

Apex Teen Fashion Awards

This wonderful evening conducted in our school gymnasium saw an audience of over 300 enjoy watching 48 students from Wagin DHS, Katanning SHS and Narrogin SHS model the exquisite outfits that they had designed and made. Thank you to everyone who assisted in making this awesome event possible.

Prefect and Student Council Handover

Congratulations to all students who received awards for excellence at our assembly this week. Staff, students and their families are to be applauded for working together to achieve such results.

Congratulations also to our newly elected School Prefects and Student Councillors who were presented with their badges by the outgoing Prefects and Councillors. Thank to all Prefects and School Councillors for their contribution throughout 2013.

We are also proud of all students who were so positive in their recognition of their peers throughout the assembly.

Year 12 Leavers

Finally, to our Year 12's who as group of young adults are making the transition from secondary schooling to face the challenges that lie ahead! Best wishes for those completing WACE requirements and sitting examinations.



The Year 12 final school examinations will begin on Friday 20 September. This year they will be held in the recreation room at the Narrogin Residential College. All exams will be in the morning commencing at 8.45am and completed by 12.00pm.

I wish all students the best of luck in their exams as I am sure that they are looking forward to achieving the best result possible. These exams provide the students with the opportunity to practice for the WACE exams which commence on November 1.

Finally, I wish the students who are completing the practical sections of their WACE exams in the holidays well, and urge them to be well prepared.

Steve Quartermaine



Dean Gurr - Deputy

NAPLAN Results and Information Brochure

NAPLAN tests have been marked and information is currently being returned to schools. The SCSA will shortly announce the release date and your child's NAPLAN results can then be circulated to you via the school. We anticipate that results will be sent home prior to October 26, but a final date is yet to be set. Parents will receive their child's individual report as well as an information brochure that explains how to read the report. Student results will also be available

soon to staff, via the education department portal that will allow staff to review student achievement and inform staff programmes and student placement in classes for 2014.

New Mobile Phone Policy

Narrogin Senior High School is currently examining the school guidelines for the management of mobile phone and personal technologies at school. With the development of mobile technologies, it is now more than ever a tool that can assist with learning. The offset against this, of course is the potential as a distraction in class, as a bullying tool and as a personal camera that breaches student's rights to privacy at school and the obvious issues of filming events at school and posting them online that may cast a negative light on this school and the entire school community. Current advice from the department states that it is up to schools to manage these devices and especially manage the risks in allowing such devices on school grounds. As we glean information from the department and the Director General, we will be adjusting our policy to better reflect the needs of the students and hope we will have this policy in place by the start of Term 4. We will then explicitly teach the new guidelines to all students through our BMIS and behaviour matrix lessons. There will therefore be no confusion amongst students as to what the school considers to be appropriate use of these devices at school and the potential consequences for misuse of the technology. Information will be sent home when the final copy of our guidelines are complete.

Attendance

Current analysis of our attendance data for Semester 1 suggests that there has been an increase in the number of students considered at risk due to poor attendance. A large number of student absences remain unexplained. Some of these go back to February, despite letters being sent home to clarify student attendance at regular intervals. The number of students attempting to explain absences with reasons the Department of Education consider to be unacceptable is increasing. All data shows student success in later life and in their careers is directly related to the attendance patterns they displayed at school.

Student truancy is increasing state-wide and student achievement is being affected. Please encourage your child to attend school regularly and once at school, our expectation is that students attend classes, not pick and choose which classes they will and will not go to. When attendance letters are sent home, please explain as much as you can and return the letters to the school so our records can be as up to date as possible. It is a sad state of affairs when students believe they have a right to wander the school grounds because they do not like a particular class or a particular student. Will these students walk out of a work place because they do not like a particular duty their employer expects them to complete? Whilst staff make every effort to engage students in learning activities that are well thought out and designed to teach, not all lessons will be as exciting as others. Students are expected to display some resilience in this regard and should be able to manage their own behaviour and attendance. Student attendance at form time is definitely an issue that is generating more and more attendance inconsistencies and, at times errors, in recording student attendance can be related directly to students missing form class.

Friday 6 September was a great day for the entrants in the awards. The students were from Yr 6 to Yr 12s from a combination of schools and they looked like professional fashion models as they strutted their stuff to the delight of the 300+ audience. Descriptions of their garments and their hopes and dreams were read to the audience to give us some insight as to who these girls and boys really are. All the things they had been worried about such as 'what if I fall off the stage', or 'what if I forget what to do', or, 'what if I trip over the hem of my dress' etc, etc didn't happen and afterwards even the most nervous girls said, 'It was easy, can I do it again'.

The Apex Awards are a national competition with heats in many city and regional areas. We combined with students from Wagin and Katanning to have 48 students show their talent. The state finals will be held in Perth on September 22, with the national finals following a few weeks later in Melbourne.

There are 5 students who will compete in Day Wear in Perth: Mikayla Draper Courtney Giles-Morton, Taylah Jensen, Venetia Macinnes and Hayley Simmons. Only one student got through to the finals for Evening Wear and that was Jycara Stewart. Society and Environment will be have 2 finalist: Criscielle Flores and Saige Edwards (Wagin). Wearable Art will have 4 students: Hayley Simmons from NSHS and Brianna Davidson, Brittany Bolt and Haylee Boxall from Wagin.

Congratulations to all the students who participated and good luck to the girls going on to the state finals.

Apex Teen Fashion Awards

Hayley Simmons



Evening Wear



Day Wear



Mikayla Draper



Courtney - Giles-Morton



Venetia Macinnes



Criscielle Flores



Taylah Jensen

Technology & Enterprise

The Trade Training Hospitality students and Ms Campbell have been very busy this term. The students ran the coffee shop during the Open Day which was a huge success. Thank you to all involved and special thanks to Ms Campbell and Jill Warner who worked from 6.30 in the morning!!

The Year 12 Design & Technology students have been busy brick paving an area behind the D&T Trade Training Centre. Well done to all those students involved.



Diane Quartermaine
Hola of Technology & Enterprise

Getting Ready For Tests and Exams

We all understand the importance of revision. Most work hard at it, but we don't always work well at it. As with any other aspect of your studies, you need to organise your time and plan your revision in advance. The main purposes of revision are:

- ♦ to understand the topic for which you are sitting an exam
- ♦ to commit what you have learnt and understood to memory
- ♦ to practice planning and writing answers to questions

To enable you to do this, you will need to organise your notes, essays, handouts etc. into a convenient and coherent set of material. This section includes advice on:

- ♦ making a revision plan
- ♦ how to revise
- ♦ revising all year round

Making a Revision Plan

As always, planning is key. Here are some tips:

- ♦ **Create a Revision Timetable**
You should start revising at least five or six weeks before your exams are due to start. Do be realistic about the goals you set in the time you have available, and remember you need to allow breaks now and then.
- ♦ **Balance your subjects**
Allocate topics to days, and make sure you have enough time for everything you want to revise. Balance the time you have available between your various courses. Do not neglect courses you find particularly easy or difficult.
- ♦ **Identify key topics**
For each course, identify which topics to revise. Use:
 - Course outlines
 - Past examination papers
- ♦ **Arrange your revision material**
You will have class notes, your own notes from text books, school assessments with your teacher's feedback, handouts and other photocopies and references. You will also need textbooks, past exam papers etc. Arrange to have everything you need well in advance.

How to Revise

Here are two key revision methods:

1. note-taking/note-making
2. memorising

We will look at each of these in turn:

1. Note-Taking/Note-Making

- Read them through; underlining key words, highlighting different themes
- Devise your own colour coding system - it may seem childish, but associating different colours with different topics or themes will help you to memorise and compartmentalise things in your mind
- Write-out more and more concise versions of your notes, whittling down the content to manageable and digestible proportions - aim to reduce each topic to an index card. At this stage, your notes are an aide memoire, not a full repository of facts and arguments.

You may find mind maps and concept maps helpful ways of summarising a lot of information onto a single page. (They are also visually memorable, too.)

When it comes to note-making for revision purposes, less is more!

2. Memorising

There is no way around this task - to do well in exams, you have to remember your material. Ultimately, you have to work out the way of doing this that works best for you. Some of these approaches may help:

- ♦ Look at your notes for a topic on three or four occasions. This will fix them in your mind better than a once and for all approach.
- ♦ Predict a page of notes in your mind before you look at it. What you have forgotten will bring itself to your attention as you read.
- ♦ Mnemonics. Use the letters of a word, or the initial letters of a phrase, to trigger associations.
- ♦ Think of a picture of the topic.
- ♦ Diagrammatic notes e.g. Mind maps and Concept maps are more visually stimulating and therefore more easily remembered than a list of points.
- ♦ Last-minute revision of notes, now reduced to minimal levels, is generally helpful. However, attempting to learn new material the day before the exam is harmful, as it can displace the material you have already learned and lead to a sense of confusion and panic
- ♦ If you are particularly confused with one aspect of your course, set aside time to look at your notes, key texts and past exams. Remember to try talking to your teacher. Don't leave it too late.

Overall, best of luck!

National Australia Bank Cup



Jordy Medlen, Tegan Blight, Tayla Atkins

The inaugural competition was played at the Narrogin Recreation Centre on 22 August. The competition is aimed at giving local District High Schools an opportunity to play and practice before the District High School's Country Week at the end of the term.

To support the day and improve the equality of competition, Narrogin SHS entered four teams all from the current Year 8 hockey class (+ a couple of year 10 ring ins).

We won the girls competition defeating Lake Grace District High pictured are Jordy Medlen and Tayla Atkins accepting the trophy from Tegan Blight-Narrogin NAB branch manager.

We also won the boys competition defeating Narembreen District High. Accepting the trophy is Jarrad Lutz and Jakeb Reardon.

Thank you to; the Sports Academy P&C committee for supporting the day, Rodney Johnson Hockey Development Officer and the staff and students from the visiting schools who made the day possible.

Andrew Corner



Jarrad Lutz, Tegan Blight, Jakeb Reardon

Open Day Netball

Exhibition Match



Thank you to all the Netball Academy students who participated in the school open day netball exhibition match. Thank you also to Hena Smith and Astine Van Wyk for umpiring the netball match.

The students looked very professional in the school representative uniforms. We had a few spectators including brothers and sisters, parents and prospective students. The students represented the school well and did a very good job at promoting the Netball Academy.

Mrs Corner

Dalton McWha on Exchange

Everything is well here in Italy, for the past month and a half I have been in Calabria. The name of the place is Locri which is located right down south. Each day I went to the beach and I even learnt how to windsurf!

I have done tours of both Italy and Europe. On the European tour I visited places such as: Munich, Prague, Strasbourg, Paris, Lyon and more.

I'm attaching a photo of me and my friends enjoying our last day together as a district, by having a picnic at a park next to lake Como.

Dalton McWha



ELECTIONS ON AGAIN AT NSHS

Earlier on in the term, Narrogin Senior High School students participated in their very own Prefect and Student Council Election run by the Electoral Commission. Students were asked to nominate prior to election days, then these nominations were sent through to the Electoral Commission in Perth where Education Officer, Brendan Barlow had ballot papers drawn up. Usually Brendan would come on the day to assist but he had "bigger fish to fry" in September this year!

On the day electoral voting booths were set up and voters had their names checked off before they were given ballot forms. Students lodged their ballot forms in the Electoral Commission Ballot Boxes provided, then these were returned to Brendan at the Electoral Commission for counting. Special thanks to Prefects and Student Councillors who worked as officials to ensure a valid smooth running election was held.

When results were known, the 10 top polling Year 11 students were interviewed by a panel consisting of Principal Mr Huts, Year 11 Year Leader, Ms Armstrong and Student Events Co-ordinator, Mrs Castle before being announced as the successful Prefect candidates.

Congratulations must go to the following students who were elected as NSHS Prefects and Student Councillors for 2013/2014:

Prefects

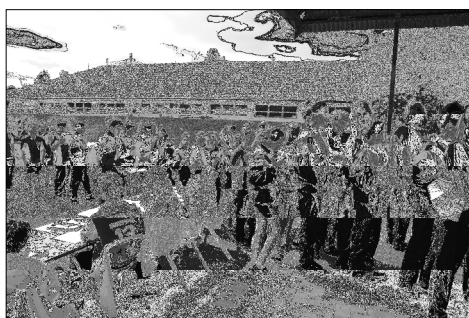
Tayla Curtis,	Narrogin	Brad Walliss,	Narrogin
Shannon Walliss,	Narrogin	Adam Rasmussen,	Narrogin
Naomi Macleod,	Boddington	D'arcy Coad,	Cuballing
Tayla Dawes,	Yealering	Jade Stevenson-Marsh,	Nomans Lake
Shelby Kiddle,	Corrigin		
Shannon Hall	Pingelly		

Student Councillors

Yr 8			
Shae O'Neill,	Narrogin	Paddy Armstrong-Hetzel,	Narrogin
Jasmine McDonald,	Narrogin	David Lange,	Yilliminning

Yr 9			
Lauren Raynor,	Brookton	Connor Earnshaw,	Williams
Tahlia Milentis,	Narrogin	Damion Johnson,	Williams

Yr 10			
Jordy Medlen,	Lake Grace	Henry Hussey,	Ranford
Juanita O'Neill,	Lake Grace	Sam Wallace,	Narrogin



Catch Up Classes commence Monday 23 September

Lunchtime catch up classes, held in the tutorial room in the library, will commence as of Monday 23 September. Year Coordinators, Deputies, HOLA's and the Student Services Manager can place students in lunchtime Catch Up classes for truanting or continual lateness to classes. Referring staff are required to inform the student of the need to attend, via a catch up class slip.

Just prior to lunchtime the "Catch Up Class" list is printed at the front office and placed in a file. The allocated duty teacher collects the file from the front office. "Catch Up Class" starts five minutes after the bell to commence lunch and conclude when the warning bell is rung. The duty teacher ensures requirements are adhered to and marks attendance.

Narrogin SHS Sundial



The Year 11 physics students constructed a sundial that uses the body of a person as the shadow creator. The students followed a set of complicated instructions that needed to be constructed at a high level of accuracy.

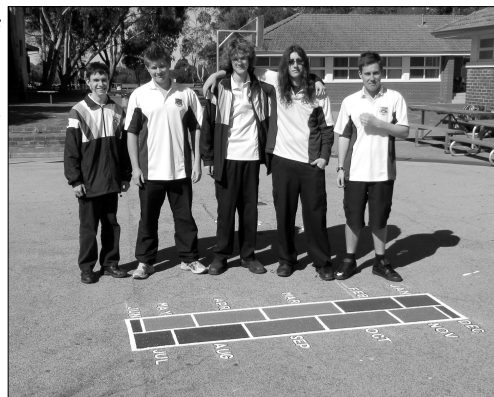
Did you know that the sun at midday is only in the same position for 3 days of the year?

The sundial is accurate to the nearest 5-10 minutes, therefore there is no

reason to be late to class (unless the sun is behind the clouds!).

Mr Johnson would like to thank the students for their engineering prowess and artistic flair.

Mr Johnson.



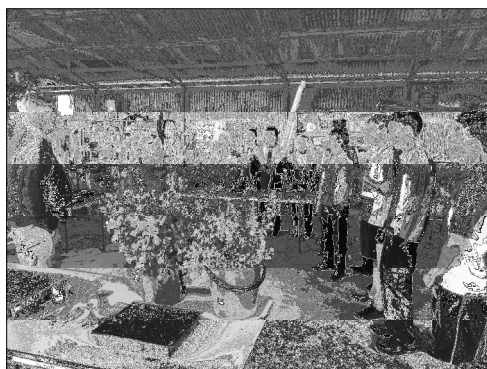
A small group of Year 10 students travelled to UWA's Pingelly Farm as a part of the UWA's 100-year celebration.

The students participated in a number of activities which included taking saltbush cuttings and observing soil microorganisms. As a final reward for their efforts, the students had a go on the "plant-cell" bouncy castle.

The students must be commended for their efforts and the way they represented the school.

Mr J Johnson

UWA Pingelly Farm Excursion 2013



WorldSkills Australia 2013 VET in Schools Competition

On Wednesday 11 September, I travelled in the early hours of the morning to the Fremantle Education Centre where I was met by a group of students from Perth to participate in the WorldSkills Australia 2013 VET in Schools Competition. We were faced with a number of tasks, some more difficult than others, which had to be completed in an office environment and under timed conditions. Some of the tasks included creating letter heads for a company, taking phone messages, creating labels and setting up a filing system for a number of clients, writing letters and performing a mail merge, designing a promotional poster and creating an in-depth spread sheet displaying formula. Overall, the day was a learning experience and I really enjoyed taking part in the event and would recommend anyone to take the opportunity if given the chance.

Shannon Hall



MUSIC



On the 14 August, 27 very eager and excited music students, one slightly manic music teacher and innocent bus driver (little did he know what was in store on a music camp!) departed Narrogin SHS for the annual "Band Camp". This year the Senior Band were entering in B Division in the ABODA WA School's Concert Band Festival. A jam-packed camp was planned, including rehearsals with Belmont City College, ten pin bowling and a bit of retail therapy. A highlight of the camp was the chance for our band students to join with several other regional schools to participate in a combined rehearsal at Churchlands SHS. They performed Coldplay's "Viva La Vida" and "Moves Like Jagger" by Maroon 5 with great success, managing to squeeze 160 music students onto the stage to produce a massive sound. On the night of 16th August, the Senior Band combined with Belmont City College to perform at the festival with brilliant results, gaining an Excellent Award in their first year in B Division. Congratulations to the Senior Band for their fantastic effort - all the hours of rehearsals and practice paid off! You should all be very proud of your efforts.

Ms Melanie Kerrigan



Newdegate Field Day Prize Winners



1st Prize
Issaiah Langford

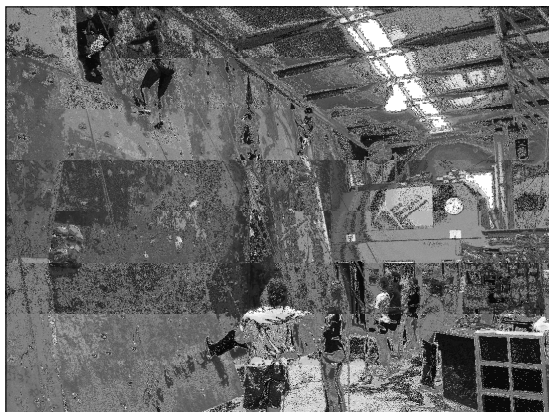


2nd Prize
Tasmyn Olman

On 29 August, a group of ten school councillors attended the Hangout, in Perth for an afternoon session of rock wall climbing. The purpose of the activity was to work on leadership, team building and trust activities which are used by student councillors in their roles at the school. Everyone had a great day and climbed to the top of the wall on more than one occasion across a wide variety of courses and levels of difficulty.

Mr Dyson

Rock Climbing



In the Yr 9 Corner with Mr Dyson



Name: Meg Wyllie

Favourite Teacher: Ms Campbell

Why: Because she cooks us yummy food

Favourite Football Team: West Coast Eagles

Favourite Song: Roar - Katey Perry

Name: Tiffany McLeish

Favourite Teacher: Mr Dyson

Why: Because he is always there to encourage us to pursue our dreams.

Favourite Football Team: Richmond Tigers

Favourite Song: Did I Tell You - Rachel Larelle

Favourite thing about Yr 9: Canberra and my amazing friends

Name: Carole Kickett

Favourite Teacher: Mr Erickson

Why: He lets you make cool things

Favourite Football Team: Hawks

Favourite Song: Cant believe it - Florida

Favourite thing about Yr 9: Not being a Yr 8

Name: Jayde Schmidt

Favourite Teacher: Mr McDonald

Why: Because he makes things fun and interesting

Favourite Football Team: Fremantle

Favourite Song: Read All About It - Emeli Sande

Favourite thing about Yr 9: Canberra Tour

TIPS FOR YOUR EXAMS

Being deprived of nutrients while sitting in a three hour exam can be embarrassing (due to a gurgling stomach!), but it can also hinder your memory and brain function.

One of the best tips for staying focused at exam time is to have a healthy and varied breakfast.

A *varied* breakfast has been found to be more important than a *big* breakfast.

Some ideas:

- A bowl of cereal with low-fat milk topped with chopped fruit and a sprinkle of almonds
- Whole grain or whole-meal toast with a low-fat cheese and tomato

A piece of fruit or a small glass of fruit juice.

Drink enough water before sitting exams.

Drinking plenty of water will hydrate your body, help reduce fatigue and help your brain work.

What about caffeine and energy drinks?

Energy drinks contain an average of 80mg of caffeine for every 250ml can but the effects of caffeine depend on body size. Just 3mg of caffeine per kilo of body weight could cause effects such as heart palpitations and gastrointestinal effects. In addition, caffeine has been shown to have no effect on memory. So reduce your caffeine and energy drink intake!

Avoid sugary foods such as lollies and chocolate because they provide only a short –term energy boost, which is followed by a slump.

Instead - try energy-sustaining snacks which will help to fuel the brain:

- Sandwiches filled with salad, low-fat cheese, lean meat or tinned tuna
- Fruit smoothies
- Fruit (fresh, tinned or dried)

Crackers with tomato and low-fat cheese.

Finally it's important to schedule some physical activity before or in-between exams.

Exercise can help reduce stress, clear your mind and improve sleep patterns.

Best of luck for your exams!!

STUDENT MacBooks



If your child is having any problems with their school issued MacBook please send them with the computer to the library. Most repairs or problems are covered by warranty or insurance.

Follow the Dream: Partnership for Success.

A tutoring program supporting aspiring Aboriginal students is calling for more participants.

On every Monday, Wednesday and Thursday from 3.30pm - 4.30pm.

For more information: Mr Daniel Wheeler in the
HASSL Office - 98819336



MIXED NETBALL 2013

Monday nights from 6:00 pm

8 Week Competition

21 October to 9 December

Narrogin Regional Leisure Centre

Register as a team or as an individual player.

Be in the draw for a \$100 gift voucher!!

Nominations close 7 October 2013.

Get your Nomination Form at NRLC's Reception.

Have a Question?? Call Brendan at the NRLC: 9881 2651 or
email: nlc@westnet.com.au

UMPIRES WANTED FOR MIXED NETBALL

Monday nights from 6:00 pm, 21 October to 9 December 2013

The Leisure Centre is looking for
EITHER experienced netball umpires OR inexperienced people willing to learn.

Have fun and get paid too!

Pick up an Expression of Interest Form from the
NLC

or

Phone Brendan on: 9881 2651 or email:
nlc@westnet.com.au

If undeliverable return to
Narrogin Senior High School
Private Bag 2
Narrogin WA 6312
PRINT POST APPROVED
639656100013

**SURFACE
MAIL**

**POSTAGE
PAID
NARROGIN**



CHAT DAY-RuOK

Narrogin Senior High School recently held a CHAT day in conjunction with RuOk Day. Students dressed in yellow and black and all funds raised were donated to the RuOK foundation.

Students participated in a series of activities to promote Healthy Bodies and highlight the importance of taking time to check in on friends and family.



Nathan Hulls presented a Resilience Workshop to each year group. He explained the importance of being resilient and actively engaged students in a range of activities. Year 10 students also took part in an alcohol and drug talk presented by Mrs J Drayton from WA 1Life Suicide Strategy. Mr and Mrs Corner presented Sexual Assault Resource Centre talks aimed at teaching students how to protect themselves when out and about in the community. Mrs Rhodes presented a candid talk to Year 8 students on cyber safety.

All students had the opportunity to participate in Mad Cow activities which included sumo wrestling, a slippery slide and team boxing. Clyde Summers from the Australian Sports Commission and Rebecca from YMCA organized a series of outdoor sports activities which were enjoyed by the Year 8 and 9 students.

In the afternoon, students had the opportunity to select from a wide range of workshops including a Nail Day Spa, NSHS Circus and Healthy Snacks.

Mrs Dalton taught a group of students Belly Dancing and Mrs Blechyden presents a relaxing Yoga workshop. The Think BIG committee organized a free sausage sizzle for students with 3 or more Think BIG cards.

CHAT days are great fun and offer an opportunity for staff and student to spend time together and develop positive relationships. These days would not be possible without the generous sponsorship of the Narrogin Rural Community Support Service, 1life, CHAT committee members, Community members and the support of staff at NSHS. Many thanks to all who ensured the day was a great success.



Ms Clark

