

High School Highlights

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Term 2 Issue 3 2014



NSHS ANZAC DAY 2014

Between 2014 and 2018 Australia will commemorate the Anzac Centenary, marking 100 years since our nation's involvement in the First World War.

As the Anzac Centenary is a milestone of special significance to all Australians, Prefects focused this year's service on the 1914/1915 years. Head Girl, Shannon Hall read an excerpt of a letter written by a young newly enlisted soldier, a farmer's son from York in 1915 whilst on board a ship bound for Egypt. His letter was so positive and hopeful of a great adventure but students soon discovered that the reality of war was very different and this soldier died not more

than four months later in the battle of the Somme in France. This was followed by a very informative address, researched and presented by prefect Brad Walliss, about the enlistment of Australian Soldiers in WW1 and their training in Egypt.

Jade Stevenson Marsh delivered a very moving rendition of the song "He was Only 19", Prefects, Student Councillors and special guests laid candles and wreaths in memory of the fallen.

A special thank you must go to Shannon Walliss who was MC for the service, Emily Ballantyne who played the last post, the Cadet Corp and the Senior Band for playing several numbers throughout the service.

Thank you to many special guests who attended from the local RSL and the community.

NSHS students were also involved in the Combined Schools ANZAC Service and the Narrogin Town ANZAC Service. Special thanks to Sophie Trefort for singing at the combined service.



Susan Castle

Shannon Hall NSHS Student Visits Borneo

During the Term 1 holidays, Shannon Hall (Head Girl) travelled to Malaysia (Borneo) to participate in an RSL trip for ANZAC Day.

In order to attend this trip, Shannon wrote a speech and presented it to a judging panel during 2013. Thanks must go to Mr Chattillon and the RSL for helping Shannon to attend such a wonderful trip.

Brooke Rintoul



Shannon with the Mayor



Our staff and students continue to do great things. Sophie Trefort, Bradley and Shannon Walliss, Emily Ballantyne and our cadets Robert Bunce, Jamie Howarth, Rebecca Harris, Lourette Greyling, Alex Howarth, Sophie Egerton-Warburton, Bryce Lansdell all played important roles in the combined schools and the Town ANZAC ceremonies. Ms Kerrigan and the school band members performed during the ceremonies. Our school ANZAC ceremony was once again a credit to Mrs Castle, the prefects and everyone else involved.

Congratulations must also go to Nic Corner and Iszak Milentis who represented Western Australia in the national 15's Hockey Tournament held in Rockingham in April. They have been identified as being in the best 36 male hockey players for their age in Western Australia and in the best 4 in country areas. This is a fantastic achievement and I wish them all the best for their future. Mrs Corner, Ms Melchiorre, Ms Stankovic, our netball girls and parents, represented all of us in Katanning and Perth. Mr McDonald and Janice Kickett travelled to Perth to Curtin University with the AIME program. Ms Clark, Ms Lavan, Janice and Carol Kickett and the students involved in Pop Culture.

A big thank you also goes to Ms Campbell, Ms Warner, Mrs Quartermaine, Ms Stankovic and Che Turvey, Liam Svendsen, Maekara Bratten, John Honrubia, Marion Slater, Liz Pastor, Bella Symonds who gave up their Mother's Day weekend to open the Hill Top Café as part of the Dryandra Country Art, Food and Wine Trail. The café was buzzing with visitors from across that state. It was a great opportunity for us to showcase our school and the excellent skills our students are developing. The efforts of our staff and students are much appreciated.

The students named above and the staff and students who are referred to in this and previous newsletters help to build the positive culture of our school. The Culture of a school is created by everything that we do and everything that we don't do. It comes from everything that we are rewarded for and everything that we are punished for. Many staff, students and parents are contributing positively towards our culture. Our Think Big committee is working to develop a school wide culture of promoting and rewarding our students who behave positively.

School Council elections are being held this term. It is great to see so many parents and members of the community interested in making a contribution to the school by being elected to the School Council. If candidates are not successful they have the opportunity to become involved in the P&C in some capacity. The School Council and the P&C enable parents and community members to play a significant role in sustaining the direction and excellent range of programs offered at Narrogin Senior School.

Our school will make a presentation to be considered for Independent Public School status early in June. I believe that we are well placed to make an excellent case and I look forward to the challenge of preparing to become an Independent Public School.

Semester One examinations are just a week away. This is a great opportunity for our students to evaluate their progress. A well planned revision program will ensure good results. Holiday revision courses offered by private companies in Perth are worth considering. Revision classes will continue to be offered in Term three at Narrogin in a range of subjects.

Subject selection for 2015 is getting underway. Please encourage students to talk with their teachers about their progress and the best options for them to develop their career pathway.



Exams

It is time of year for Senior School exams. This can be a stressful time of year for students and parents alike. To minimise the stress it is important to be prepared for the exam. This means having a thought out and workable schedule for studying, attending tutoring, asking teachers how to prepare for the relevant exam and most importantly know how to focus on the task at hand during the exam. Exams are not to trick students but to provide an opportunity for students to illustrate what they know and understand. Timetables have been provided to student for both SIDE and internal school exams.

Reporting

Reporting to Parents process for Semester One has commenced. These will be provided to parents at the end of the term.

Year 10s will need to examine their reports in context of choosing their subjects for 2015.

Year 10 preparing for Year 11 2015

The upcoming report will provide the student, parents and staff some insight into student capabilities for upper school subjects. If students would like to engage in an ATAR (Australian Tertiary Admissions Ranking) course for a direct entry into university, students will need to have **at least** a B average in the English, Maths, Science and Society and Environment Subjects.

Senior School Handbooks are being compiled, along with literature from learning areas to provide students with information on the subject choices available at Narrogin Senior High School. Our aim is to ensure all pathways from school are accommodated for whether it be university, TAFE or further education or the workforce. Staff at the school have been attending professional development to be up to date with the changes for 2016 WACE (Western Australian Certificate of Education), better known as Graduation for our Year 10s. The most evident changes include:

Three stream of subjects: ATAR, General and Foundation

Students must satisfy the Online Literacy and Numeracy Assessment (OLNA) to achieve their WACE

Year 11 study Units 1 and 2 in a course and Units 3 and 4 are studied in Year 12.

Further information can be obtained on the SCSA website at <http://wace1516.scsa.wa.edu.au/>

We will be having a **parent information afternoon on Friday 30 May 1.15 and Wednesday 4 June at 6.30** so please come along and join us in examining what these changes mean for your child.

New Rugby Jumpers for Narrogin Senior High School

The Uniform Committee held a meeting with School Council members and interested parties. Many a discussion was raised into uniforms and the need for something warmer, more economical and of good quality to last for more than one winter. Rugby jumpers were examined as students liked the idea of rugby jumpers. We have narrowed our choice to three tops and now we need the community to provide feedback on the preference. Students, parents and staff will be asked to provide us with a preference of which design would be suitable.

Parents will have the option to let us know their preference through survey monkey. Please log into www.surveymonkey.com.au and answer the simple question of which rugby jumper is your preference by May 27.

Rugby Top 1

Green top with horizontal black and white stripes and fine yellow stripes



Rugby Top 2

Black Top vertical green stripes with fine yellow and white stripes



Rugby Top 3

Black Top with horizontal white thick green band and thin yellow band and white stripes



It would be great for all parents to have a say in the design of the uniform.

Uniform Committee

Former Narrogin Senior High Students

Congratulations to former students on receiving an offer of a scholarship at Curtin University this year. Caylah Batt - Curtin Principal's Recommendation Award and Mariam Ong - Curtin STAR Award.



Cordelia Gibbs

From Shed to Chic

The shearing shed might seem a world away from the glamour of the fashion catwalk, but recently graduated fashion designer Cordelia Gibbs has brought both settings together in her debut collection A Life in Wool.

"My designs in this collection are an encapsulation of the character of the shearing shed" she says. "In a nation that rides on the sheep's back. The shearing shed is an iconic representation of Australia's journey. The garments are inspired by the architecture, the work clothes and the human values of the shed to create a level of sensibility towards and celebration of the culture of the Australian wool producer"

Ms Gibbs showed her collection at the Curtin University Fashion Graduate Show in December. In the show, Ms Gibbs won both the Sericin Silk Design Award and the Fashion HUB Knitwear Design Award.

Ms Gibbs has a passion for the natural aspects and benefits of wool and aims to use wool long into her career. This year she is studying honours at Curtin University.

Courtesy Beyond - The Bale

Andrea Carew-Reid



Ex NSHS student Andrea Carew Reid has found a way to use social media to market her artistic talent. Andrea has set up an online store to sell both her original artworks and prints. She started by setting up an Instagram account and found that she had more than 2750 followers and worldwide demand for her work. Ripe magazine has written "While social media can be attributed for her fast-tracked success, Andrea's talent is the real reason she's in hot demand". After graduating from NSHS, Andrea went on to complete a Creative Arts and Teaching Degree. She spent a year teaching but wanted to pursue her own creative desires more which has led her into this venture. At present, Andrea is busy planning her very own exhibition which she hopes will help to give her some local exposure. Well done Andrea!

Courtesy of Farm Weekly



Lower School Deputy

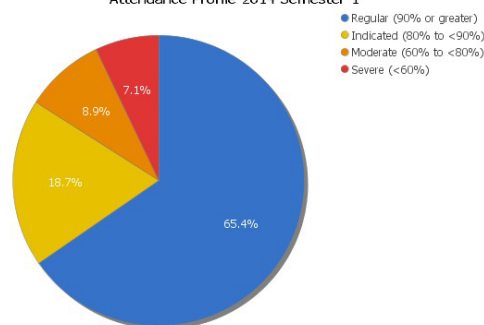
Ms Maxine Clark

It has been a busy start to the term with a wide range of activities for all students. Firstly I would like to thank the Year 9 students and parents for their support during the NAPLAN tests. The behaviour of the students was outstanding enabling the tests to run smoothly. The Year 10 students attended the Career Road Show in our new Performing Arts Centre this week. This provided a timely opportunity for our students to learn about possible career pathways. This information will be essential in guiding students when making 2015 course selections.

Attendance News

At present 65.4% of NSHS students are attending 90% of the time. All students who achieved 90% attendance for term 1 received a free muffin. The next reward activity is week 6. Please encourage your child to attend, as every day counts.

Attendance Profile 2014 Semester 1



AUTISM PROFESSIONAL DEVELOPMENT

Narrogin Senior High School staff recently attended Autism Awareness profession development. The Autism team has been working with staff at the school to improve the educational outcomes for autistic students at our school.

Topics discussed

- * Impact of anxiety on learning
- * Importance of teaching social skills
- * Developing independence

AIME

On Monday 5 May, 13 Noongar students took part in the AIME (Australian Indigenous Mentoring Experience) Program at Curtin University. AIME and Narrogin Senior High School have formed a partnership to offer programs to all our Aboriginal students. AIME is a high expectation, dynamic educational program that gives Aboriginal students the belief, confidence, skill and opportunity to aspire for further education

The students had the opportunity to meet Aboriginal students from across Western Australia. They participated in a number of activities aimed at helping develop Life skills and Career goals. They also discussed ways to be an effective Leader and strategies to deal with racism.

All involved a great time and are looking forward to the next workshop scheduled for June.



This week we have been focusing on how we expect students to behave in the yard. The following behaviour expectations are being targeted by all staff.

I will

Be Responsible Seek assistance from a teacher for students in need.

Be Respectful Speak to all in a friendly manner. Keep my hands and feet to myself.

Be Tolerant Accept mistakes will happen.

The school community is working hard to ensure all students feel safe at school. Please take the time to discuss these expectations with your child and support us to reduce the number of behaviour incidence occurring during breaks.

If you suspect your child is being bullied take it seriously. The Bullying No Way program provides the following advice to parents on how to support children if they are concerned they may be being bullied.

Children who are bullied need someone to believe their story. It is important they know they have your full support. Adults are often protective by nature and our first reaction is often to confront the bullies or their parents. This is a natural reaction but such behaviour may escalate the situation. It is important to remain calm and avoid overreacting.

Deal with their feelings: A child who has been bullied probably feels scared, angry and sad. Boys according to Australian research are more likely to display anger following bullying, while girls claim that they feel sad as a result of bullying. Before any progress or assistance is made children need their feelings recognised and validated. Let them talk about how they feel and talk through their emotions. Let them know that it is perfectly normal to feel sad, angry, scared or just plain confused.

Get the facts: Gain a clear picture of what happens, including who is involved, the frequency of the bullying and what your child is doing before being bullied.

Get your child to be specific about the bullying behaviours they experience, even showing you what happens to them. Bullying behaviour usually follows patterns. Often the same behaviours are used, involving the same people and also happen in the same places and at similar times. An accurate picture will help you determine your next course of action. When someone is being bullied they often feel powerless and that there is little they can do to stand up to others. Self-esteem can take a battering. It takes courage and confidence to stand up to bullies and assert yourself. That's what children need to do – but they can't do it on their own.

Give them skills to cope: Often children are picked on or bullied because they make easy targets. A strong, confident stance with a straight back and hands out of pockets sends a message of confidence both to the child and to others. Encourage children to practise confident body language in front of the mirror so they can see how they look.

Talk through avoidance strategies: You may suggest keeping away from certain areas of the school and always staying with a friend. Having a buddy around for support is a good avoidance strategy.

Some children benefit from having a few non-aggressive comeback lines to use that defuse rather than inflame a situation. The idea is to remove the wind from the sails of the bully and not give them any ammunition. Children can also imagine themselves looking the potential bully in the eye, standing strong and tall and saying firmly: 'I don't like it when you do that. Stop it now!' The key is to practise assertive delivery of such comeback lines at home, away from stressful situation.

Let the school know: After listening to your child you may choose to help them work through the problem. But if your child is having little success then it is important that you contact the Student Services Team to look for joint solutions. However, before you enlist the support of the team, check with your child that it is okay to go ahead.

Your aim of working with the school is to find a solution rather than apportion blame or gain retribution. Narrogin Senior High School takes bullying very seriously and goes to great lengths to support and empower victims. Sometimes conciliation between children and parents is sufficient but often we need to put long-term strategies in place that reduce the likelihood of bullying and also support children through counselling if the bullying continues to occur.

Support the school's approach: Narrogin Senior High Schools has a restorative approach to bullying. That is, the focus is on repairing relationships and ensuring problems won't be repeated in the future. The restorative approach often works best when a third party, such as member of the Student Services Team is involved.

It can be powerful as the bully has to confront the person he or she has bullied, and look to ways to fix things up or repair the damage or harm they have caused. Seeing and hearing firsthand the personal impact of their bullying behaviours is a great learning experience.

Recognise that it may take time: Stopping bullying can sometimes take significant time as the issues can be complex, and not every person involved is willing to bring about a change.

Build their self-esteem: Children who have been subjected to bullying need their self-esteem built. Let them know through your words and treatment of them that they are capable and that they will get through this period. Often children who have been bullied come out stronger and more resourceful because they have experienced difficulties and know that they can overcome them.

Build up their support networks: Children need to have a group of friends to support them when they are bullied. Kids are less likely to be bullied when they have friends.

Look for active ways to help your child make friends such as inviting a friend over to play or joining a group or club that enables him or her to make friends.

Specialised Netball Tournament

On Wednesday April 9, five teams from the Narrogin Senior High School Netball Academy participated in the Specialised Netball Tournament at the Kingsway Sporting Complex.

The girls played against teams from other Netball Academy schools including Darling Range, John Forrest, Aranmore, Churchlands, Warwick, Melville, Thornlie, Governor Stirling and Thornlie. The standard of competition was very high in all year levels. Most teams won a few games and lost a few. The year eight side won all of their games. All of the Narrogin teams improved throughout the day and learnt a lot from the experience.

Thank you to Miss Stankovic, Miss Melchiorre, Mrs Wilson, Mrs Bubb and Christelle van Wyk and Shanae Davies for being coaches for the day. Thank you also to Mrs Corner, Miss Melchiorre and Miss Stankovic for driving the buses.



Bendigo Bank High school Cup Netball Carnival

On Friday May 9, three teams from the Narrogin Senior High School Netball Academy travelled to Katanning to participate in the Bendigo Bank High School Cup. This included 2 lower school girl's teams and one upper school girl's team.

Narrogin 2 included Casey Walker, Milla Curtis, Ashtyn Steer, Lili Palumbo, Eaden Woodford, Emma Woodruff, Brooklyn Drayton, Jessica Shepherd and Rykiel Gibb. They came 7th out of 20 teams. They won a couple of games and lost a couple of games. They played against teams from St Josephs College, Governor Stirling, Albany, Kojonup and Katanning. Thank you to Jo Drayton for coaching the team and to Lonie Hall for umpiring.



Narrogin 1 included Georgia Dyson, Latia Kickett, Jasmine McDonald, Georgia Dawes, Meg Conway, Careese Ranieri, Renee Dodds, Shelley Quartermaine, Abbey Wilson and Sophie Potts. This team was very successful and won all of their games. They won the lower school girls division. Thank you to Katie Wilson for coaching the team and Claudia Rourke and Lucy Turner for umpiring.



The upper school girl's team included Katie Lally, Shannon Bubb, Taya Oلمان, Nikita Osgood, Lucy Turner, Shenae Reynolds, Georgie Bishop, Shelby Steer and Sarah Billingham. This team came forth in their division. The girls were very competitive in all games taking into consideration that they had to play against students in year 11 and 12 from other schools. Thank you to Mrs Corner and Mr Morrell for coaching the team, and to Mr Morrell for driving the bus. Thank you also to Tiffany Prideaux who was another umpire on the day.

Mrs Corner
Netball Academy Co-ordinator

West Coast Fever



A group of Year 8s to 10s went to a West Coast Fever game in Perth. The group of girls experienced netball first hand. The girls travelled in bus driven by Mrs Corner and accompanied by Mrs Steer.

The bus left from Narrogin at 8.00am and arrived at the game at 11.00am. Once we sorted out the tickets we took our seats, which was at one the ends of the court. The girls all watched West Coast beat the Tactics. We all saw the way they played, the tactics they used and the skills they used. The game was fast and the players were amazing. After the game all of the girls ran all around the outside of the court to get signatures and pictures with the players, of West Coast fever. We then arrived at a suburb with many fast food places for lunch. After lunch it was time to head back to Narrogin. On the way home the bus had a meltdown 40 minutes outside

of Narrogin. But luckily we got a second bus from hostel and arrived home at 6.00pm. The trip and experience was great for all of the girls, we all enjoyed it so much and learnt so many new game plays.

On behalf of all the girls of Narrogin Senior High School I would like to thank Mrs Corner for organising the tickets, bus and taking time out of her weekend to take us to Perth.

I would also like to thank Mrs Steer for accompanying the girls on the trip.

Claudia Rouke



Year 10 Discovery Science: Flight or Float!

Discovery Science students have been applying the physics they have been learning to aeronautical and nautical engineering. Students have tested principles such as aerofoils, angle of attack, buoyancy, ballast and centre of gravity. They put their knowledge into action, along with a bit of artistic flair to complete engineering challenges.

Kristy Johnson



SISTER SCHOOL VISIT

During the School holidays in April I had the opportunity to promote our sister school relationship by visiting MAN4 Islamic Senior School in Jakarta. Ms Novianti Mulyana who visited NSHS last year greeted me upon arrival and I was warmly welcomed by the principal Ms Isnadiar Dekok who will be accompanying a group of Indonesian students to Narrogin next month.



Novianti Mulyana (Mathematics Teacher), Isnadiar Dekok (Principal) and Saefudin (Deputy)

During my visit the Year 12 students were undertaking the National exams which are our equivalent to WACE exams. Upon my return to NSHS several of my Year 12 students were rather envious that these students finish schooling in April and not the end of the year. I also met with several students and they were excited about coming to visit Australia next month.



Moments away from the final Year 12 exam 'Bahasa Inggris'

Throughout my visit I was pleasantly surprised to see just how high the student's value education as this was proudly displayed throughout the school with the vast array of academic trophies filling countless trophy cabinets.



Proud owners of NSHS sports shirts

After leaving MAN 4 I returned to Bali and undertook a four day cooking course to further my knowledge of Indonesian cuisine. My hospitality students will be preparing and producing a 'hawker style' food market for MAN 4 and NSHS staff and students to enjoy in early June.

I thoroughly enjoyed my visit to MAN 4 and look forward to continuing the relationship with them on further visits to Indonesia.

Ms Justine Campbell

Chorizo Croquettes with Arugula with Bush Tomato Chutney



Sticky Date Pudding with Salted Caramel Ice Cream and Butterscotch Sauce



HILLTOP CAFÉ OPEN

New Menu



Open every Friday with the exception of the last week of term.

Mint Balsamic Lamb Skewers, Roasted Vegetable Salad



Mocha Tart with Raspberry Coulis



YEAR 8 SCHOOL VACCINATION PROGRAM

Community Nurses from Southern Wheatbelt Primary Health Service will be visiting Narrogin Senior High School on **Tuesday 10 June 2014** to give Year 8 students their second dose of Human Papilloma Virus (HPV) vaccine and their Adult Diphtheria-Tetanus-Pertussis vaccination.

Only students whose parents have given consent for their vaccination at school will be vaccinated.

Please contact your School Health Nurse if there have been any changes in your student's health since you completed the Vaccination Consent Form in term 1.

If you have any concerns or queries about these vaccinations please contact:

Dona Devantier or Jo Cook - School Health Nurses on ph. 9881 9330

THE COLD AND FLU SEASON IS COMING!!!

Colds and Influenza are highly contagious and spreads by droplets produced when an infected person coughs or sneezes.

STOP THE SPREAD OF COLDS AND FLU BY:

- Covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the bin.
- If no tissue cough or sneeze into your bent elbow and away from others.
- Practice good hand hygiene by washing your hands well with soap after you sneeze or cough, before you eat, before you handle others property and of course after you use the toilet.
- Avoid sharing personal items.
- Stay home if infectious.
- Practise good health habits including adequate sleep, eating nutritious food and keeping physically active.

Symptoms of flu include fever, cough, sore throat, headache, chills, muscles aches, tiredness and vomiting. It is generally a more severe illness than the common cold and lasts much longer. See GP if symptoms persist.

For more info: www.public.health.wa.gov.au

NSHS SCHOOL COUNCIL THANK YOU

The NSHS School Council would like to thank our much valued outgoing members Karen Fazey, Tania Hansen, Linda White and Jocelyn Cheney who have decided for various reasons have ended their term within the student council. In particular I would like to thank Jocelyn Cheney who during her time on council held the position of chair and worked tirelessly to promote council and she was also one of the driving forces behind the very successful open days.

We wish them all the best in their endeavours.

**Verity Harris President P & C
& School Council Chair**

CONGRATULATIONS TO THESE *THINK BIG* WINNERS

KATE WYLLIE - YEAR 8

BRONWYN HOROBIN-LAVAN - YEAR 11

UNIFORM SHOP

The uniform shop will be open on Fri afternoons of the hostel closed weekends from

1 – 4pm.

The first two dates are

Fri 30 May & Fri 8 Aug.

Take note that on these days the uniform shop will not be open on the Thurs prior ie. Thurs 29 May or Thurs 7 Aug.

A DAY IN THE LIFE OF A UNI STUDENT

Experience a day in the life of a Notre Dame student on:

Friday 18 July 10.am - 3pm - Prindiville Hall (ND3) Mouat St Fremantle.

RSVP: 9433 0533

TEMPORARY CLOSURE OF DENTAL THERAPY CENTRE

The Dental Therapy Centre at the Narrogin Primary School will be closing for Term 2 of 2014. The Dental Therapist is taking Long Service Leave and at this stage there is no relief staff available. The closest Dental Therapy Centre in the case of an emergency is Katanning and they can be contacted on 9821 1734 or 0400 612 364.

Hosting French Students (17 July- 18 August 2014)

For the last 8 years a programme has been in place offering the opportunity to young French students aged 16-17 years to discover Australia and its education system.

We are looking for families willing to host students for the four weeks of their visit (two weeks would be fine as well if the family finds it more convenient and the student will then stay with 2 families)

The students will be part of a larger group of 25 students who spend 4 weeks with their respective school.

They will travel to and from School with your children.

The purpose of the programme is for these French students to experience living with an Australian family, to see how an Australian school operates, to improve their English language skills through this full immersion and to create a strong friendship with their Anglophone peers. The programme is highly successful and both Australians and French students greatly enjoy the exchange. Many families still keep in touch with each other.

The students are fully briefed about the school rules, are not to leave the school premises and will attend classes daily. They will be fully covered by appropriate insurance.

Host families will be visited prior to the arrival by the organiser to explain the programme.

We believe such an exchange is also highly beneficial for our Modern Languages students, opening their eyes (and ears!) to similarly minded students for an extended period.

Please contact **Martine Floyd**, email : aupairoz@iinet.net.au , mob : **0403 019 609** if you are interested in hosting.



Food allergies in Australia are on the rise, so it is important to increase community awareness about this issue. Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

An allergic reaction occurs when a person's immune system responds to a food protein that it mistakenly believes is harmful. Chemicals are released into the body which trigger symptoms that can be life threatening.

Symptoms of food allergy can include hives, swollen lips, face and eyes, tongue, abdominal pain, vomiting, difficulty breathing and a sudden drop in blood pressure. Severe allergic reactions, or anaphylaxis, can be fatal if not treated immediately.

Nine foods trigger 90% of food allergy reactions in Australia - cow's milk, egg, peanut, tree nut, sesame, soy, wheat, fish and shellfish.

Emergency first aid for anaphylaxis

- Lay the person flat, do not stand or walk. If breathing is difficult, allow to sit.
- **Give the adrenaline auto injector without delay.** (Make a note of the time it was given.)
- Ring an ambulance - 000 (mobile phones 112).
- Stay with and reassure the person. **Do not allow the person to walk at any time.**
- Give another adrenaline autoinjector if no improvement after 5 minutes
- If the person loses consciousness and there are no signs of breathing, begin CPR.

Monitoring in a hospital is required for 4-6 hours, even if symptoms improve.

For further information contact your school nurse or visit:

Allergy & Anaphylaxis Australia – Food Allergy Awareness Week <http://www.foodallergyaware.com.au/> (contains school resources including craft, colouring activities, recipe ideas and important information).

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

**SURFACE
MAIL**

**POSTAGE
PAID
NARROGIN**



Travis Perkins



India Edwards



Keely Fleay



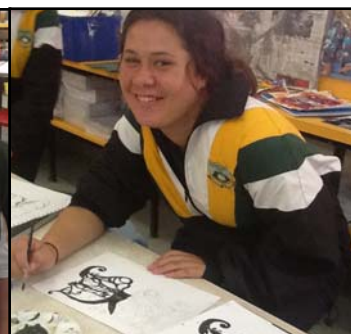
Crystal Cousins



Hayley Vogel

VISUAL ARTS UPPER SCHOOL

Year 9 Art Students are working on a graphics project developing stamps bases on the four seasons. They should be congratulated on a magnificent effort so far this semester.



Check out our web page for all the latest news -
www.nshs.wa.edu.au