



High School Highlights

Narrogin Senior High School

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Issue 4 2015

CONGRATULATIONS TO DAVID HALLAM STATEWIDE STUDENT PARLIAMENT 2015



Congratulations to David Hallam who has been selected for Western Australia's Statewide Student Parliament Program. David has been selected as the Member for Wagin.

David Hallam with Principal Steve Quartermaine

EX NSHS STUDENT, LEIGH MEDLEN SPEAKS TO STUDENTS



On Thursday June 11, ex NSHS student Leigh Medlen, who is currently studying Urban and Regional Planning at Curtin University, came back to Narrogin Senior High School to give the Year 11 & Year 12 Geography students a presentation on Regional and Urban Planning and Sustainability. Leigh's presentation included information on what her course includes, the places she has been able to visit while completing her course such as visiting the Philippines, South-West regions of WA and the mid-west, plus the trip she will take to Japan in coming months and the chance to visit India early next year. She talked about all the opportunities she has been given through studying geography, study skills and what life is like being a uni student.

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THE PRINCIPAL

As Term 2 comes to a close I once again have the pleasure of recognising the achievements of our students.

David Hallam has been selected as the Member for Wagin in the Parliament of Western Australia's Statewide Student Parliament. He will sit in the Legislative Assembly and will receive considerable educational and social benefits through his participation in the program.

Nick Corner and Pippa Bairstow have been selected to represent Western Australia in the National School Sport Australia U/16 Hockey tournament and Mitchell Shalders won selection for the SSWA State AFL 15s team. Gaining state selection in these popular sports is a fantastic achievement. I wish them well in their respective tournaments.

Year 11 and 12 exams have come and gone and Semester 1 reports are just a week or two away. Important lessons will be learned and improvements made. Revision classes are still available and I suggest that students take advantage of them.

On 2 June, Narrogin SHS and Narrogin Residential College hosted approximately 240 staff from across the Narrogin District participating in a range of professional learning activities developing the theme "Moving from Good to Great". The day was introduced by Mr Kim Guelfi and well supported by presenters from the Department of Education and local schools.

Country Week is all set to go. A change of accommodation to Mounts Bay Waterside Apartments will improve access to breakfast each morning and improve the ease of parking. I wish all the teams the very best of luck for the week and look forward to seeing some of the action on Thursday and Friday.

The subject selection process for 2016 is well under way with Year 10 students and their parents and carers attending meetings with members of our counselling team. Year 7, 8 and 9 students will make their selections before the end of August.

Our visits to the local primary and district high schools have commenced to discuss the enrolment of Year 7s and Year 10s. Once all students make their selections the timetabling process for 2016 will begin.

I will be on long service leave during Term 3, Sandii Stankovic will be the relieving principal and Maxine Clark will fill Sandii's position as deputy. I hope everyone has a great Term 3.

Mr Stephen Quartermaine

Nationally Consistent Collection of Data for School Students with Disability

www.deewr.gov.au/students-disability

From the Principal:

Our school is part of a national project about students with disability and/or learning difficulties. We have been asked to provide data about the number and learning needs of children at our school. The name of the school and the name of students will not be reported. Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special educational needs will be collected.

We believe it is important to contribute to this because it will help Governments and the Department develop better policies that acknowledge the level of resources needed in schools to meet the needs of all students in Western Australia.

If you do not want your child/ren to be included please phone the school on 989819300 and I will make sure we don't include them in the information we provide to the Commonwealth.

If you would like to learn more about the Nationally Consistent Collection of Data for School Students with Disability you can visit the [website](http://www.deewr.gov.au/students-disability).

deewr.gov.au/students-disability



SENIOR & MIDDLE SCHOOL DEPUTIES



Time has marched on and we're on the cusp of holidays yet again. As we all await the inevitable countdown to reports being issued, it is a time I feel for reflection on the semester that has been. For our students, it's a period of opportunity to think about what improvements can be made for next semester, both in behaviour and also academic progress. There may have been opportunities lost in terms of assignments handed in late, or tests for which the students didn't really study as hard or as long as they should've. For our staff, it's an occasion to plan ahead more judiciously, to differentiate the curriculum just that little bit better to cater for our wide variety of students and for me, a chance to improve on the processes which make this school work well and plan for the future.

2016 Subject Choices

For the Year 7-9 students, subject selection booklets for 2016 are in the process of being distributed to all students (Year 7s have received theirs) and are being discussed in Health class by the teachers. It is vitally important that the subject selection forms are handed back in to the Front Office as soon as possible so that we can start placing students in next year's timetable. For next year's Year 8 students (this year's Year 7s), this date was **June 24**. For next year's Year 9 and 10 students, the closing date is **August 26**.

Please ensure that you discuss your options with your parents, and that they are handed in promptly so you have the best chance of gaining your preferred preferences.



Aboriginal Mentor Programs

It is great to see the boys out every Wednesday (Periods 5-6), getting a much needed release of energy by Shane Malek and Paul Young from Avon Youth, as well as having the fantastic opportunity to talk to Malcolm Jetta from Aboriginal Health Services. We're very happy to have the skills of these two institutions and know that the boys are getting a lot out of it, both physically and mentally.

The ladies also had their opportunity with Bernadette Garnier on Tuesday afternoon to discuss all issues relating to girls. Her wisdom and guidance is very much appreciated as well. Thank you to all.

Positive Schools Conference

At the end of May, I had the pleasure of going up to Perth with some of the staff from Student Services to hear a variety of presenters talk at this conference. One of the presenters, Dr Michael Carr-Gregg, spoke on the subject, *Sleeping for Success*, stressing the need for at least 9 hours a night in order to prepare successfully for the following day. “Sleep is the **single** most behavioural experience we have in our repertoire”. 36% of our life is spent sleeping on average, and during this time our brain is very active. It’s engaged in repair and restoration, the time is critical for learning, and it uses the opportunity to integrate learnt knowledge with past experience. From this, he explained that sleep is the single most important study tool. When our brains enter the fifth stage of sleep, the last REM (Rapid Eye Movement) period, the things we’ve learnt each day are embedded in long term memory. This allows facts and figures taught each day to become easily accessible, so that we can recall these items later in tests, assignments or in exams. For students, 9 hours is the minimum and if this period is shortened, then our brains don’t get to the final stage of embedding that information and it is then harder to retain.

Another interesting snippet of information that he spoke to the audience about was that we’re exposed to **too much** light for too long. Light makes our brains become active, so if we watch TV until the time we go to bed, it takes us longer to ‘switch off’ and enter sleep mode. If we look at our bright phones, iPads or iPods until bedtime, once again, we’re selling ourselves short. If we flick on the fluoro light in the bathroom to brush our teeth before bed, we’re telling our brain to start working once again, when we should have a period of darkness and quiet to get in the right frame of mind to shut down. Another interesting fact is that scientists have discovered that sleep loss releases a chemical called **ghrelin**, which is a hormone related to hunger, so if we stay up longer, we get hungrier, which then keeps our body active. In yester year, when the sun went down, people went to sleep soon after the sun went down because it was too expensive to burn candles, and woke, when the sun came up, sleeping on average, between 10-12 hours per night.

Finally, Dr Carr-Gregg discussed an experiment conducted on mice. Mice usually have a life expectancy of 2-3 years on average, but when they were subjected to no REM sleep (so they didn’t get to those stages), their life expectancy was shortened to five (5) weeks. When they didn’t get any sleep at all, they died, in pain, after just three (3) weeks. So ... sleep is extremely vital to the wellbeing of everyone, but more so for our teenagers, both socially, mentally, emotionally and physiologically. If you have access to the internet, please take the time to look at the following sites for more interesting information, or search for further research into this interesting topic:

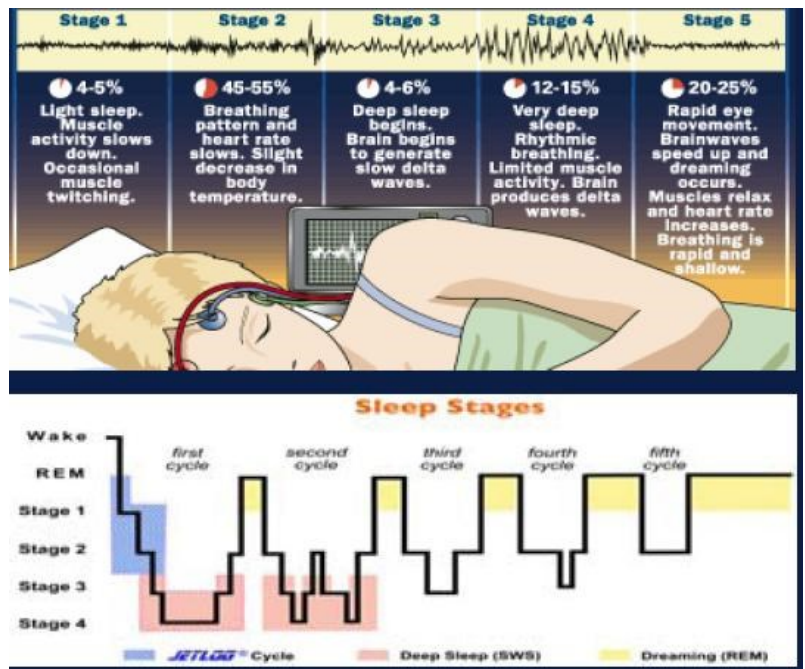
Student Academic Services <http://sas.calpoly.edu/asc/ssl/importanceofsleep.html>

NIH <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch>

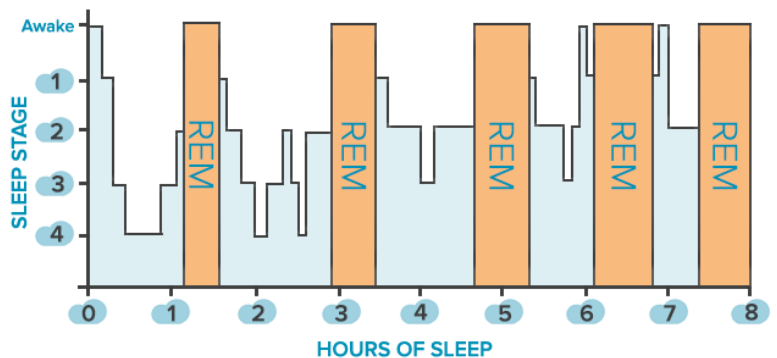
Lastly, look forward to the break coming up and start planning something exciting for your holidays (i.e. start catching up on sleep).

Ms Sandii Stankovic

Mr Andrew Symington



Stages of Healthy Sleep



AUSTRALIA'S BIGGEST MORNING TEA



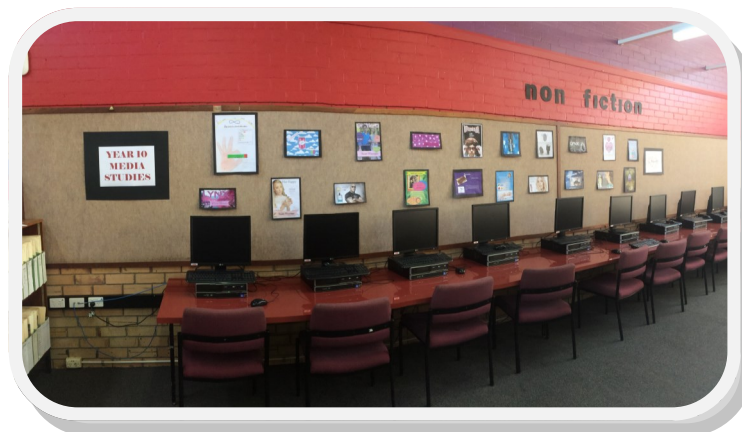
Thank you and well done to everyone who participated in Narrogin Senior High School's fundraising for events for the Cancer Council.

The Australia's Biggest Morning Teas was run by the Year 8 Food classes. The All School Morning Tea, held by Year 12 Food students, and the Free Dress Day organised run by the Student Councillors raised \$1826 which was an excellent achievement. Everyone had a lot of fun and got to eat delicious food whilst helping a worthy cause.

Ms Susan Pattullo

MEDIA NEWS

Year 10 Media students have been working hard to create their own unique 3D product inclusive of logo and slogan. Students have designed magazine advertisements for each product which are currently on display in the library. Take some time to view the innovative ideas explored by Media students.



MUSIC TOUR OF A LIFETIME!!

On Wednesday 24 June, three music students and their teacher will be jetting off across the world for a month as a part of the Perth Hills and Wheatbelt Band (PHAWB) Europe Music Tour. PHAWB comprises of students from Kalamunda, Lesmurdie, Kelmscott, Northam and of course Narrogin SHS. Ex-students from many of these high schools have also stayed on to play in the band, becoming important core members and role models for our young musicians. PHAWB in its entirety can count at least 70 members in its ranks.

Emily Ballantyne, Evan Beckwith and Caleb Pascoe, accompanied by Miss Melanie Kerrigan, will be travelling to places of significance from World War I and II. This includes a stop-over in Turkey where the band will tour the beaches of Gallipoli and perform at services at Lone Pine and The Nek.



Following the tour of Gallipoli, PHAWB will then continue onto Europe where they will perform at significant battlefield sites and memorials including the Mohne Dam in Belgium, Omaha Beach, Villers-Bretonneux and Fromelles in France and attend the 29,999th performance of the Last Post at the Menin Gate. There will also be opportunities for students to meet other primary and secondary students at Villers-Bretonneux when the band performs for the School Victoria. This school is well-known in Australian culture as it was rebuilt after WWI from the donations of school children from Victoria, many of whom had relatives that perished during the town's liberation in 1918. The School Victoria holds an ANZAC Day service every year and has the inscription of "*N'oublions jamais l'Australie*" (let us never forget Australia) above every whiteboard in the school.

Stay tuned for pictures and memories of the tour from Emily, Evan and Caleb when they return from their epic music tour!

Ms Mel Kerrigan



YEAR 11 CHILDREN, FAMILY AND COMMUNITY CLASS

Recently the Kindy class from East Narrogin Primary School came to visit the Year 11 Children, Family and Community class. In Term 2 the Yr 11 students had been writing their own Activity Booklets. The activities were to be a variety of things for young children to do that would encourage their development in various areas such as physical (both fine and gross), social, emotional and cognitive development. To prepare for the Kindy visit the students worked in groups to prepare resources for one activity they felt was able to be done in a high school situation.



Katrina, Teesha and Dana with the bubble painting

Katrina, Teesha and Dana did bubble painting (fine motor here to blow and not suck up the painty, detergent water!). Also for physical development Maddie and Meg had prepared coloured pasta to make threaded necklaces (they also had to sort their colours which is part of cognitive development). For emotional development Tuleah and Chermia prepared resources for children to make someone special to them in their family (though it involved fine motor skills to make their family), while Carina, Lucilee and Tiff helped the children to ice biscuits to represent various emotions (also involving fine motor skills to do the icing).



Making someone in their family with Tuleah

To stimulate cognitive development Sarah and Tiffany encouraged the children to have each finger as a colour to then make various fruits using paint (again they also used fine motor skills). Paige and Shelby set up goop for the children to squeeze and pour (fine motor skills used here as well as the stimulation of their mind with the science of liquids and solids). They made lots of mess, as you'd expect, and all went back to Kindy with lots of created goodies and big smiles on their faces. The teachers at East Narrogin Primary are always enthusiastic about bringing the children to the High School to give our students some real life experience and we appreciate all their help.



Maddie and Meg helping with the threading activity



Goop!



Hopscotch with Georgie, Shenae and Jessica



Sarah and the finger fruit painting



Faces representing emotions



Threading painted pasta



Bubble Blowing



Paige and the goop

Mrs Helen Sivyer

STUDENT SERVICES

Year 9 Leader - Ms Melanie Kerrigan

My name is Melanie Kerrigan and I am the Year 9 Co-Ordinator for 2015. My job is to provide pastoral care to all students that come through the door of Student Services, especially Year 9s. I can support and advise on any issues or problems that are happening, or just be a friendly ear for students to talk to. I love to talk (probably a lot of my students reading this are rolling their eyes in agreement!) so any visit during lunchtime or recess is always welcome if you feel like popping in!

My values are the same as the school – Respect, Responsibility and Tolerance. I believe that they are all two way streets, and I am confident that my Year 9 cohort are able to demonstrate this in the class, during breaks and out in the community. Sometimes we do have slip-ups and there are consequences for those actions – it's very important to remember that. If you are not tolerant and respectful to others, how are you to expect them to act the same way towards you?

I am also here to liaise with parents on any issues or concerns they may have. I can put you in contact with other teachers, organise meetings or progress reports for your child. Please don't hesitate to get in contact!

Good luck to all students heading to Country Week and all the best for holidays. Come back refreshed and ready to get back into your schoolwork.

Try your hardest, seek help when you need it and take every opportunity that is given.



Melanie Kerrigan
9881 9379

Melanie.Kerrigan@education.wa.edu.au

Year 8 Year Leader - Mrs Leah Russell

Hi all!

If you haven't met me yet, or seen me in the yard, I am Mrs Russell and am the Year 8 Year Leader for 2015.

It may seem that my job is only to support you through any difficulties or challenges you may face. This is one of my many roles. I can offer strategies and guidance, or connect you to the people who can help with your particular issue or problem, but I have other roles too.

I also love to hear about your achievements. Some teachers let me know when you are achieving in their subject, but I love to hear about your out of school success too. If you are involved in community activities or sports, or demonstrating skills in an area out of school, remember to let me know.

Another behind-the-scenes job I do is follow up on your attendance. As we all know, attending school, being on time, and being organised for class are the first three steps in our learning. If we are not at school, the rest cannot follow, and subject specific learning does not occur. I check in on your attendance, and try to help you ensure you are attending school, and class, regularly.

I look forward to chatting with you all.



Mrs Leah Russell
98819381

Leah.Russell@education.wa.edu.au

COUNTRY WEEK 2015

Accommodation: this year is at Mounts Bay Waters Apartment Hotel (112 Mounts Bay Road, Perth). The accommodation is a contemporary apartment Hotel comprising of one, two and three bedroom, self-contained apartments. There are tea/coffee facilities, a fully equipped kitchen, dining, lounge, laundry and a bathroom/s in every apartment. Students will need to purchase their lunches at the sporting venues or bring food from home to make their own lunch each morning. Breakfast and evening meals are included in the cost. Some extra money may be required to supplement what has been allowed for these meals.

Sporting Venues: Hockey, AFL and Soccer will be held at McGillivray Oval, Mount Claremont. Basketball will be played at Perth Basketball Stadium, Volleyball and Speech and Debate at HBF Stadium (Challenge Stadium) and Netball at the new Matthews Netball Centre. Confirmation of the fixtures will be given at a later time. Parents in Perth for Country Week are most welcome at the games as supporters. Further details on results and fixtures can also be obtained from School Sport (www.schoolsportwa.com.au) website closer to the time.

For Sunday's departure, please meet at the hostel courts at 1.30pm for a 2.00pm sharp departure. A more detailed itinerary and clothing/equipment list will be distributed the week prior to departure.

Other bus times include: pick up at Williams at approximately 2.30pm; pick up at Crossman at approximately 3.00pm; pickup at Cuballing at approximately 2.15pm; pick up at Pingelly at approximately 2.30pm; pick up at Brookton at approximately 2.45pm.

Thank you to all squad members who have been making a great effort towards achievement, attendance and behaviour.

Ms Brodie Melchiorre

NURSE'S OFFICE

Be Food Allergy Aware



Australia has one of the highest rates of people with food allergies in the world and this rate is growing. Currently, 1 in 10 babies are born with a food allergy. The only way to remove the risk of the allergic reaction is to avoid the food that causes it.

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 a 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 – Dial 000
- 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).

NOTICES

PARENTS

If your child has recently been diagnosed with any medical or learning difficulties, or you have *changed address* or *phone number* please advise Admin.

This is important so our records can be updated and the necessary assistance given to your child.

Also if your child is late , please ask them to call into either the Student Services Office or the Admin Office so we know that they are on school ground, preferably with a note.

Thank you, Admin

REMINDER!

Researchers at UWA are still looking for parents with children aged between 8 and 16 to participate in their research study. The survey is done over the internet and takes approximately 10 minutes each (parent and child). To participate go

to: www.tinyurl.com/SSBParents

For more information please contact Kate Derry - 0411 811 212

CALENDER TERM 3

21 July	School Commences
22 July	School Assembly
24 July	"Xmas in July "- Café - please phone to make a booking
28 July	Aboriginal Parent BBQ 5.30pm
30 July	Parent Interviews
04 August	Aboriginal Parent Meeting
05 August	NAIDOC Assembly
06 August	NAIDOC Aspiration Day

If undeliverable return to

Narrogin Senior High School
Private Bag 2 Narrogin WA 6312
PRINT POST APPROVED
639656100013

SURFACE MAIL

**POSTAGE
PAID
NARROGIN**

Continued from front page

The presentation informed students of:

- ◊ What is Regional and Urban Planning?
- ◊ Management and sustainable practises in terms of geography.
- ◊ The comparison between Perth and other cities around the world, in terms of land use and planning.
- ◊ Benefits studying geography can have in the future after completing Year 12.
- ◊ What careers they may be able to have after university.
- ◊ University courses that involve geography.
- ◊ Note-making and study skills when preparing for exams.
- ◊ The day in the life of a uni student.

The students took a lot of information out of the presentation and enjoyed asking Leigh questions about her course and questions relating to geography and exams.

All students thoroughly enjoyed Leigh's presentation. We would like to thank her for taking the time to come down and speak to us and would like to wish her luck in completing the final years of her course. We would also like to thank Miss Rintoul for organising Leigh to come down and talk to the geography students.

Jordyn Drayton, Year 12

Check out our web page for all the latest news - www.nshs.wa.edu.au or join us on Face Book