



High School Highlights

Narrogin Senior High School

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Issue 5 2015

Australians at War - Perth Hills and Wheatbelt Band European Battlefield Tour

Imagine a tour of Turkey and Europe over 5 weeks with 56 people, 30 instruments and a set of marching drums. A lot of people thought we were very brave. This was actually the longest Music tour taken by a music group through the WA Education Department. For our group of students from the Hills and Wheatbelt, this tour is the culmination of 3 years of rehearsals, fundraising and concerts.

Our first stop was Turkey and the Gallipoli Peninsula. We spent a couple of days exploring ANZAC Cove, The Sphinx, Chunuk Bair, The Nek and Lone Pine. Emily Ballantyne played a very special Last Post and Reveille at ANZAC Cove with the Narrogin RSL's bugle given to her to take to Europe. It was a beautiful performance, and also a very emotional one for Emily and the band. What an amazing way to honour the fallen at Gallipoli.

We played at every memorial and cemetery we visited, whether it was with full band or buglers playing the Last Post. Sometimes there were quite a few visitors at the memorials, often only one or two, but it was an honour to be able to play for those who were there to pay their respects.

Leaving behind sunny Turkey, we flew into Paris via Zurich and proceeded to tour the battlefields of the Western Front by bus. On our first day on mainland Europe we crossed through 3 countries – France, Belgium and the Netherlands! Traffic on the motorways is just as bad in Perth at peak hour – and people quite often live in one country and drive across the border to another to work!



Emily Ballantyne



Caleb Pascoe, Natasha Hansen, Evan Beckwith,
Emily Ballantyne and Mathew Ballantyne.

Exploring the Western Front was a sobering experience, especially when we performed for the 99th commemoration of the Battle of Fromelles at Pheasant Wood. This 1916 battle was the worst for Australian casualties – nearly 10,000 men were lost in 24 hours.

We had so many amazing experiences while we were away, way too many to recount on one page! Marching in the Bastille Day celebrations in Villers-Bretonneux; playing at the 29,999th performance of the Last Post at the Menin Gate in Ypres; small family dedications in various cemeteries along the Western Front and playing on the dams taken out in the Dambuster raids were just a few highlights that the students will treasure.

Welcome back to Emily Ballantyne, Evan Beckwith and Caleb Pascoe, with honourable mentions to two ex-Narrogin SHS students, Natasha Hansen and Mathew Ballantyne. What an amazing journey you have been on!

Ms Melanie Kerrigan



The Principal

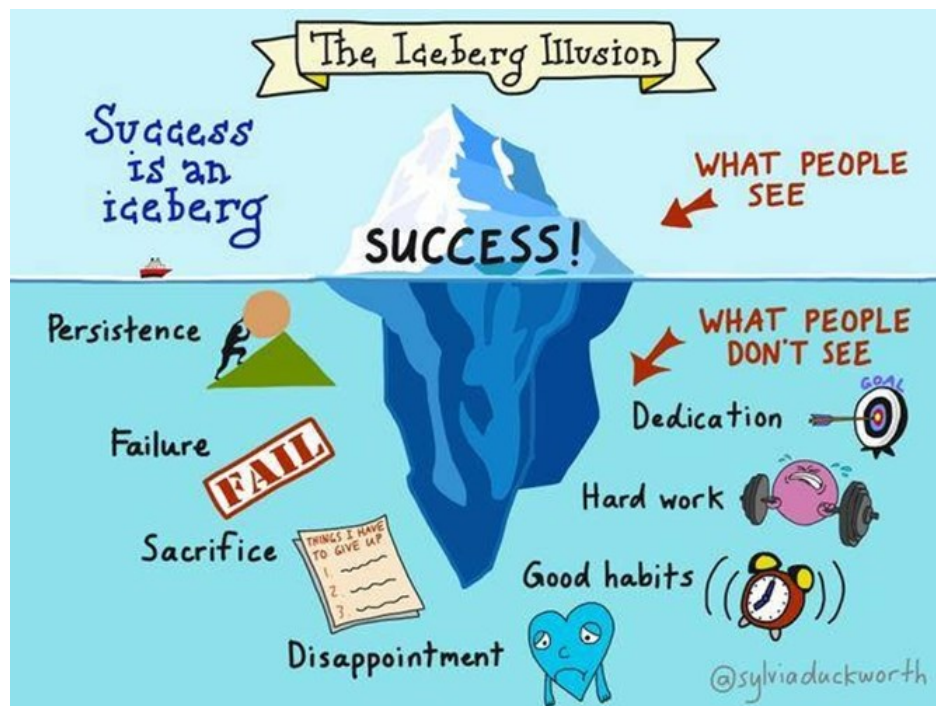
Thank you to all the staff, students and parents that have welcomed me into the role of Principal for Term 3. It has been a great learning experience and I am relishing the opportunity.

As you can see throughout this newsletter there have been many accomplishments, activities, events and accolades throughout the recent weeks that our students and staff, have been involved with. It is great to be part of a wonderful school.

At the recent assembly I discussed 'Success' and how this differs for each person. Success may be achieved in many forms, whether it is in grades, assessments, sporting goals, or any personal achievement. They all require effort, persistence, failure, sacrifice and so on. I likened this to the Iceberg as in the picture below. We see the accolades but we forget about the parts we do not see and what people have to do to achieve success. Yes, there is a lot of hard work to achieve our goals and be successful.

Well done to all the people that have been acknowledged throughout this newsletter and the people that have supported them in getting there.

Ms Sandii Stankovic



NAIDOC DAY



Grace Smith & Ethaniel Bolton



Nathan Ugle & Jayde Schmidt



SENIOR SCHOOL DEPUTY

We all experience times when we feel overwhelmed by the volume of work we need to complete. This is particularly common for our Senior School Students at this busy time of the year. Year 11 and 12 students are finalising assessment tasks and preparing for Semester 2 exams, whilst Year 10 students are working hard to develop the skills required to ensure a smooth transition to Year 11.

Students experience many competing demands; homework, sporting commitments, catching up with friends and family, and part time work. This may lead to a lack of motivation to get school work done. Term 3 in particular is a time when students may be feeling tired and lacking the enthusiasm to work hard. There is no magical way to get motivated. Motivation often comes after we have achieved something. When we achieve we feel good, and this motivates us for the next task. Here are some tips I regularly give to students to help increase study motivation. They might also serve to start a discussion at home.

Set achievable goals, for the day, week, the rest of this term, and for next term. Write them down and review them regularly. Think of where you would like to be this time next year and how completing this year successfully will help get you there. You will naturally be more motivated when you have a target to aim for

Break up large tasks, into smaller, manageable chunks. Focus on one chunk at a time so you don't get overwhelmed

Set a study schedule, every day. It's a good idea to plan your day in advance. Studying earlier in the afternoon and evening is better. Set a specific time for studying, and a time for relaxing

The most difficult part is getting started, so use the **5 minute principle** - plan to study seriously for 5 minutes. Usually what happens is once you start you study for longer than 5 minutes. The most important thing is to make sure you are really studying 100%

When **planning breaks** for meals or other activities, plan to stop when you're at an interesting part of the subject. This way, when you continue to study later, it'll be much easier to get started because you'll be starting with something you have an interest in

Remove distractions from your surroundings. When you've got the TV, phone, or computer nearby, it is hard to stay focused

Making the most of the precious time left this year can significantly improve student outcomes. Remember, stay motivated.

OLNA

Online Literacy and Numeracy Testing (OLNA) is fast approaching for the second time this year. Achieving the standard is mandatory for students to achieve WACE (Western Australian Certificate of Education). The tests will be conducted on the following dates:

Writing – 31 August -2 September 2015

Numeracy and Reading: 2-4 September 2015.

Students will be provided with individual schedules during Week 5. All tests will be conducted in the library computing room. If your child has not passed the OLNA please ensure they are present at school to complete the tests.

Below is the link to the practice tests. To help your child prepare please encourage them to complete the practice tests. To log in to the practice test you need to use the following username and password.

Username: 4039

Password: prac14

<https://assess.scsa.wa.edu.au/engine/index.php/login/olna>

NAIDOC Narrogin SHS Aboriginal Aspiration Day: Building a Culture of High Aspirations



The Aboriginal Aspiration Day is designed to increase student's awareness of possible career paths through a series of mini presentations from various business guests. The aim is to open student's eyes to the world of work, raise their career aspirations and broaden their industry knowledge. This is achieved by the representation of local Aboriginal presenters from a variety of careers and industries, in positions from entry level to senior management, who

possess a variety of experience and knowledge.

This year saw 50 students attending the third annual event at the Narrogin Residential College from Year 7-10 on Thursday 6th August. The keynote speaker for the event was a graduating student from 2011 – Jayden Miller who is now working for the Department of Parks and Wildlife whilst also studying at Deakin University. Jayden shared his story of life at high school and the transition to work. He highlighted the need to work hard in school and focus while maintaining strong connections to locals in the community.

Our range of Guest Speakers for speed careering included:

Brenda D'eatta - Aboriginal Training and Employment Coordinator (ATE) Directions

Bec Matten – Narrogin Directions Office

Yvonne Green - Manager Aboriginal Education Wheatbelt Region

Rhys Paddick - Centre Manager, WA Australian Indigenous Mentoring Experience - AIME

John Mallard - Project Officer Curtin AHEAD – AHEAD In Communities Curtin AHEAD (Addressing Higher Educational Access Disadvantage) Ethics, Equity & Social Justice

Alicia Woods – Gnaala Graduate, Learning and Development Administrator

Chellsey Morrison Load and Haul Truck Driver

Richard McAlinden – Senior Advisor Social Responsibility – Newmont Boddington Gold

Aboriginal Health Team - Southern Wheatbelt Primary Health Service

Karen Kickett and Venessa Mcguire Aboriginal Health Worker

Regina Kickett and Bernadette Garnier Registered Nurses

Wayne Turvey - Kulkers Building and Construction Narrogin

Jayden Miller – Department of Parks and Wildlife, 2011 Narrogin SHS graduate

Raelene Kickett and Anne Kickett – Aboriginal Development Officer, CY O'Connor Institute

Professor Marion Kickett – Manager, Curtin Centre for Aboriginal Studies



Raelene Kickett

The day concluded with some family tree career planning with Directions and an interactive rap writing session with AIME. We are so thankful to the presenters and facilitators that gave their time and expertise to work alongside our students and help to awaken them to the possibilities they can strive to achieve.

Mrs Prema Sexton



Wayne Turvey

TRADE ENGINEERING



Ian Flores, Braydon Cutri, Harry Bomford & Nathan Ugle

Over the course of the school year the Trade Engineering students have been working on a series of dragsters for their major project.

The students constructing them have spent the best part of two hours per day on this one task.

They will be displayed at the Narrogin Show and the NSHS display.

Paul Dyson

IMPORTANT DATES

21 September

20 October

21 October

23 October

21 November

Year 11 and 12 Semester 2 Exams start

Last day for Year 12 students

Year 12 Farewell Dinner

Year 12 Presentation Evening

WACE Exams start.

LIVE PIANO RECITAL — ROMAN RUDNYTSKY

When: Thursday 20 August Doors open 6.00pm for a 6.30pm start

Where: Reception Centre (Town Hall Complex)

Tickets available NOW for ARtS SPACE \$27.50

Adults \$25.00 ARtS Narrogin Members & Concession \$10.00 School Students

TOP STUDENTS SEMESTER ONE

Congratulations

Year 7



Lucy Palumbo, Lauren Erickson & Sarah Poultney

These students all achieved 8As in their Semester One Reports.

Year 9



Casey Walker, Jessica Shepherd, Brooklyn Drayton, Milla Curtis, Rebecca Edkins, Cailey Harnett & Benjamin Tinley

Year 8



Michaela Stoffberg, Chloe Hansen, Kate Dyson, Jemma Darvell, Danielle Brechin, Ryan Blechynden & Justin Ngyen

Year 10



Abbey Wilson, Dureen Bolton, David Hallam & Katrina Reynolds

These students received an Academic Achievers Award in Semester one

Year 11



Shelby Steer, Huiwen Lin, Connor Earnshaw and Tyson Kirk

Year 12



Harry Bomford



Jessica Sweeney

Students who received a Commendation:

Year 7 - Imogen Morgan
Michaela Pratt

Year 9 - Sarah Hall

Year 10 - Georgia Earnshaw
Kiara Screaigh

Year 11 - Bon Lucev

YEAR 8 SCIENCE

Year 8 Science have been studying energy transfers and transformations. They designed and built their own 'Rube Goldberg' machines.

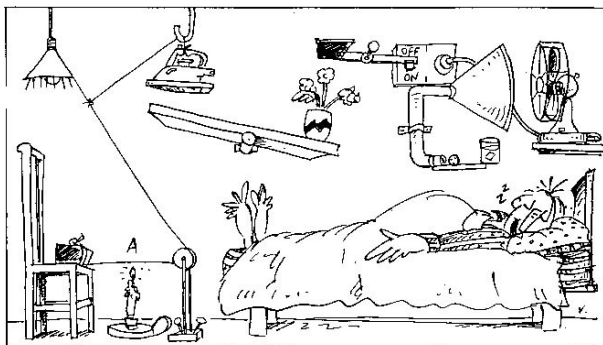


Jarrad Dawes and Braydon Reynolds



Lochlan Thompson and Georgalee Coopes

DAD'S PATENTED ALARM CLOCK



Rube Goldberg Machine

A **Rube Goldberg machine** is a **contraption, invention, device or apparatus** that is deliberately over-engineered or overdone to perform a very simple task in a very complicated fashion, usually including a chain reaction. The expression is named after American cartoonist and inventor Rube Goldberg (1883–1970).

Getting a Good Night's Sleep!

Bed time can be a difficult time for some, especially in younger children. But a good night's sleep can mean the child is settled, happy and ready for the school day

The recommendations for school children are between 10 and 11 hours of sleep each night. A child should be tired after a day at school but it is very important to establish a bedtime routine. A bedtime routine in your house could be:

- 6.30pm: Put on pjamas, brush teeth and go to toilet
- 7.00pm: Reading a story or having quiet time. The use of technology before bed time is not recommended.
- 7.15-7.30pm: Goodnight and lights out

If your child is still having trouble falling asleep or staying asleep, you could try some of the following tips:

- Avoid nap times for older children over the age of 5
- Encourage children to go to bed and wake up at similar times to establish a habit
- Help children to relax before bed time which could include a bath or reading a story
- Make sure your child feels safe at night using a night light and avoiding scary movies or stories
- Provide a dark, quiet and private space for your child to sleep

For more information on how to get your children to sleep better visit the Raising Children's Network website: http://raisingchildren.net.au/articles/good_sleep_habits_tips.html/context/618

Alternatively, you can speak to your School Health Nurse.

Go Health!

YEAR LEADERS

Year 10 Year Leader: Mr Matt Harding

I am very excited to be filling in as year 10 Year Leader for Semester 2 whilst Mrs Wilkie is on leave and would like to thank her for a great start to the year.

Year 10 students should be giving serious thought to where they wish to head next year. Whether students are choosing an academic pathway or a vocational education, the focus of Narrogin SHS is to prepare students for a fulfilling work life. Not every student can achieve 'A' grades but if students are confident that they have done their best in all their classes, then this good work ethic and positive attitude will ensure that they end up in a job they enjoy and that rewards them for being a productive employee.

I would like to offer any assistance to the Year 10 students and their parents or caregivers to help them through the next few months as they prepare to transition into Year 11 at Narrogin SHS. Please feel free to contact me to discuss any queries or concerns you may have at Mathew.Harding@education.wa.edu.au.



Year 7 Year Leader: Mrs Navine Coates

I am the year 7 leader and I work within the team in Student Services. I really enjoy my role and my time is fairly busy. I offer support to students, parents and staff to deal with any academic or emotional issues that may arise throughout the day. The Year 7s have done an amazing job settling into the high school life and some have shown true leadership. It is so important to show care and compassion towards one and another and respect each other. This is what I promote every day. So come and say hello or wave when you see me around the school and don't forget everyone is here to listen and help you.

Navine.Coates@education.wa.edu.au



Maths and Science Tutoring

With the beginning of semester two, it is a good time to remind students that Maths and Science tutoring is available after school on Wednesdays and Thursdays each week. On Wednesdays, Ms Bendix, Miss Kerrigan and Mr Harding are all available in Room 9 for all students that need maths or science assistance and for any students in the *Follow the Dream* program. Tutoring is also conducted in room 32 on Thursdays.

Putting the extra effort in at the beginning of the semester can significantly improve a student's grade for the end of year report so please feel free to come along. Bring any work or questions you have and the teachers will be pleased to assist.



COUNTRY WEEK 2015



Country Week this year was a memorable week for all. With 8 out of the 12 teams in grand finals on the final day, our hard work definitely paid off. Final results included the boys hockey winning the A grade grand final. The girls hockey won their final play offs, placing them third. The soccer boys played off for the bronze medal in their division and unfortunately lost on a count back. Soccer girls won their grand final, named C grade winners. AFL unfortunately lost their grand final, placing them second overall. Basketball boys were C grade winners, basketball girls were runner's up in the D grade division. Volleyball boys came second overall in B grade and volleyball girls finished eighth. Netball A grade played off for the bronze and won there. The second netball team took out their division convincingly. Speech and Debate finished second overall.



FINAL RESULTS

Hockey boys

A grade - 1st place

Hockey girls

A grade - 3rd place

Netball

A grade - 3rd place

Netball

Second team division -
1st place

Soccer boys

D grade - 4th place

Soccer girls

C grade - 1st place

Basketball boys

C grade - 1st place

Basketball girls

D grade - 2nd place

Volleyball boys

B grade - 2nd place

Volleyball girls

B grade - 8th place

AFL

C grade - 2nd place

Speech and Debate

2nd place

The new accommodation at Mounts Bay Waters was appreciated by all with a very comfortable stay. We even got to do recovery sessions in the pool. We enjoyed the evening activities of Cicerello's and Ten Pin Bowling, Sizzler and a movie night at the Cinemas, Carillion Food Court and Bounce.

Our presentation evening was at the Subiaco Football Club. At the presentation evening, most valuable player awards were presented.

Congratulations to the following students who were awarded

Most Valuable Player for the week:

Speech and Debate - Bronwyn Horobin Lavan,

Hockey - Nick Corner and Tayla Atkins

Netball - Gemma Boxall and Jessica Daniels

AFL - Ashton Kickett, Volleyball- Samantha Dawes and Brayden Taylor

Soccer - Scott Cochrane and Lourette Greyling

Basketball - Trevor Mead and Meg Conway.

Miss Melchiorre would like to acknowledge the exceptional behaviour of the entire squad who represented Narrogin Senior High School flawlessly.

Also, a big thank you to the efforts of the coaches

Mr McDonald, Mrs Quartermaine, Mr Pratt, Mr Hall, Mr Dyson, Mrs Corner, Mr Goodenough, Mr Stewart, Mr Fawcett, Mr Morrell, Mr Erickson, Mr Corner and Mr Davis who gave up their time and effort.



Miss B Melchiorre

Australian Electoral Commission Will run the Prefect and Student Council Elections



This week NSHS students will go to the polls once again to elect their student representatives.

We have a strong number of nominees for each year group. As in the past we will be seeking to elect 10 Prefects (5 males and 5 females) and 4 students (2 males & two females) from each of the Year 7 – 10 groups. Nominees have already had the opportunity to present an Election Speech to their peers.

Names of nominees have been forwarded to the AEC where names where an official draw of names was carried out to decide the order of names on the ballot form. The representatives from the Electoral Commission will bring these ballot slips with them when they come to set up for the election next **Thursday 20th August**. Voting booths will be set up and voter's names will be checked off the school enrolment list by officials as they present to cast their vote.

Once the voting is complete the Electoral commission will take the locked ballot boxes back to the AEC in Perth where they will carry out the official count using the Preferential Voting System. Results will then be forward back to the school.

Students who are elected will receive a letter of confirmation of their election and will be asked to sign a contract agreeing to carry out the required roles and responsibilities of a Student Councillor or Prefect. Prefect elect will undergo an interview with the Principal, Year Leader and Student Events Co-ordinator before having their position confirmed. Parents will also be asked to agree to support their student in carrying out these roles and responsibilities.

NSHS is very honoured to have the AEC come to our school to give our students the opportunity to participate in an Official Election Process.

Mrs S Castle

NETBALL ACADEMY At the Bendigo Cup



These students were absolutely amazing and a credit to themselves and NSHS. Thanks for allowing them to participate!

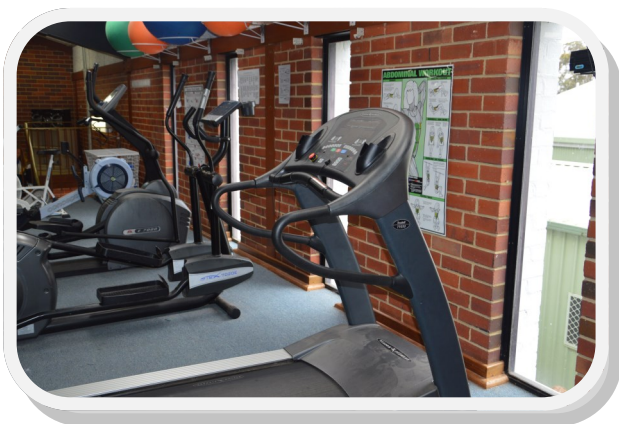
Amber Ness - Deputy NPS

Girls enjoy each others company during the day in Katanning where they assisted with the umpiring for the St Matthew's and Narrogin Primary Schools.



The Phys Ed department is always in the market for used or unloved fitness equipment. You can donate or negotiate a price. They will be much appreciated.

Mr Andrew Corner
HOLA PE DEPT



CONGRATULATIONS MICHAELA

Narrogin Senior High School would like to congratulate Michaela Pratt who has been selected in the state squash team. Michaela will travel to Cairns, Queensland in the October holidays to participate in the U/13s division of the National Age Based Championships.

We wish her all the best.

If undeliverable return to

Narrogin Senior High School
Private Bag 2 Narrogin WA 6312

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SURFACE MAIL

**POSTAGE
PAID
NARROGIN**

NOTICES

On Line Canteen

Our canteen has started to use "online canteen" system to receive your kid's lunch order. We would like to invite interested parent to use this system. You can register at, www.onlicanteen.com.au



- Step 1:** Register and setup your account
- Step 2:** Reload minimum **\$20** at the canteen
- Step 3:** Start ordering your lunch

HOUSEKEEPING FOR NARROGIN SENIOR HIGH SCHOOL

Is your child late to school?

Please make sure your child checks in at **Student Services** otherwise you will receive a text message saying he/she is not at school.

Do you need to pick your child up?

Please write a note for your child stating when you would like to pick them up.

They will then take the note to **Student Services** who will issue your child with a **Leave Pass** which will get them out of class at the correct time and will allow them back in to class when they return.

Alternatively you can phone Student Services if you need your child after they have arrived at school.

Have any of your personal details changed since enrolment?

Please ensure the school has your up-to-date information for mailing out information and in case of an emergency.

Please ensure your child arrives at school in school uniform.

The uniform shop is open Tuesdays only for Term 3 and Tuesdays and Thursdays for Term 4

Student Services is located in the main building through the front doors and turn right.

After a very long wait the School Rugby jumpers have finally arrived just in time for Spring. They will be sold from the Canteen before school and on Saturday mornings from 9 - 12am. There is limited stock until the full order arrives and the cost is \$60.

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