



High School Highlights

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Narrogin Senior High School

Issue 6 2015

NSHS Newly Elected School Council for 2016



Back to Back Wins for Narrogin



Year 12 Student Jordan McLeish has continued Narrogin's winning streak by taking out the prestigious "Taste Of The Future" competition, hosted by Hospitality Group Training held at Belmont City College, on September 17.

Continued page 2



Principal

What an amazing issue of the newsletter. There is a lot that has happened since the last edition and it is pleasing to see that students have taken up opportunities that are available to them.

Recently, I spoke with students about willingness to learn and the hard work required to achieve success, – Students who have achieved accolades throughout the school year have demonstrated their willingness to learn, and have achieved success. This also goes for the incoming Student Councillors, – all those who nominated, you have achieved success in that they have been acknowledged for their willingness to represent this school. The elected Student Councillors, who have been voted by their peers to represent them in all things Narrogin Senior High School, also have achieved success. There are many events that take place which demonstrate just how great this school is – and this is coming from someone who has been involved in a number of schools - both metro and further afield country. I would like to list a snapshot of what is on offer at NSHS - list is not exclusive and in no particular order:

- * We have an awesome restaurant that the public utilise and actually pay good money for a meal prepared and presented by students
- * Country Week
- * Students ask to represent (and did) school at a shire meeting regarding the logo for the Narrogin Shire
- * Music band performance in Perth recently whereby they received an outstanding status
- * Overnight Camp – Music
- * Upcoming Canberra Trip
- * Upcoming Indonesia Trip
- * Academic Extension Program
- * 8A and excellence awards at the end of each Semester
- * Sporting Academies
- * Parent Morning/Afternoon Tea - which students facilitate
- * WACE achievements
- * The vast number of VET certificates available for students to complete (this school does offer more than many schools)
- * Linguistic Olympiad competition
- * Think Big rewards
- * Taste of the Future Competition
- * Art Exhibitions
- * And not forgetting the Car Wash on Fridays

And the list can go on.....there is something on this list that each and every student can be involved in. This list would not be possible without the diligent work of the staff. I am not only talking about teachers teaching you in a classroom but we can see from the list mentioned that staff organise, plan, coach, mentor, negotiate, care, give up their time and for some holidays, to ensure this school offers something for everyone to learn and achieve success. The opportunities are on offer for students to engage in and achieve success, and of course we love to see this.

Continued from page 1

With over 70 schools competing for a place in the final of 10, and having to follow in the footsteps of last year's winner former Narrogin student Taylor Warner, pressure was always going to play a factor in the outcome. However, Jordan took this in his stride and upon entering the kitchen at Belmont a sense of calmness came over him. He worked methodically and cleanly throughout the cook. He displayed advanced butchery skills by tunnel boning a Chicken Maryland and using the thigh meat along with ground pork, bacon, pistachios and thyme to fill the boned out leg. The judges, WA Food Ambassador - Don Hancey, National Culinary Team Member – Stephen Clarke and Perth Arena Executive Chef – Paul Beard were literally blown away by the classical techniques Jordan demonstrated throughout the final. Having won the competition two years in a row has left Perth schools asking the question; what is going on in Narrogin?



The Hill Top Café will be open in week 1 in Term 4 for five weeks to welcome in the new group of Hospitality students who will run the restaurant next year.

Ms Justine Campbell

For your chance to sample Jordan's award winning dish, it will be on the menu Friday 16 October only.



Senior School Deputy

How to help our children cope with Assessment Stress?

Senior school students are often faced with a number of assessment tasks at the end of term or semester, which are usually scheduled closely together. This can lead to great stress for students - and unfortunately those who live with them!

What is assessment stress?

Stress can be defined as the state of being under prolonged mental or physical pressure. Pressure can be positive and useful to complete deadlines or to help somebody avoid danger. However, when pressure is prolonged, it can be negative, and depending how the individual perceives it and reacts to it, can lead to the development of stress.

Assessment stress is a natural reaction and can come from a number of sources including:

- young people themselves
- comparisons with others
- wanting to reach ambitious goals
- others in the family
- peers or teachers

Symptoms of stress

Some students feel pressure and develop stress symptoms much more readily than others. When someone is faced with increased pressure (in this case at peak assessment time) their body can go into a 'fight or flight' response which releases increased amounts of adrenalin into the body. This can lead to any of the following symptoms:

- feeling cranky and irritable (increased yelling or crying, swearing, hitting)
- feeling inadequate, negative self talk, blaming
- problems getting to sleep or not wanting to wake up, strongly beating heart, sweating, chest pains, nausea, trembling
- habits such as nail biting and fidgeting
- indecisiveness, going blank, confusion
- increased smoking, drinking, or increased drug use
- losing touch with friends.

Last newsletter, I included suggestions for students to help them improve their motivation towards study. This newsletter I thought it would be useful to give carer tips to help you further support your child.

What can you do?

One of the best things you can do if your child is experiencing stress is to try to be as supportive and tolerant as possible. Reassure them that there are more important things in life and that this is only part of the story. Let them know you will help them no matter what and, although you want them to do well, you will not think any less of them if they do not do well on an assessment.

Tips you can do to help out

- Ensuring there is an uncluttered table where they can work. Help them to find somewhere which is likely to be undisturbed.
- Encourage them to find out exactly what the test involves - are there past test papers they can look at to help them understand what to expect?

- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- Help them to plan their study schedule early on so that they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session.
- Remind them to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practise with.

Practical ideas

- Encourage them to stick to a routine of going to bed at a reasonable time, eating regularly and making time to have fun and exercise.
- Help them to cut back on coffee or any other stimulants. Encourage them to drink lots of water instead.
- Encourage them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady.
- Stay calm and offer support - perhaps offer a cup of tea occasionally or record their favourite TV program to watch later.

Relaxation ideas to help your child cope with exam stress

- Always encourage your child to relax before they go to bed, such as reading a book or chatting to a friend.
- Encourage them to go out for a walk, run or to do some other exercise.
- Help them use relaxation techniques if they are becoming anxious. For example, put on some gentle music, get them to lie down, close their eyes and breathe deeply.
- Encourage them to visualise success - this can really help with self-confidence.

Ideas for exam day

Suggest they:

- organise and pack everything that they need to take with them into the exam, the night before.
- restock pens and have spare batteries for their calculator.
- keep away from people who may agitate them before the test or may say unhelpful, anxiety-provoking comments.
- take time to slow their breathing and relax when they first sit down.
- take water into exams.

On a final note, I would just like to thank the students and the parents for the help and support you have given me over the last term. I have enjoyed working with you and I look forward to seeing the achievement of the students in the years to follow.



Attendance at school is one of the singularly most important aspects of a student's life during their education. Every single day at school counts, whether it be socially, emotionally, physically or more importantly, educationally. Missing even one day of school over time can make a huge and significant impact on a child's learning. For example, if a child was to miss one day of school per fortnight, from Kindergarten right through to Year 12, they will effectively miss more than one year of learning over that time – one whole year! Obviously, if they miss more than one day per fortnight, then that year figure increases. Missing school means missed learning opportunities, which means the difference between gaining the job that you would **love** to do or being stuck in a job that you **have** to do or, it may mean never even gaining a job at all. We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. Students develop good habits at school which are necessary to succeed after school, whether in the workplace or in further study.

Some of the main reasons for absence are: 1) **Sickness** – there are always times when students need to miss school, such as when they're ill, but it is vital that they're only away on the days they are genuinely sick; 2) the **"Day off"** – think twice before letting your child have a "day off" as they could fall behind their classmates; 3) **Holidays** – with cheap airfares during school time, it is easy to take advantage of deals, but two weeks off during the term will have a fundamental effect on your child's learning, and 4) **Truancy** – when students choose not to go to school without their parent's permission or decide to 'cut' class/es. There can be many reasons for truancy, and the best way to address this is for schools and parents to work together.

Remember that no matter the reason for an absence, it does represent **lost time** in the classroom. Our Student Services team send out letters to parents to let you know where your child sits in relation to their attendance. Remember, that if your child is not present at school, they are absent (whether there is a reasonable excuse or not) and the system at school that records this data is the basis for those letters and the attendance percentage. The Education Department has a policy in regards to attendance, and these letters, of which there are four, form part of the process for alerting parents to possible attendance issues and give an opportunity for parents and schools to communicate, and form a partnership to endeavour to get students back to school if attendance is low. One of the final steps in that process is an invitation to attend an Attendance Panel, which is an independent panel set up to give helpful advice, support and direction to parents and students.

But in the meantime, here are some things that you can do. Talk about the importance of showing up to school every day with your child; make that the expectation. Regular attendance at school sets up good behaviours for regular attendance at work. Going to school is like a child's first job. Good habits at school (being responsible, showing respect to peers and teachers, being tolerant towards others, punctuality, discipline and completing work) will develop into good work ethics after school concludes.

Help your teenager maintain daily routines such as finishing homework and getting a good night's sleep. Teenagers need 8-9 hours sleep to be healthy and alert, so you may need to monitor their use of digital devices in the evening (I wrote about the importance 'Sleeping for Success' in an earlier newsletter article this year). Try not to schedule appointments during school hours. Arrange family holidays during scheduled school holidays so that they are not missing out on classes and, therefore, will not have to struggle to 'catch up'. Don't let your teenager stay home unless genuinely sick. Complaints of headaches or stomach aches may be signs of anxiety and Student Services do have links to community organisations if you would like to take it further and get help in this regard. If your teenager wants to stay home to finish an assignment, rather than letting them stay home, expect them to go to school – make attendance the number one priority. Later, you can discuss with them how they can improve their study habits or adjust their schedule. All learning areas will have an assessment schedule available, so use this to help your teenager plan their study so that they avoid working late the night before an assignment is due. Be sure to set a good example – how you meet your commitments impacts on how they will meet theirs. Above all, talk to your teenager.

We want the best for your child and want to see them at school. Please make contact with our Student Services team if you have any questions.

On another note, it was fantastic to see a good many of our students participating at the recent school social. So many memories of my own high school discos and socials, and obviously the music, sent me back into a time warp. All the students had fun and I especially enjoyed watching the limbo dance at the end – oh to be that flexible once again. The costumes were sensational. Well done to all that attended.

Keep working hard as there is only one term left, and that time will disappear exceedingly quickly before you are even aware of it. Good luck to all the Year 12 students as they prepare for their school and WACE exams and keep working hard to ensure graduation. Good luck to the Year 11 students who are following in their footsteps and I implore that the other years (7-10), aspire to greatness and prepare now for your future career paths.

Have a great school holiday. Be safe and see you all in Term 4 for the final run to the Summer holiday period.



Election Day at NSHS



In the lead up to the election students had nominated and delivered an election speech to their peers. Now the day had arrived when they would find out their fate.

Students turned out in droves, lining up in an orderly fashion, collecting their ballot forms and having their name ticked off on the role before lodging their ballot form.



Officials from the Electoral Commission informed us that from a total of **1092 votes cast**, only 15 were informal. They also added the following comment **"I would also like to take the opportunity to highly commend the students on the day. Their behaviour was excellent and those that assisted with the setting up and marking off names etc did so enthusiastically which assisted in the smooth running of the day. The students are a credit to the staff at the school. Please pass this thanks on to the principal and the school staff"**.



Congratulations to the following successful candidates who have been elected to the Prefect group or Student Council:

Prefects for 2015/16

Sorcha Armstrong-Hetzel
Connor Earnshaw
Tahlia Milentis
Damion Johnson
Alana Searle
Shannon Bubb
Carole Kickett
Tyson Kirk
Cameron Hathaway
Kyle Haydock

Student Councillors

Yr 7

Isabelle Kilpatrick
Lucy Ward
Michael Gentle
Luke Kirk

Yr 8

Kate Dyson
Henriette de Villiers
Ryan Blechynden
Travis Cochrane

Yr 9

Brooklyn Drayton
Milla Curtis
Kallum Outram
Tiernan Paice

Yr 10

Jasmine McDonald
Abbey Wilson
Paddy Armstrong-Hetzel
David Hallam



A Spiky Visitor

Earth and Environmental Science

Year 12 Students have made an interesting discovery whilst undertaking plant identification in the bushland area of Narrogin Senior High School. A friendly echidna was found burrowing for ants and the students got some great close up photos of it foraging.

Echidnas are monotremes, or mammals that lay eggs. Their spines are modified hair to protect it from predators. The echidna has sharp claws on sturdy limbs to dig for invertebrates. Male echidnas have spurs on their hind feet attached to venom glands.

One of the biggest threats to echidnas is the urban environment as they are often hit by cars when they cross the road so seeing this one in the bush behind the school is a rare treat. Hopefully a family of echidnas will adopt the area as their habitat so future students can get to see these fascinating creatures close up in the future.

Anyone know what a baby echidna is called?..... A Puggle.



Celebrity Chef

Cooking Demonstrations with Celebrity Chef Mark "The Black" Olive and NSHS Hospitality Students.

Narrogin community Gardens
Saturday October 24 from 9.30am



Students from Earth and Environmental Science recently assisted in a tree planting next to the canteen to help improve the aesthetics of the school. Gardener Nick Parker sourced the plants and instructed students in how to plant the small trees and shrubs.

It was a great opportunity for students to put into practice their knowledge of plants and plant growth as well as showing their school spirit to volunteer to upgrade school gardens giving the area a new lease of life.



Students: Katie Lally, Lily Frawley, Keith Bowden, Thomas Parker and Samson Tullett with Nick Parker



Thomas Parker and Samson Tullett

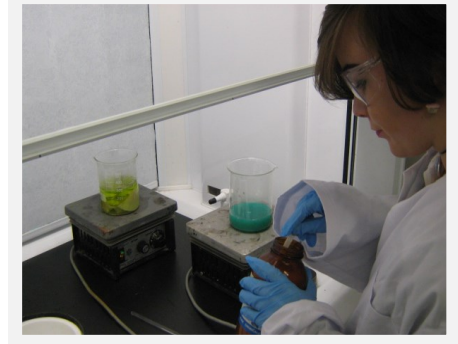
The NSHS *Urban Mining* Project is approaching its first lot of results with the first group at the refining stage of gold extraction. Funding from BP has allowed the project to purchase specialty equipment as well as much needed consumables for Room 32 so the efficiency of recycling electronic waste could be investigated.



Ben Kempton, Braeden Sprigg and Kial Wheeler dismantling computers

22 computers have been dismantled and precious metals separated. Each type of metal is now going through stages of refining to create a valuable and saleable product. Only two tubs of waste has gone back to landfill with the majority of steel being recycled and used by the Town of Narrogin scrap metal recycling program.

Mr Matt Harding Teacher



Hannah Auld starts the dissolution of gold process.

Student Parliament 2015

On the Sunday 13th September almost 100 student parliamentarians, including myself, travelled to Parliament House in Perth and started three days of activities and debate. This was the convening of the 7th annual Student Parliament in Western Australia and marked the 800th anniversary of the signing of the Magna Carta and the 100th anniversary of the landing at Gallipoli.

The first day was quite daunting for everyone. People all over the state were arriving at Parliament House in blazers and all trying to intimidate each other in spite of their nervousness. We were met outside the house by Ms Jo Gibbs who would be our coordinator for the day.

We went into the foyer where we were dazzled by the marble architecture, flawless carpet and the appearance of very many security guards. The chambers of Parliament House are always understated in their brilliance. You can never quite grasp the magnitude of where you are until you arrive. In the legislative assembly I was quite surprised, viewing out from Mr Terry Waldron's (Member for Wagin) seat, at the wooden panels that surround the chamber. We were briefed upon our roles and chamber protocols then we headed off. We then went on a cruise of the Swan River in what could have only been described as a 'party boat.' Everyone was dancing in very uncomfortable dress shoes and button up shirts, but the afternoon was enjoyed by all.

The Monday was game time. Everyone arrived at Parliament House attempting to exude confidence to undermine their opponents. Monday was debate day and everyone was eager to voice their opinions and argue about the topics of the day. To start the day's proceedings her excellency The Governor Kerry Sanderson made an opening address partnered by speeches by both the President of the Legislative Council the Honourable Barry House, and the Speaker of the Legislative Assembly the Honourable Michael Sutherland. I, being a member of Government, was asked to make a 90 second members statement and a three minute debate speech on **The Electoral Amendment Act 2015** (lowering voting age to 16). Debate was feisty, intelligible and most of all hilarious. Towards the end of the day, student members were slackening their tongue and in their tiredness a loose comment or two would spark a very interesting conversation. At the end of the day everyone was satisfied about the day's proceedings and both houses eagerly adjourned.

The Tuesday began with an informal address by the Governor, again followed by a day of learning in the Perth Constitutional Centre. Afterwards, certificates of participation were given to all student members and then we were invited to watch actual question time in Parliament. The hot topics were transport and crime which were eagerly debated by the actual members. We silently giggled as members were brought to order by the Speaker and when funny interjections were shouted across the floor.

To quote the honourable Barry House in his closing address to all student members: "The Westminster System of government has been described as the worst system of government that is better than all the rest." We often, as a society, lose faith in our government and the way it operates. We complain and grunt at what the parliamentarians of today are turning our state into. We are rightly angry. But having been to parliament, I can vouch for the fact that this is necessary. Having politicians who are cut throats and who ridicule each other on the drop of a hat is what we need. It isn't the healthiest system, but the system works. And we can all agree that we are pretty privileged to live where we do.

David Hallam

Kallie Barrett



CHEETAH

I AM A CHEETAH

I AM ENERGETIC

I AM THE FLASH

I AM THE RED BULL



James Chaplin

English

Year 7 Poetry

Ms Tania Jasciewicz

bonfire, bonfire
as I watch you
burn
flames in the sky
the smoke in the air
I know theres a heart
in there, Somewhere
will you burn as
bright
as you can
before your flames
burn out
bonfire bonfire
it's time to say
Goodbye

- montanah French

Molly (my dog)

Old and frail
So pale
but she loves her food



Lexie Hall

Monica Hansen

Dolphin

I am a dolphin

I like swimming

I love eating fish

I am highly intelligent

I am a dolphin

Love is powerful Chloe Screaigh

I will go wherever you are

Climb any mountain

Use whatever is necessary

Leap cliffs

Dodge fire

Run fearless

I will find a way

Or make away

Even if I have to drag myself to you

I have faith in you

I will break the rules

I will jump blindly

Even if the world is crumbling

I can wait, love is patient

I will do anything if it brings me to you

Because love is a powerful thing

Animal Poem

I am a Fox

I am Delightful

I am cunning

I am Skilful

I am a Horse

I am Intensity

I am Feisty

I am Unique

By: Elise Micale

The choices

Oh the choices I make,

Oh the choices I take,

Some are fair,

And others beware,

Some I was held back,

And others I fell like a sack,

Some I felt high,

And others I said goodbye,

Some I felt great,

And others made me create,

Some choices I regret,

And others I'm glad I met,

So they were the choices I made.

Lexie Hall

Create: A Collection of Year 10 Narrogin Senior High School Visual Arts



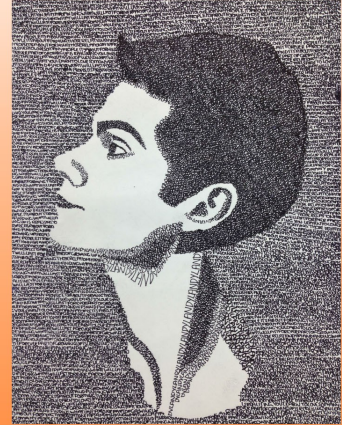
NSHS Year 10 students are to be congratulated on the creative artwork currently exhibiting at NEXIS Gallery in Narrogin. The exhibition consists of Naïve paintings (acrylic on canvas) inspired by the Rebecca Cool Workshop held at the school, Micrography Portraits (ink on paper) and Aboriginal collaborative textile pieces. The exhibition is on display at NEXIS Gallery in the Town Hall Complex Federal Street Narrogin 17 September to 11 October 2015.

Rebecca Allenby



CREATE!

A COLLECTION OF YEAR 10 NARROGIN SENIOR HIGH SCHOOL VISUAL ARTS



Katrina Reynolds, Micrography portrait, pen and ink

You are invited to the opening of an exhibition from Narrogin Senior High School students including naïve paintings, collaborative textiles and Micrography portraits

Wednesday 16 September at 6pm

NEXIS Narrogin Exhibition Space

Exhibition open 17 Sept - 7 Oct

Gallery Hours: Thursday to Saturday 10 am to 3 pm / Sunday 11 am to 3 pm

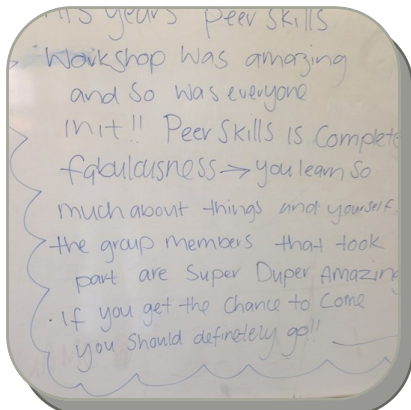


Year 9 Peer Skills

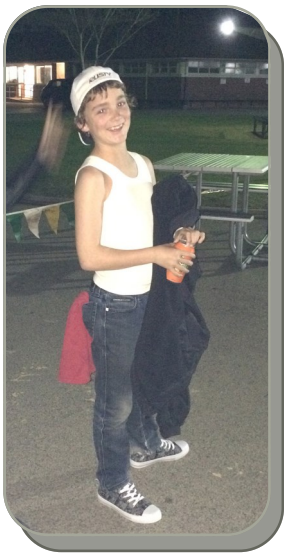
Chaplains Marty & Jennifer, have run Peer Skills Program, this year from the start of the year with 9's, Term 3 with Year 8s and Year 7s. This is a fun two day workshop done during school time. Over the two days, students bond together with other students and help to form great friendship groups. Students have lots of fun learning through games and team building.

This is a fun workshop: teaching students life skills, communication and listening, problem solving, team work, Leadership skills, where to get help locally/school/internet/phone-kid's help lines.

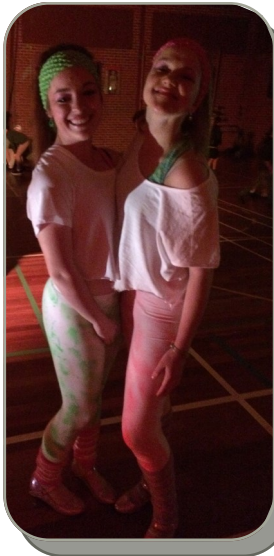
The local churches support the chaplain and students by providing the morning tea for students during Peer Skill workshop.



Social Night

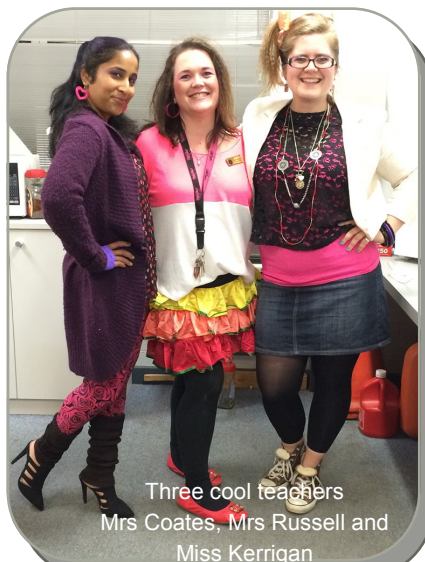


Ms Kerrigan giving dance lessons.



On Wednesday 2 September, we had our first school social for the year. The 80s themed, disco-dancing, brightly-coloured, BIG event was a success! A HUGE thank you goes out to all the students who attended, and to the student councillors and staff that helped prepare for the event or helped with the smooth running of the social on the night. You ensured the success of the evening.

Mrs L Russell



Three cool teachers
Mrs Coates, Mrs Russell and
Miss Kerrigan



NAB Cup



The NAB Cup Competition is played between Narrogin Senior High and local district highs, with the aim of preparing the district highs for their Country week sporting carnival at the end of term.

Pictured above are all the participating students.

Below are the girls winners from NSHS Hockey Academy.

Narembene won the boys division.

Thank you to Rodney Johnson (HDO) NAB bank for sponsoring the day and to Ms Borthwick for running and organising the day for Narrogin Senior High School.

Mr Andrew Corner



If undeliverable return to

Narrogin Senior High School

Private Bag 2 Narrogin WA 6312

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SURFACE MAIL

**POSTAGE
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Notices

SCHOOL BLAZERS

This is a call for any small school blazers. We would like to purchase a few more that are about a size 14.

If you have any tucked away and would like to part with them please call the school on 98819300 and ask for Mrs Castle.

APPRENTICE BUTCHER REQUIRED

NARROGIN COUNTRY FRESH MEATS ARE SEEKING TO EMPLOY A SELF MOTIVATED, RELIABLE, ENTHUSIASTIC JUNIOR APPRENTICE. IF YOU HAVE A PASSION TO LEARN ALL ASPECTS OF THE BUTCHERING TRADE.

PLEASE APPLY TO GEOFF ON 9881 1243 OR COME TO SHOP 5, BINTAMILLING ARCADE.

Sunsmart Narrogin Triathlon

Sunday 29th November, 9am start, 12.30pm presentations

Organised by the Narrogin Primary School P & C

Categories for juniors, open and vets as individuals and teams

Swim/bike/run over a choice of 4 distances;

Mini 50m/0.8km/0.4km, Intro 100m/2.4km/0.8km, Short 200m/8km/2.4km, Long 400m/16km/4.8km

Entry forms available from Narrogin Primary School office and website www.narroginprimaryschool.wa.edu.au

For more information contact Sarah Wiese ph 9885 9050, mobile 0407 474 587, email wiese@activ8.net.au

Superhero Foods for Fruit & Vege September

These Everyday Foods will protect your kids, keep them strong and give them all the energy they need.

Superhero Foods® are a concept developed by Foodbank WA to promote healthy eating messages to children. The Superhero Foods are Everyday Foods in disguise, foods which can be found in your fridge and pantry; Superhero Foods power-up the body for daily activities. We encourage children to "Eat Superhero Foods for a healthy body and strong mind".

Superhero Foods® empower children to make a healthy choice – "You are what you eat: Your choice!" Our cooking and nutrition school program, Food Sensations®, is dedicated to educating children on the benefits of healthy eating and how fun and delicious home cooking can be. Our FREE Superhero Foods® cookbook can be downloaded here: www.healthyfoodforall.com.au/images/uploads/Foodbank_Healthy_Recipes_for_All_2.pdf

The Superhero Foods® e-Resource is coming to a school near you! This e-Resource is curriculum linked and provides teachers with lessons plans, activities and resources to deliver a nutrition education lesson. Watch this space!

If you would like to find out more about Superhero Foods or become a Superhero teacher go to www.foodbankwa.org.au



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