



# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School

Issue 3 2018



We held our annual ANZAC Assembly on Thursday 12 April, in remembrance of those who fought and gave their lives for our Country. Marshall Bowey was our MC for the assembly and our theme for this year was on ANZAC Sons. Prefects Brennan Pratt, Brooklyn Drayton,



Jasmine Cant, Matthew van Schalkwyk, Ben Battley and Anri van Niekerk delivered a presentation on the Marlow Brothers a family of six Australian brothers, five of whom served in WWI, with only two brothers returning home.

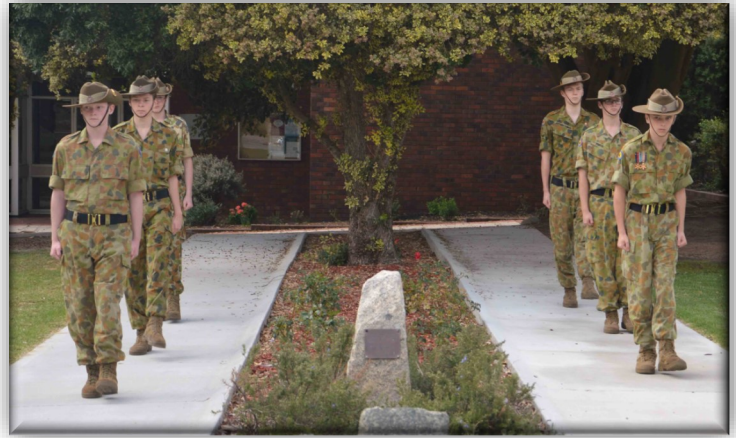
Thank you to our speakers Clynton Culbong, Mr Chattilon from the Narrogin RSL, Chaplin Mr Vause, Mrs Whitting and the Narrogin SHS Band, and our singers Imogen Morgan and Lauren Erickson for their wonderful rendition of "The ANZAC" and for leading us in the New Zealand and Australian Anthems. Head girl Janka Reynders and prefect Sam Licence laid a wreath along with members of the RSL and other local schools in memory of the fallen. We acknowledge and appreciate the wonderful job Captain Peter Haas and the Narrogin

Army cadets, do each year forming the catafalque at both our school's assembly, the combined schools ceremony and community ANZAC Service.

Some of our prefects and year 10 student councillors, along with band members and the Army Cadets attended the Combined Schools ANZAC Ceremony which was held at the Memorial park the next day. A wreath was laid on behalf of the school by head boy Marshall Bowey and head girl Janka Reynders.

Thank you also to Vickie and Michael Brown of Narrogin Nursery Café & Gallery, the Narrogin RSL and the NSHS P&C for their continued support of our school. Lest we forget.

*Mrs Nan Steer*



## PRINCIPAL

Ms Melissa Walker



I trust your children had a well-rested holiday and returned to us safely. We once again have a very busy second term with lots of events including Country Week in the last week. Being a short term, only 9 weeks, the time will fly by.

Late last term we held our annual ANZAC Commemorative Service. This, being my first service at Narrogin SHS, was a very special experience and I was extremely impressed with our students. Our Prefects, Cadet students, and student leaders, with the support of staff, particularly Mrs Nanette Steer, facilitated the ANZAC service. The way in which they delivered the service was exceptional. What was immensely impressive was the manner in which 640 young adults behaved. I am very proud of our student body and the way they conducted themselves at this formal event.

We have just been through a number of our testing programs to gain perspective of our student's individual understandings and learning, and to provide further feedback for improvement. Our Year 7 & 9 students have undertaken NAPLAN and our Year 11 and 12 students have completed their Semester One ATAR examinations and Externally Set Tasks. These tests can bring with it much anxiety and stress for the students that are sitting them. Our students conducted themselves very well throughout this time. We will not receive NAPLAN results until sometime in September. Our Year 11 and 12 students will receive their results and be provided with feedback about their examinations and assessments within the next few days. This is a time for students, with the support of their parents, to reflect on their progress and consider ways for improvement.

Throughout the next few weeks parents of senior school students may be invited to have meetings with your child and their Year Coordinator or a Deputy Principal. During these meetings your child's progress will be discussed and actions will be put in place to support your child to achieve their WACE. When teachers and parents work as a team with students to improve outcomes, the child learns to further value their education as they get academic and behavioural support both inside and out of the classroom. Parent-teacher teams that communicate well can share information about the student and help devise ways to individualise learning approaches to best meet your child's needs.

Thank you to all the parents that attended the parent-teacher interviews last term, those who continually update themselves on their child's progress through Connect and for those who attend requested meetings and make time for telephone conversations with your child's teachers. Your commitment to supporting your child's education through strong relationships with the school is one very important part of ensuring your child's educational success.

Our theme this term is 'Resilience' – the ability to bounce back from adversity. It is important that as a community we build the skills of our children to be resilient. I encourage parents to teach your children to be brave by showing them you believe they can do it, and encourage them to 'have a go' even if they are feeling nervous. Provide positive feedback for effort, celebrating successes and encouraging them to keep trying. Your child is going to have times where they achieve well at school and some times where they may not succeed, even fail. We need to make sure that we build their skills to think of each success and failure as a learning experience and keep working, keep striving and never give up.

**Urgent Mental Health Support**  
(24 hours) 1800 048 636

**Kids Helpline**  
(24 hours) 1800 551 800

**Headspace:**  
[www.headspace.org.au](http://www.headspace.org.au)

**APPS**  
**Smiling Mind**  
iPhone and Android - Free

**Moody me**  
iPhone - Free

**Moodkit**  
iPhone - \$4.99



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## SENIOR SCHOOL DEPUTY

Mr Andrew Symington



Welcome to the mid-point of Term 2. For our Year 11 and 12 students they have made it through the ATAR exams, the Externally Set Tasks and survived Semester 1. There may be some students contemplating course changes, but it definitely isn't the time to panic. If an ATAR student, use the opportunity now to gain valuable feedback from your teachers on your exam performance – harness their experience and strive to improve. If you have already realised that you could have done better through a more rigorous study schedule, now is the time to implement it. If you have recognised the fact that more time could have been more wisely spent in reviewing notes, preparing for coming lessons and accessing tutoring during or after school, now is the time to engage with those avenues.

Year 12 students are halfway through their year-long courses. If your results could be better, then now is the time to improve your grades. Remember, one of the requirements for gaining your WACE is that you must have achieved 6 'C' grades throughout Year 12.

OLNA results came out recently and it was stimulating to see the number of students who achieved the grade since their Year 9 NAPLAN results. The Individual Student Diagnostic reports have been issued and teachers, who also have access to this information, will help support students to achieve these important levels. I can't stress enough that it is very important for students to show the initiative and access the tutoring which is available at our school.

It has been very pleasing to see Paul Mugambwa, from the Stephen Michael Foundation, visiting school every second Tuesday to work with our Year 11/12 Leadership group. He has been passing on some very important skills to those students who are thoroughly engaged in the program, led by their subject teachers Mr Jordan Heil, Miss Kristy Chapman and Mrs Navine Coates. The students have been coming along in leaps and bounds this year and it is very gratifying and edifying to see them grow and mature. We are hoping that their example can be a secure foundation for our Leadership and Engagement program in the years to come. It is fantastic to see our Aboriginal students accessing the Follow the Dream program and also engaging in the AIME program at Curtin University. The more our students are exposed to these opportunities the better their chances of entering university become. I would implore more of our Aboriginal students to access some of the exciting camps on offer from the universities in Perth.

Our Year 10 students are about to embark on the course counselling process for entering Senior School in 2019. Please ensure that your parents attend the two seminars coming up (the main one is May 31, Thursday night, 6.30pm in the Trade Training Centre, and for our Residential College students, 1.30pm on Friday June 1 at the College). Please have a really good think about your future career options; do your research so you know what you need in terms of subjects; come prepared for your meeting with your parents and counsellor, and as always, be prepared to work hard to achieve your potential

Here's a little something I read the other day which may help in some small way, because in order to succeed you unquestionably need to start your day in a great way. In his book, the "Miracle Morning", by Hal Elrod, he speaks about starting your morning off with some "Life SAVERS". He prefaces these with a 5 step wake up strategy.

### **Step #1 - Set Your Intentions Before Bed**

The first key to waking up is to remember this: your first thought in the morning is usually the last thought you had before you went to bed.

### **Step #2: Move Your Alarm Clock Across the Room**

If you haven't already, move your alarm clock across the room. This forces you to get out of bed and engage your body in movement. Motion creates energy, so when you get up and out of bed it naturally helps you wake up.

### **Step #3: Brush Your Teeth**

As soon as you've gotten out of bed and turned off your alarm clock, go directly to the bathroom sink to brush your teeth, and while you're at it, splash some warm (or cold) water on your face.

### **Step #4: Drink a Full Glass of Water**

It's crucial that you hydrate yourself first thing every morning. After 6-8 hours without water, you'll naturally be mildly dehydrated, and dehydration causes fatigue.

### **Step #5: Get Dressed or Jump in the Shower**

Pretty much says it all.

Following these 5 steps, the next ones are crucial to continuing the positive start. Add some of these to your morning routine or come up with your own activities for a positive start to the morning:

Silence can be meditation, mindfulness etc.

Affirmation can be a word you use that reminds you of who you are and how to be.

Visualisation is an intention (directing your focus) on how you want your day to be.

Exercise can be a short walk or stretching or going for a run (exercise is a great thing to do in the morning).

Reading something that is positive and enjoyable. What you read "resonates" with you. It gets you thinking and expanding "beyond yourself".

Scribe is about journaling. Writing in your journal about your day gives you insight and clarity about issues. It also helps you realise what's working and how far you have come.

***Remember - Success is something you attract by the person you become (JIM ROHN).***

## MIDDLE SCHOOL DEPUTY

Ms Sandii Stankovic



**A**lmost half way through the year and we are certainly kept busy.

By the end of Week 6 – Parents from Year 7 – 10 will have received a SMS regarding **Semester One School Reports** available electronically. Parent/ Caregivers can receive these reports through Connect, this will save you storing them and then trying to find them again. If you wish to have a hard copy please inform the staff in Front Office. If you have not received a SMS please contact the front office on 9881 9300 and ensure your contact details are up to date.

**A Parent/Teacher Evening** scheduled for **Thursday 19 July 2018** from

**4 – 8pm.** This is an opportunity for parents to talk with their children's teachers about their Semester One achievement. These will be loaded onto the School Online Booking System and you may book online from **9am Thursday 7 June 2018** by clicking into [www.sobs.com.au](http://www.sobs.com.au) If you are unable to access the website please phone Mrs Carolyn Potts in the front office on 9881 9300.

**Year 7 In-term Swimming Lessons** will take place throughout **Week 9: Monday 25 June – Friday 29 June 2018.** Notes will be going home with the students this week. Please ensure that notes are returned and completed by **Friday 8 June 2018** to assist with the organisation of the event. This is a compulsory event and all students are expected to attend the swimming lessons.

**Country Week (Week 9)** is predominantly for Senior School students. Normal timetable will be running for **Years 7 – 10** and it is important for those not participating in Country Week to attend school.

The **Year 7s and 9s** were impressive in their participation of **NAPLAN**. Almost 100% of the Year 7 students completed their Numeracy test and just below 100% for the others. Results will be out later in the year.

Feedback regarding **Connect** has been outstanding – the information and usage for Connect continues to grow. I realise that at times there are inconsistencies of the amount on Connect between various Learning Areas – however we are working at this incrementally so as not too overwork staff in a small period of time. We appreciate your continual support with this.

We are utilising the **Facebook** page more and more as we feel this provides an avenue for us to get information out to the community in a timely manner. Please make sure you have access to this to keep up to dates with good news stories and celebrate with us. We also find that event reminders are most successful using Facebook.

## ENGLISH

### The Australian Computational and Linguistics Olympiad

**N**arrogin Senior High School students from Years 10 – 12 took part in the online round of the Australian Linguistics Olympiad on Wednesday, March 7. This is a national competition which tests students' logical and linguistic abilities. Narrogin Senior High School entered four teams, one each from Years 10 and 11 and two Year 12 teams. The competition itself relies on the four team members working out how to best answer a range of highly challenging, linguistic based questions within a two hour time frame.

The team comprising of four Year 12 students, Lochlan Horobin-Lavan, Elizabeth Jacob, Janka Reynders and Anri van Niekerk, won a gold medal in the state regional competition. The team was in the top 25% of the 96 teams in the state who participated. The team also achieved the highest ranking of a public school in the whole of Western Australia.

*Ms Kelli Hobson*



### Welcome to our new English Head of Learning Area, Mrs Linda Bishop



Mrs Bishop comes to NSHS with a wealth of experience as a HoLA, ATAR English and Literature teacher and teacher of students at academic risk. We hope you enjoy your time at Narrogin



Recently Johanna Eppler from Wild and Waste Free in Narrogin came to give a talk to the Yr 10 Textiles and Fashion Technology students about recycling and removing plastic from our waste. Johanna brought recycled T shirts for students to make into reusable shopping bags. She is running Boomerang Bag Workshops in Narrogin on Sat 30 June at the John Higgins Centre. The idea is to leave the bags at the supermarket for people to use and then return them to the supermarket for others to use when the plastic bag ban comes into place in July. There is also a "Bag It" free movie screening being held on Thursday 7<sup>th</sup> June. Both events are free but bookings are still essential. Questions to Johanna at [wildandwastefree@gmail.com](mailto:wildandwastefree@gmail.com) or go to the Wild and Waste Free Facebook page.

*Mrs H Sivyer*



The Year 11 Children, Family and Community class having been doing a task that involves learning about support groups for families in the community. As a part of this task, they were required, as a group, to make something suitable to give to a community agency. The class chose to make muffins for the Salvation Army's drop in centre, The Lighthouse.

Along with some donations of food items from staff, the class were pleased to make and present their muffins to Michelle Gibson from the Salvation Army. The class enjoyed trialling the muffins and then making them for a worthy organisation.

*Ms Susan Pattullo*



AIME is a mentoring program to help Aboriginal students complete year 12 and have an opportunity to attend university. Jack Bancroft founded AIME when he was 19-years-old. As an Aboriginal teenager he saw first-hand the number of friends and family who were missing out on the chance to go to University, so he decided to do something positive and set up AIME.



Historical data in Australia shows 40% of Indigenous people aged 17-25 are in University, employment or training. The non-Indigenous average is 75% for the same cohort. For AIME students it's been 73-78% for the last 6+ years. The program has been a great success and our school is fortunate to have formed a partnership with AIME.

The year 9, 10, 11 and 12 Narrogin Senior High School Aboriginal students attend Curtin University to participate in a Mentee training day last week. Students were challenged to participate in activities that took them out of their comfort zone. They were encouraged to always have a go and be prepared to fail. This reminded us all that it is ok to fail and through failing we learn. It was great seeing all the students from different schools mixing together. I would like to congratulate the students who attend for outstanding behaviour and big thank you to Mr Kickett for driving the bus.

*Ms Maxine Clark*

## YEAR 7 STUDENT COUNCILLORS

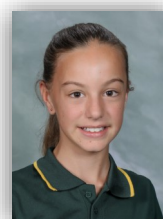
Congratulations to the following students who became our Year 7 Student Councillors for 2018.



*Cameron Pope*



*Oliver Tinley*



*Gabrielle Cousins*



*Jude Corner*



## BIGGEST MORNING TEA

The year 8 Food Science and Technology classes have been working hard to prepare food for the Australia's Biggest Morning Tea.

Students were encouraged to invite family and friends to come and show off their cooking skills and enjoy some of their delicious food.

Students were asked to create a suitable treat for afternoon/morning tea held for the Cancer Council. The cancer council holds this event every year to raise money for cancer patients. Some of the money raised goes to building and accommodating suffering families in a time of hardship.

Guests were asked to bring a small donation; we would like to say a big thank you to everyone who did. We raised nearly \$900 for this good cause. The Year 8 students would also like to give a big thanks to the cooking teachers for guiding us through the task.

An especially big thanks to Mrs Penny and Mrs Fawcett who supplied all the decorations for the event.

*Tahlia Regan & Caitlin Pratt*



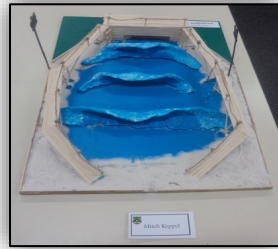
*Jo Harris - Regional Executive Director  
and Melissa Walker - Principal*



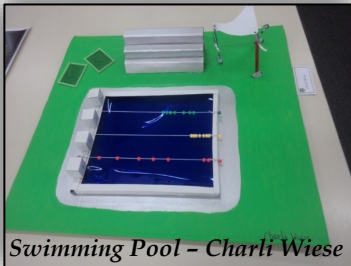


## Year 7 - Night at the Planning Commission

Last term Year 7 students and their parents were invited to attend the Night at the Planning Commission event at the school library on the 11 April. Students presented their strategy and plan to develop a teenage-friendly facility in their local town that aims to improve the liveability for the local youth population. Students began the task by using the latest 2016 Census data from the Australian Bureau of Statistics. This involved students collecting data and demographic



Wave Park – Mitch Keppel.



Swimming Pool – Charli Wiese

statistics such as the population, median age, number of youth population and cultural demographics present in their town. Students also completed a survey of the town's already existing

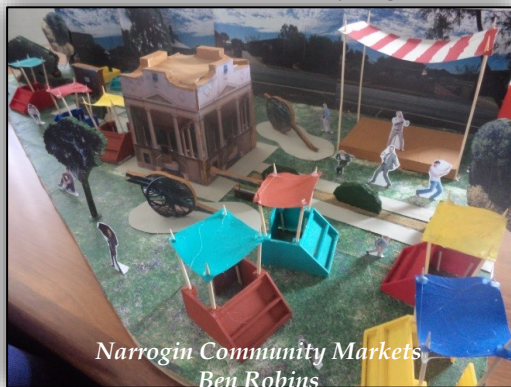
facilities and researched best practice strategies from Europe to enhance liveability. Armed with this information students then planned a youth friendly facility that would be suitable for their town.

Students had the choice to present their strategy as a PowerPoint, Poster, Model or a combination of both. The night



Ice Arena – Betty Dalton

showcased a variety of these ideas which all aim to achieve an improvement in liveability for the youth population of their town. Most cover a range of liveability criteria such as Social, Cultural, Economic and Environmental factors. There were awards and prizes judged and voted for on the



Narrogin Community Markets  
Ben Robins

evening including a "People's Choice Award", "Critic's Choice" and door prizes. Awards will be presented at an upcoming year meeting/

assembly. Thank

you to the Year 7 students on your hard work and effort on this assignment. We are proud of your efforts and thank you to all the parents and friends who attended the evening.

Ms Rebecca Donavon

## Year 11 ATAR Geography Bushfire Fieldwork Excursion

In April, Year 11 Geography students visited the Perth Hills Discovery Centre and undertook a day of fieldwork activities focussing on the Natural Hazard of Bushfires. Situated in the suburb of Mundaring, the Perth Hills Discovery Centre offers an ideal location to investigate physical factors which contribute to the risk of bushfires such as topography of the land and vegetation fuel loads. The young Geographers persevered through the extreme heat 40+ degrees and weather conditions of the day as they completed a variety of fieldwork activities including measuring fuel load depths, collecting primary data and completing a risk assessment of the buildings.



Analysing a Bushfire Map – Mundaring  
Fire 2018



Fieldwork in action

Ms Rebecca Donavon



## MUSICAL MESSAGES

The Music Department has been very busy during Term 2, fitting in a lot of events and activities into this short term.

1. The Lunchtime Concerts are continuing each Friday – a big thank you to all the supporters who come and listen to the performers each week, and congratulations to all the performers, you're all amazing!!



2. We had a visit from the West Australian Youth Jazz Orchestra (WAYJO) as part of their Regional Tour, who ran a workshop with the Senior Band students before showing off their skills in a concert in the Performing Arts Centre.



3. During Week 2, all the Music students enjoyed time away on Band Camp, staying at Camp Quaranup in Albany. We learnt about the history of the campsite, explored the beautiful surrounding area, participated in team building activities including canoeing, and spent many hours rehearsing and preparing for our upcoming ABODA(WA) Concert Band Festival next term. Everyone had a fantastic time! A big thank you to Mr Symington for driving us there and back safely!

4. ATAR students Harley Hastie, Ethan Curley and Ivan Vukomanovic completed their first exams which is a massive achievement – well done!

5. Coming up on Sunday 10 June is our annual Mid-Year Concert, which gives all the Music students an opportunity to showcase their skills and what they have achieved so far this year. Everyone is welcome to attend to support our amazing, talented musicians!



### Join the Australian Youth Orchestra in 2019!

Applications for the Australian Youth Orchestra's 2019 programs will be open from 12–29 June! The AYO occupies a special place in the musical culture of Australia, where aspiring musicians get a taste of life as professional musicians, and where like-minded individuals from all over the country gather for intense periods to learn from each other, study and perform. AYO will be embarking on an exciting international tour next year, visiting Europe and Asia for a month of music-making. 2019 will also involve some sensational collaborations with leading musical organisations, including Musica Viva and Victorian Opera.

Full program details will be released during the coming weeks, so stay tuned and register your interest here.

Link to [www.ayo.com.au/applications2019](http://www.ayo.com.au/applications2019)



See Mrs Whitting in the Performing Arts Office if you would like to be part of a special 'MAKE MUSIC' Day event on Thursday June 21



# RESILIENCE SKILLS

## Information for Parents:

Student resilience and wellbeing are essential for both academic and social development. Children who are confident, resilient and emotionally intelligent perform better academically. The skills these children also possess can contribute to the maintenance of healthy relationships and responsible lifestyles.

To help your child to be resilient support your child in building their social and emotional skills including:

- \* **Using humour in a helpful way** so when your children experience sadness or bad times, they can laugh at their mistakes or laugh with others to help put things in perspective and feel more positive and hopeful.
- \* **Recognising their own strengths and limitations** to bounce back from setbacks and achieve new goals. Some teenagers only see what they **can't do** not what they **can do**. Knowing their ability strengths (eg good at running or art) or character strengths (eg fair and honest) can help your children to take steps to overcome problems and set goals.
- \* **Using empathy** to help them see a situation from another person's point of view and understand how they are feeling. This will help your children to build positive and supportive relationships.
- \* **Using leadership skills** which are the social skills that help to build good relationships. These skills include being a good communicator, finding the best in others, being adaptable, being able to stand up for their own values, problem predicting and solving and being enthusiastic and self-aware.
- \* **Setting SMART goals** that are specific, measurable, linked to actions, realistic and have a timeframe. Being able to set and achieve short and long term goals can add to your children's health and wellbeing.

## BUILD YOUR RESILIENCE

### Strategies for Students:

*Think about these ideas. Some will work better for you than others*

**You can learn to be more resilient but just because you are resilient doesn't mean you won't feel stressed or anxious sometimes.**

#### Take a reality check and keep things in perspective

- ◇ Be realistic.
- ◇ Put your situation into perspective. It may seem "hard" at the moment but in a few days or weeks mean nothing.

#### Look after yourself

- ◇ Not just physically but mentally and spiritually
- ◇ Get enough sleep, eat well and do some things that you really enjoy
- ◇ Listen to some music, go for a walk or try a few relaxation techniques - yoga, mindfulness activities

#### Use positive thoughts

- ◇ The way you think influences how you feel and what you do and say.
- ◇ Challenge any negative thoughts. "It's going to be okay. I can do this. Other people have been through the same thing as me".

#### Talk. A problem shared is a problem halved

- ◇ Ask someone you trust - a friend or even your parents - to listen to what you are worried about.
- ◇ Keep a journal or diary each day.
- ◇ Do something creative to let your feelings flow such as painting or dance.

#### Have a sense of control

- ◇ Some days it is really hard to get out of bed and go to school because the work seems
- ◇ Try setting yourself some small goals and working towards these each day.
- ◇ It can help you feel more in control.

#### Walk away

- ◇ If you're feeling stressed or angry with someone, end the conversation and take yourself away from the situation.
- ◇ Take time to calm down.
- ◇ Breathe deeply.
- ◇ When you're ready, work out what the problem was with the situation, what can or can't change and decide what you need to do.

#### Be grateful

- ◇ Try to focus on the positive, not the negative.
- ◇ Focus on what you have and be grateful for this.
- ◇ Choose to do things that make you feel good about who you are, eg reading, talking to friends, listening to music.
- ◇ Show appreciation to those around you who care for you.

#### Get connected with friends, peers, family and your community

- ◇ Build positive relationships
- ◇ Connect with friends and families

## STUDENT SERVICES

Student Services has had a fantastic start to Term 2. Armed For Life sessions are designed to educate and equip people to be able to deal with the problems that we face in life. The goal is to always work towards developing better resilience, stronger mental health and a great sense of general well-being. Armed for Life presented to the Years 7-10 and some of the students stated that it was great to get strategies to help with events that occur in life.

Mrs Wilkie, Student Services Manager, has now commenced her maternity leave and we wish her well with her new addition.

We would like to welcome Mrs Louise Davidson to the position of Student Services Manager. Mrs Davidson has moved from the English Department and brings with her a wealth of knowledge and experience.

Country Week is always an exciting event for our school and in Week 9 selected students will be attending Country Week in Perth. Classes for Years 7 to 10 will run as timetabled. As an initiative for students to attend the final week of term, Student Services will be providing a range of activities and programs to engage students in study. We are seeking expressions of interest from those Year 11 and 12 students not participating in Country Week to travel to Perth Thursday 28 June to watch the School's Country Week Teams compete. Any students who would like to attend as spectators, please see Administration staff in Student Services.

Uniform gives us pride in our school. With the cooler months upon us, we ask parents to be vigilant in sending their children to school in the correct uniform. Hoodies, leggings and jeans of any sort are **NOT** an acceptable part of the uniform. Students not in the correct uniform will be asked to present to Student Services where a loan uniform may be provided. Students who continue to attend school out of uniform may lose their good standing with the School. SportsPower Narrogin now supply the entire range of uniform including pants, jackets and rugby jumpers.

You will see some new signs around the school, welcoming our Aboriginal students and visitors. We are teaching our school community to say 'Kaya Wanju' which means 'Hello and Welcome' using Noongar language. Keep an eye out for more of these signs.

Please feel free to contact us in Student Services, as our purpose is dedicated to providing a safe and inclusive environment that builds positive relationships to promote quality learning and student wellbeing whilst empowering students in making informed choices for a better future. This encompasses our core values of respect, responsibility and tolerance.

THE STUDENT SERVICES TEAM

**THINK BIG**  
POSITIVE BEHAVIOUR REWARDS

5 CARDS WILL GET YOU A GREEN WRISTBAND

OVER HALF THE SCHOOL HAS ALREADY RECEIVED A GREEN WRISTBAND!

30 CARDS GETS YOU ACCESS TO THE THINK BIG SHOP IN THE LIBRARY

15 CARDS WILL GET YOU THE WRISTBAND & A CANTEEN VOUCHER!

50 CARDS GETS YOU AN INVITE TO THE THINK BIG MORNING TEA

75 CARDS WILL GET YOU A BLACK USB WRISTBAND & A MOVIE!

THE MORE THINK BIG CARDS YOU HAVE, THE MORE CHANCE YOU WILL GET TOWARDS ACTIVITIES AT THE END OF YEAR REWARDS DAY SO WORK HARD AND HAND YOUR CARDS IN TO YOUR FORM TEACHER!

### IMPORTANT

#### UPDATE YOUR CHILD'S INFORMATION

If your child's details have changed since they enrolled at school, please make sure you inform the school of any new contact details. This is important in case of any emergency.



## Academy Cup 13 April 2018

On the last day of Term 1, Friday 13 April, students from the Yr 7-10 Netball Academy participated in the Academy Cup.

The students divided themselves up into two divisions, the Commonwealth Games and the Olympics. There were three teams in each competition and they were made up of students from different year groups. Six rounds were played and each team played each other twice. The students all umpired, scored, managed and coached their own teams.

The teams involved in the Commonwealth Games were 78's, Black Knights and Teletubbies. The winning team was 78's. The winning team included Abby Munns, Chelsea Mulcahy, Denica Stoffberg, Ella Hann, Georgia Furphy, Karli Martin, Tayla Battley and Dakoda Bolton-Black. The best players as voted by their peers were: Meka Epworth (7 votes), Tayla Battley (5 Votes) and Liberty Tullett (4 votes).

The teams involved in the Olympics competition were called Don't Mess Around, Team Yes and Big Lubbly Sings. The winning team was Big Lubbly Sings. The winning team included Kaylah Smith, Sarah Poultney, Jeremy Ugle, Kaitlyn O'Neill, Eliza Coppock, Piper Edwards, Chante Kickett and Melita Davey. The best players as voted by their peers were: Jeremy Ugle (8 votes), Kaitlyn O'Neill (5 votes), Tenille Stephens (3 votes), Kaylah Smith (3 votes) and Nuoan Tupuhi-Smith (3 votes).

Thank you to Sherrie Errington and Latoya Bolton-Black from the Shooting Stars program who came down and did some mentoring with the students and to Miss Borthwick for helping me run the carnival.

*Mrs Sarah Corner*



## Bendigo Bank High School Netball Carnival

The **Bendigo Bank High School Cup Netball Carnival** was held on Thursday 10 May at the Katanning Leisure Centre. Four teams from the Narrogin Netball Academy attended the carnival. There were 14 schools participating in the carnival including teams from Albany, Boodiddington, Kojonup, Denmark, Katanning, Mount Barker, Jerramungup, Lake Grace and Wagin.

The Year 7 team played in the lower school division. The team consisted of 9 players, Georgia Furphy, Dakoda Bolton-Black, Georgia Harrington, Ella Harrington, Karli Martin, Charli Wiese, Liberty Tullett, Christina Smith and Ella Hann. Thank you to Mandy Harrington for coaching the team and to Jenni Tullett for being the team umpire. Thank you also to Debbie Wiese for travelling down on the day and being the team scorer.



The Year 8 team also played in the lower school division. The team consisted of Rosie Anderson, Calli Beynon, Abby Munns, Mia Slawinski, Chelsea Mulcahy, Alysha Ryder, Kaylah Smith, Ashanti Abraham, Denica Stoffberg and Tayla Battley. Thank you to Latoya Bolton-Black for coaching and for Zahlee Buck, Tayla Battley and Mia Slawinski for taking on the team umpiring duties.

Thank you also to Jo Thomas, Theresa Thomas and Lorraine Slawinski for travelling down from Narrogin on the day to be the team's support crew. This team came second in their pool which resulted in them not making it to the finals. North Albany, the team that won the overall lower school girls division had only beaten them by a small margin.

The Year 9/10 team played in the middle school division. The team included Katelyn Beard, Aslynn Edmonds, Lesley Yarran, Kaitlyn O'Neill, Morgan Spark, Jasmine Smith, Camryn Furphy, Eliza Coppock, Tayla Licence and Shaylee Annear. Thank you to Kate Furphy for coaching and Jessica Coppock for umpiring.

The Year 9/10 Narrogin 1 team also played in the middle school girls division. The team consisted of Lucy Palumbo, Nuoan Tupuhi-Smith, Melita Davey, Aaliyah Ugle, Piper Edwards, Abbi Battley, Tenille Stephens and Chante Kickett. Thank you to Sharon Palumbo for coaching and being the team umpire. This combination of girls won all of their qualifying games and made it to the final of the middle school girl's competition. They played North Albany and won convincingly 29-10. They brought home the shield once again and I look forward to it returning to Narrogin in future years. Well done to all teams involved. Thank you to Cara Borthwick for driving the bus and helping in the organization of the carnival.



*Mrs Sarah Corner*

If undeliverable return to  
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63965610013

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PAID  
NARROGIN**

## Mindfulness

We can often spend time with full and tangled thoughts constantly whirling around our minds and then we miss the joy of the present moment. When you're mindful, you're able to pay attention to the present moment, and not get swept up thinking about the past or worrying about the future.

Mindfulness has been shown to help manage stress, build resilience and compassion, improve focus at work or in the classroom and can help with creativity and collaboration.

Adults and children can benefit from mindfulness, especially those who have a busy or restless mind or are experiencing stress, anxiety or other mental health issues.

### Quick Tip

To learn about mindfulness for children and young people go to <https://www.kidsmatter.edu.au> or <http://au.reachout.com>.

If you would like to try an online mindfulness meditation program for yourself or your child check out [www.smilingmind.com.au](http://www.smilingmind.com.au).



## Parents

Are you making Choices about future subjects, Careers and Pathways with your child? The MyFuture website page for parents - [Assist your child feature page](#) contains links to articles that provide tips and advice for parents and carers to assist their child with their career development.

<https://myfuture.edu.au/footer/assist-others/assist-your-child>



## ATAR Revision Programs July School Holidays

**Year 11 & 12 ATAR Revision Program with Academic Task Force** - 10 hr subject revision and exam preparation courses to guide your study and help you maximise your marks. Available in week 1 and 2 of the July School Holidays at Rossmoyne SHS, Perth College, Churchlands SHS and Perth Modern School. Enrol online today at [www.academicgroup.com.au](http://www.academicgroup.com.au) or call 9314 9500 or email [learn@academicgroup.com.au](mailto:learn@academicgroup.com.au)

**Year 12 ATAR Academic Enrichment Program with Academic Associates** - Premium 10 hr revision courses available at the University of Western Australia in week 1 of the July school holidays for students wanting top ATAR marks and advanced insight into their ATAR courses. Enrol online at [www.academicgroup.com.au](http://www.academicgroup.com.au) or call 9314 9500 or email: [info@academicassociates.com.au](mailto:info@academicassociates.com.au)

**Skills Development Program for students in Years 7 - 10 with Academic Task Force** - Programs available in English, Maths, Learning Skills and Essay Writing. Available in week 1 and 2 of the July School Holidays at Rossmoyne SHS and Churchlands SHS. Enrol now online at [www.academicgroup.com.au](http://www.academicgroup.com.au) or call 9314 9500 or email [learn@academicgroup.com.au](mailto:learn@academicgroup.com.au)

## WAAPA Winter School 2018

WAAPA at ECU is offering an exciting performing arts program for children and young people these July school holidays. For the first time, we are including courses for students from Years 1 to 12. The Winter School includes classes in drama, acting, screen acting, dance, musical theatre and RAP. For information about the many courses on offer please visit [Winter School](#) or contact Gabrielle Metcalf at [g.metcalf@ecu.edu.au](mailto:g.metcalf@ecu.edu.au) or 9370 6775.