



HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School

Issue 5 2018

NAIDOC DAY 2018

NAIDOC Day at Narrogin Senior High School is a celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander people and this year's theme was "Because of her, we can". It is dedicated to all of the Indigenous women who've made a difference and inspired others.

This year, we had an amazing array of different activities for all the students to participate in. We also had an awesome assembly and we enjoyed sharing this with the primary schools.

The students participated in damper making, doll making, basket weaving, scrap booking, boomerang painting, basketball, Netball, AFL, hand mural, didgeridoo playing, spear throwing and, wattle-seed biscuit making.

We had a celebration morning tea and the students had a great feed of roo stew and damper for lunch, which we shared with lots of the community members. It has been said that this was the best NAIDOC Day ever and we had more community members attend than ever before.

"Because of her, we can"

Louise Davidson
PROGRAM COORDINATOR
STUDENT WELLBEING CENTRE



Mrs Margaret Culbong



Performing at the Assembly were

*Ross Storey, Clynton Culbong, Graham Bolton, Mason Riley,
Tynan Gower, Preston Culbong & Brandon-Lee Goodridge.*



*Baking animal cookies
in the Trade Trading Centre*



Trying out the Didgeridoos

PRINCIPAL'S MESSAGE

Ms Melissa Walker



Welcome back from the mid-year holidays. I hope that everyone had an opportunity to spend time with family, rest and reenergise for a very busy term 3. I also hope that you used some time to look at your child's report and set goals for improvement in second semester. Thank you to all of the parents that attended the Parent-Teacher night on Wednesday 18 July. We had a large number of parents utilise this opportunity to have reflective conversations with their child's teachers to further develop and cement learning goals for semester two. The venue for this event was changed from the Gym to the TTC, Room 21 and Library. The school would really appreciate feedback as to parents preferred venue for future interview nights. Please contact the school with your thoughts.

The weather has certainly started to cool down! It is a good idea at this time of the year to ensure your child has pants and jumpers that align with the school dress code. Our school uniform is on sale at Sportspower. Jumpers and jackets with hoodies do not meet out school dress code. Please ensure that your child does not wear clothing items with hoods to school.

In the last week of term two we had a group of 123 students attend country week in Perth. Narrogin Senior High School competed in a wide range of sports including: girls and boys Soccer, AFL, girls and boys hockey, girls and boys volleyball, girls and boys basketball and netball. The students who attended were excellent ambassadors for our school and demonstrated sportsmanship and teamwork. I would like to thank our Country Week Coordinator, Kayla Stokes, who did a wonderful job in organising this opportunity for our students with the support of Nick Rowley and the team of coaches.

Year 10 students have all had the opportunity to complete their course counselling for senior school. The transition from Year 10 to Year 11 can be very daunting, but with the support of our counsellors: Prema Sexton, Andrew Symington, Navine Coates, Di Quartermaine and Steve Quartermaine students with the support of their families have made decisions that best suit them in achieving their chosen pathways. If you have not had the opportunity to have a counselling meeting please contact the front office to organise an appointment.

Our core value focus for Term 3 is – Respect. Respect is a very important value that everyone needs to know and understand. Respect is what makes our world work harmoniously and effectively. At Narrogin SHS we have a focus on respect as one of our Behaviour Expectations. The Student Services Team and Positive Behaviour Support Committee will be providing our students with learning opportunities to further develop their understanding of being respectful.

On Tuesday 31 July Mr Fred Steer was elected as the School Council Chairperson. Fred was unanimously elected by the council and bring a wealth of knowledge and experience to the position as an integral member of the P&C and School Council for a number of years. I thank Fred for taking on this important role and look forward to working with him.

The School Council is an integral part of the school community. The members meet between 6 times throughout the year.

The functions of Councils are prescribed by the School Education Act 1999 and the School Education Regulations 2000 as follows:

Take part in:

- *establishing and reviewing from time to time, the school's objectives, priorities and general policy directions;*
- *planning financial arrangements necessary to fund those objectives, priorities and directions;*
- *evaluating the school's performance in achieving those objectives, priorities and directions; and*
- *formulating codes of conduct for students at the school.*

Approve of:

- *a charge or contribution determined by the principal for the provision of materials, services and facilities;*
- *the costs determined by the principal to be paid for participation in an extra cost optional component of the school's educational program;*
- *the items determined by the principal to be supplied by a student for the student's personal use in the school's educational program; and*
- *an agreement or arrangement for advertising or sponsorship in relation to a government school.*

Narrogin Senior High School, School Councillors 2018:

Mr Fred Steer (Parent Representative)
Mrs Lee Conlan (Parent Representative)
Mrs Jo Woodruff (Parent Representative)
Mrs Jo Drayton (Parent Representative)
Mr Geoff Poultny (Parent Representative)
Ms Melissa Walker (Principal)
Mr Peter Trefort (Manager of Corporate Services)
Ms Louise Davidson (Staff Representative)
Mr David Fung (Staff Representative)
Mrs Desiree Fawcett (Staff Representative)

During Week 3 this term we celebrated Aboriginal and Torres Strait Islander Culture at our NAIDOC day and held an Aspirations Day for our Noongar students to investigate future career options. I'd like to thank our Aboriginal Committee, community, businesses, organisations and training providers for all of your hard work and support to ensure the success of these events.

I look forward to another wonderful term at Narrogin Senior High School.

UPPER SCHOOL DEPUTY

MR ANDREW SYMINGTON



We experienced a wonderful NAIDOC day on July 31. With the theme for this year, 'because of her, we can', our very special guest, Margaret Culbong spoke eloquently of her time growing up in Narrogin. Running around in the bush, going to school at the primary and then the high school, she then spoke of going on to higher education. She had some interesting tales to tell and everyone enjoyed her stories. We once again welcomed the three local primary schools and wish to thank East Narrogin Primary School for their enjoyable items. Lunch for the students consisted of Roo stew, damper and rissoles, and then in Periods 5/6, the Year 7 and 8 cohorts experienced a greater range of activities. We'd like to thank all the presenters that came up to run the sessions for the students.

One of our special items during the Combined Assembly was a contemporary dance by the Shooting Stars girls. As part of their introduction, they said the following:

"The Theme for NAIDOC 2018 - Because of Her We Can - encourages us to reflect on the role of Indigenous women throughout history. It has allowed us to acknowledge the hard work, the sacrifices and the selfless contributions Aboriginal & Torres Strait Islander Women have made and continue to make throughout our communities, our families and our nation.

We would like to acknowledge our Mothers, Grandmothers, Aunties and Sisters. Our Elders, our past and present female leaders. You have paved the way for our generation. You demanded a better life. You demanded greater opportunities

Let's always remember their sacrifices, their achievements, their voice, their strength, their resilience. Those before us have empowered past generations, they have empowered us. Let's honour their work by aiming to be better, by leading by example and by making the most of our opportunities. Let us follow their lead, let us strive for more. We are a generation who can dream big, aim high, be trailblazers and leaders within our communities. Because of her, we can"

Thursday saw our Aboriginal Aspiration Day take place down at the John Higgins Centre. A bigger range of local and Perth businesses and universities came down to sit 1-on-1 with our Senior students and provide for them, opportunities and possible pathways post school. It was the best careers day so far and I hope that there will be better ones still to come.

Next up this term is the next round of OLNA for our Year 10 -12 students who have yet to achieve this standard. The online tests begin August 27 with the Writing component and will conclude at the end of the following week with Numeracy and Reading. They will take place in the tutorial room in the Library. A letter will be coming home soon alerting parents and students to the testing times. Look out for updates in the Daily Notices.

Finally, Year 12 examinations are on the horizon and will take place in Week 10 of this term. I encourage all our ATAR students to fine tune their study schedules in preparation for these final school assessments. It isn't too late to improve your predicted ATAR by moving your school marks a few points higher with a greater effort. All examinations will take place in the PAC. For our General/VET students, please ensure that you complete your courses, maintaining or improving your grades to 'C's and higher.

Some things to consider, for not just our Year 11 and 12 students, but for all students if you want to improve.

WORK MORE EFFICIENTLY AT HOME THROUGH:

- * Switching off the TV and, don't just put your phone on silent, turn it off completely.
- * Working in 30 minutes blocks.
- * Preparation. Get everything out you need and lay it out on your desk. Have your break with food and water and then get into the work.
- * Alternating enjoyable work with items which you don't prefer. If you spend 20 minutes on subjects you enjoy, and then 10 minutes on those you don't, you'll find that after several sessions, you will have completed both.
- * Scheduling. Make a list of what you have to do and move through it methodically.



YEAR 9 CANBERRA/SYDNEY STUDY TOUR

It is now only short weeks away until the Year 9s embark on an adventure of a lifetime with Miss Donavon, Mr Harris, Mr Fawcett, and Mrs Russell in tow, as we take an education tour of the national capital. Anticipation is building, buddies have been selected, and we are counting down the days until we can choose who we room with. While we are on our nine day tour, we will explore Canberra and be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$260 per student under the Parliament and Civics Education Rebate program. The rebate is paid directly to the school upon completion of the excursion, and has reduced the cost paid by families. Remember to get your white shirts ordered and bought and your school jackets and pants looking neat to ensure we represent our school with pride and integrity. We look forward to sharing our stories and experiences with you all on our return.

Adam Harris
*Humanities and Social Sciences Teacher &
Year 9 Coordinator*

AUSTRALIAN MATHEMATICS COMPETITION (AMC)

The Australian Mathematics Competition (AMC) is an international event that is conducted annually. This year the AMC was held on Thursday 9 August 2018. Participation was by invitation only. The selected classes who participated included:

- Year 12 Mathematics Methods
- Year 11 Mathematics Methods
- Year 7-10 NAEP (Academic Extension)

Congratulations to our 117 students who participated in this fantastic event.

Mr David Fung
HOLA



EGG DROP CHALLENGE

As our talented sporting cohort were enjoying time at Country Week, the remaining year 10 Science students extending their knowledge of forces and Newton's Laws. We were tasked with designing and building a contraption which ensured a raw egg would remain in tact, even after being dropped from the second floor of the main building. You can see from the photos a wide range of materials were utilised. In one class all the eggs survived the drop.

Thanks to Ms Clark and Mr Cook for an excellent week.

Michael Gentle and Luke Kirk.



WE ALL NEED A LITTLE TLC!

At the beginning of this term, former Narrogin SHS English teacher, Sacha Burbridge from **The Literature Centre** in Fremantle presented a series of really engaging workshops to the Year 11 ATAR English classes and the Year 7 and 8 NAEP classes.

With the Year 11 classes, Sacha focused on how students could improve their creative writing for the Composing section of the examination. She gave students a variety of strategies to unpack questions and make their writing more interesting.

The Year 7 and 8 students had a workshop on picture books and graphic novels and how these were constructed, this being awesome preparation for their next assessment, which is to create a graphic novel.



The last session of the day was professional learning for the English teachers and the intimacy of working in a small group was really appreciated by the teachers as they had the opportunity to really engage with the material presented.

Our sincerest thanks go to Sacha for all of the hard work she put into preparing the interesting and thorough hands on material for all of the workshops.

If anyone has not heard of The Literature Centre please look it up online, especially if you have a child who loves reading and / or writing. It is the most magical place and they run all manner of programmes and workshops for students.

Mrs Linda Bishop
HOLA



Year 11s creating narratives.

MUSICAL MESSAGES

A group of Year 9 to 12 students travelled to Perth for a Music Excursion on Thursday 2 August. They had the honour of listening to Jazz great, James Morrison, rehearse with WASO in an exclusive Open Rehearsal for High School Music students. We were able to observe how professionals in the Music industry work with each other as they prepared for their concert the following night, while being able to enjoy amazing music!



We then made our way to Edith Cowan University where we met with Senior Music Education Lecturer, Dr. Geoff Lowe, who talked through different opportunities available and life at university. We also had the privilege of being shown around the ECU campus by a fourth year Music Education student. The students were able to see into

various lecture theatres and tutorial rooms, and were inspired by the atmosphere and opportunities available within the WAAPA building. All the students had a wonderful time and are looking forward to what life at university can offer after High School! There were quite a few husky voices and sore throats after the (very loud) karaoke session on the bus ride home!

WATCH THIS SPACE in the next newsletter for more fun Musical experiences students will be participating in this term!

Mrs Stephanie Whitting

YEAR 7/8 MUSIC

*"It was great!
Cool and LOUD!!
An excellent,
powerful and
spectacular
entertainment."
Brighton Grammar
School*

wa-sa-bi
わさび
(it's hot!)

*"Wasabi was a HUGE hit with
the students and truly fuelled
their enthusiasm for the
Japanese language and culture.
They were completely engaged
for the duration of the show."
Gillian Eeley, Craigsley State School*

All Year 7 students have had the opportunity to learn about Taiko Drumming in Music this year. So we have organised for Japanese musicians to come and play for you! In **Week 6**, Monday 20 August, 'Wa-sa-bi' is coming to Narrogin Senior High School to take you on an unforgettable and exhilarating journey through the music and culture of Japan.

The performance will begin at **2:00pm**. All Year 7 classes will be invited to come to the Performing Arts Centre during Period 5.

If you are/were in Year 8 Music and would like to attend the performance please see Mrs Whitting by the end of Week 5.

MURDOCH OUTREACH: STEM EXCURSION

On Wednesday the 18th of July, Mr Quartermaine, Ms Stankovic, Mr Wholohan and a group of selected year 9 and 10 students went to Murdoch University for the day. Murdoch staff had organised three different activities for us to complete these were; blood splatter analysis, projectile motion, and code cracking.

The first workshop, blood splatter analysis, students had to become a forensic scientist for the day. We had to investigate a crime scene that depicted an assault on a school cleaner. The scene looked like the TV shows and we were to investigate the splatters of fake blood left on a wall. To investigate we had to tape pieces of string to the splatters of blood and then used this information and Mathematics to find the, area of convergence (AOC) this showed us the place in the room where the blood most likely came from. After finding the AOC we then had to determine the angle of incidence (this is the angle at which the blood hit the wall). The students later filled out a table to find out where and what the school cleaner had been doing at the time of the assault.

The second workshop, projectile motion workshop, students found out about the physics needed to efficiently shoot a Nerf gun. First we had to determine the muzzle velocity of a Nerf gun. This required us to shoot a dart horizontally from 1 meter off the ground (they were not supposed to shoot each other although I know a couple of people got shot as a few students seem to be really terrible, apparently, at using a Nerf gun). This was repeated another five times so that the data of the distance for each shot could be used to find the average. Students then considered the vertical component of the darts displacement, velocity and acceleration, to calculate how long the dart took to fall, the 1 meter to the ground once shot out of the gun. A mathematical equation involving the measured horizontal distance travelled and the calculated length of time the dart was in motion gave the calculation of the muzzle velocity of each Nerf gun. Students used this calculated measurement to predict the distance that would be flown by the dart on an angle shot from their gun.

The last workshop for the day had the students cracking code. Students had to find out how to crack codes that were given to them by the staff at Murdoch. The first code students had to crack involved moving letters forward 7 letters forward in the sentence, for example the letter A was written as the letter H; the first code was said to be the easiest with most of the students agreeing on this. The next code was a little harder; students had to use a mathematical equation to solve the code. For the last code students had to solve the code by using two graphs one had letters most commonly used in coded messages and the other had the letter that was most commonly used in the English language.

After the three workshops and a lunch break the students thanked the Murdoch staff for teaching them and departed to Narrogin. Most students found it to be a very fun day and enjoyed finding out how to use mathematics in different situations. Thank you to the staff members that organised and supervised the trip.

Takayla Pense
Yr 9 NAEP Mathematics student

THE WELLBEING WING

During lunch and recess, the Chaplains open up the Wellbeing Wing for the Year 7 and 8 students to enjoy games and French knitting. Students have the opportunity to learn something new, try different game or just have fun joining in, playing and having an awesome time together.

Students enjoy playing chess, battleship, Chinese checkers and Uno. There are loads more games available for students. Students are not only playing, they are forming great friendships.



Chaplain: Mrs Jennifer Pollard



NAB CUP

The National Australia Bank Cup is a lower school hockey tournament played by local district high schools and the Narrogin SHS. Both trophies this year were won by Narrogin SHS and were presented by Ms Shelly Davis of the National Australia Bank- Narrogin.



Winning Girls Team- coached by Lauren Erickson.



Winning Boys Team- coached by Amy Grzanic & Isabelle Kilpatrick



Marcel Corasaniti has been chosen for the West Australia Under 13 Hockey Team

A big thankyou to the Year 10 girls: Isabelle Kilpatrick, Charlotte Tinley, Lexie Hall, Lauren Erickson, Michaela Pratt, Aimee Grzanic as well as: Emma & Katie Phillips from Year 9. Between them they coached and umpired through a freezing Narrogin day.

**Mr Andrew Corner
HOLA Health & Phys Ed**

SCHOOL NURSE

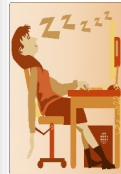
TEENS and SLEEP!



Teenagers need about 9 -10 hours of sleep a night. Lack of regular sleep can take a toll on school work, sport and behaviour.

The risk of emotional problems, such as depression, may also increase in teenagers who do not get enough sleep.

What are the signs of not enough sleep?



- difficulty waking up in the morning
- inability to concentrate
- falling asleep during classes
- feelings of moodiness and even
- Depression

These steps may assist your teenager to start getting some more sleep:

Choose a relaxing bedtime routine e.g. bath and a hot milky drink before bed.

Avoid loud music, homework, computer games, watching TV or other activities that gets the mind racing an hour before bedtime.

Keep their bedroom dark at night. The brain's sleep-wake cycle is sensitive to light. In the morning, being exposed to lots of light helps to wake up their brain.

Do the same bedtime routine every night for at least four weeks, which helps the brain associate this routine with going to sleep.

Then try 10 minutes earlier every week, until they have reached the preferred bedtime.

Try to avoid staying up late on the weekends. Late nights will undo their hard work getting back into a good sleeping routine.

Even getting an extra 30 minutes of sleep each night will make a difference. It may take six weeks of extra sleep before they feel the benefits.

To get further advice contact your school's WACHS Wheatbelt Community Health Nurse or for more information visit

http://raisingchildren.net.au/sleep/teen_sleep.html.

If undeliverable return to
Narrogin Senior High School
Private Bag 2 Narrogin WA 6312
PRINT POST APPROVED
63965610013

SURFACE MAIL

**POSTAGE
PAID
NARROGIN**

Notices

VacSwim 2018

With swimming pools and beaches a big part of the Western Australian lifestyle, ensuring your children can swim competently and safely is essential.

You can now enrol your children in VacSwim swimming lessons during the October and December/January school holidays.

VacSwim is for all children - from beginners to more advanced swimmers and young people doing their Bronze Medallion. Your children can start as young as five years old.

Your children can join in the fun of learning to swim at pools and open water venues across the State.

Enrol your children in VacSwim now at
education.wa.edu.au/swimming

FREE ATAR Revision Sessions

ECU are announcing they will be offering **FREE** ATAR revision sessions for current Year 12 students on their campuses in Bunbury and Joondalup between Monday, 24 - Friday, 28 September 2018 (Term 3 School Holidays).

Each ATAR Revision Session comprises a four hour seminar covering:

- ◊ The Year 12 syllabus per subject;
- ◊ Examination techniques and hints specific to the revision subject;
- ◊ Question and answer session; and
- ◊ Copy of revision notes,

Bunbury currently have **English** and other sessions available. Sign up at: <https://www.surveymonkey.com/r/ATARSouthWest2018>

For Joondalup sessions, sign up at: <https://www.surveymonkey.com/r/ATARJoondalup2018>

These courses are being snapped up by other exam candidates around the state. Get in while you can, they're **FREE**!

*Kelli Hobson
English Teacher*



Government of **Western Australia**
WA Country Health Service

Southern Wheatbelt Primary Health

Year 8 School Vaccination Program 2018

Community Nurses from Southern Wheatbelt Primary Health Service will be visiting Narrogin Senior High School on **Tuesday 21st August** to give Year 8 students their second dose of Human Papilloma Virus (HPV) vaccine.

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

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

If you have any concerns or queries about these vaccinations please contact
Tammy Vause - School Health Nurse on ph. 9881 9330.