



# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School

Issue 6 2018

## NSHS OPEN DAY



*Miss Lily Lincoln  
the winner of the SportsPower  
\$50 Voucher for the P & C Hilltop  
Walk*



*Principal Melissa Walker drawing 1st prize in our Raffle.  
The winner was Miss Kayla George.*



On Saturday 8 September, the Narrogin SHS P&C held their fourth Open Day and Market Fair. The biennial P & C Open Day and Market Fair was a great success with hundreds coming through the gates to survey what the school has to offer. Visitors were able to wander around the school grounds and check out the many market stalls and displays.

There were a lot of activities on offer with each department showcasing items in their area. Visitors were able to go on a guided tour of the school and residential college, view the items that were on sale at the 35 market stalls, and watch demonstrations including rocket launches and science dissections.

Information sessions were also held for parents on Teen PPP "Raising Responsible Teenagers" and Study Skills and Managing Exam Stress. Entertainment for the day was provided by the NSHS School band. The kids were kept busy with miniature train rides, face painting, storytelling, a history hunt and maths puzzles and visiting the student councillor's games alley, where they could join in the fun and their parents could purchase a cuppa and nibble on some biscuits from the Home Economics Department.

This year's Hilltop Walk and Treasure Hunt proved very popular and had people travelling to all areas of the school to collect their stamps and free gifts. The Year 7 English and Mathematics Extension Testing was very well supported with some 38 students sitting the tests.

A huge thank you to Mrs Joanne Woodruff and Mrs Desiree Fawcett for organising such a successful day.

*Mrs Nan Steer*

## PRINCIPAL'S MESSAGE

### Ms Melissa Walker



It is with great sincerity that I thank the staff, students, parents and community for a most productive term 3! It is always a busy term with lots of learning, future planning and extra curricula activities that take place. Narrogin Senior High School had a highly successful term due to the dedication and commitment of its staff, application to learning by the students and support of the parents and community. Thank you!

The Narrogin Senior High School P&C Open Day and Market Fair was a spectacular event. Thanks to the P&C, Open Day Committee, staff and students for ensuring the event's success. The day showcased our school as an integrated part of our community. The support of our community, so that we had no less than 30 stalls for visitors to enjoy, was so very much appreciated and ensured the atmosphere to be abuzz with vibrant energy. On behalf of the school community I would like to sincerely thank the Open Day Committee members: Sue Castle, Helen Samson, Brooke Rintoul, Rebecca Donavon and particular thanks to Desiree Fawcett and Jo Woodruff who coordinated the organisation and running of the event as well as the staff, students and community members who contributed to the day.

Congratulations Mr Andrew Symington and Mrs Louise Davidson for gaining promotional positions. Andrew will be moving to the metropolitan area with his family to take on a Deputy Principal position at Lynwood SHS. Louise has won the Principal position at Kellerberrin DHS. Both Andrew and Louise have been valued leaders at Narrogin SHS for the past 4 years. They have been instrumental in setting and implementing the improvement journey within our school. Their contribution to our school is so very much appreciated and will leave a lasting impression. All the best in your future educational leadership journey, Andrew and Louise!

Our Year 12 students will be very busy over the last couple of weeks of their secondary schooling. Currently our ATAR students are undertaking their Mock ATAR Examinations to finalise their results for semester two and prepare for the WACE examinations in November. Students who are completing VET Qualifications are in the process of ensuring they have submitted enough evidence to be awarded all the Units of Competency to achieve the Qualification they have undertaken. Recognised Training Organisations will be validating the evidence over the next few weeks to ensure they can issue Certificates of Achievement to our students. At this time it is really important that our Year 12 students do not lose sight of the end point and ensure that they continue to put in their best effort to ensure they achieve graduation as they approach the finishing line.

Throughout the first two weeks of Term 4 we are very busy acknowledging the contribution our Year 12 cohort have made to our school as well as celebrating their achievements. On Tuesday 16 October our Year 12s will have their last morning at Narrogin SHS. They are all invited to a breakfast that the school is providing as a token of thanks to their contribution to our school. Then on Wednesday 17 October all Year 12 students are invited to their formal dinner at the Hilltop Café. Year 12 Presentation Night will take place on Friday 19 October from 7pm. This is a very special event on our school calendar where we celebrate the achievements of our Year 12 students. I look forward to celebrating with the Year 12 students and their families.

As this is the last Newsletter for Term 3, I wish all staff, students and families a safe holiday. Best wishes to our Year 12s in their study for examinations and completion of assessments and competencies as required over the school holidays. These holidays provide a great opportunity for students to do a little extra work to gain attainment and ensure achievement of their WACE graduation.

### NEWDEGATE FIELD DAY STUDENT ART COMPETITION

By Marga Felipe

It is with great honour that, once again, students at Narrogin SHS have contributed to the Newdegate Field Day Art Exhibition. This year there were a total of 171 entries from Primary and Secondary categories. Congratulations to:

Shakira Buck (Year 11) for her Highly Commended landscape and

Lynise Bennell (Year 12) "My Country", Secondary School Best Overall Award \$200 and also First Prize for Section 1 (Year 11 and 12) \$50.

Congratulations to all the students that participated in the exhibition this year.



Lynise Bennell &  
AIEO Janice Kickett

### WINNERS OF THE OPEN DAY ART AND PHOTOGRAPHY EXHIBITION

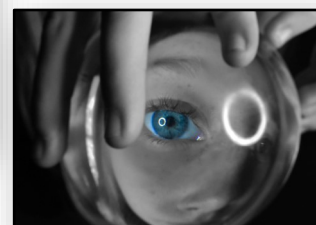
Lower School Visual Art Winner: Cohen Sheridan

Upper School Visual Art Winner: Belinda Baker



Lexie Gloede

Lower School Visual Photography Winner: Jodie Martin  
Upper School Visual Photography Winner: Lexie Gloede



Jodie Martin

## UPPER SCHOOL DEPUTY

MR ANDREW SYMINGTON



This will be my final newsletter article for Narrogin SHS and so it is with sadness that I let the greater community know that my family and I will be leaving Narrogin for Perth. I have won a position at Lynwood SHS beginning next term.

I dearly wish our Year 12 departing cohort all the best in their final ATAR examinations in Week 10 and their WACE exams in November. I would also like to wish the General and VET students all the best as they finish up and move out into the big, wide world. You have proven that you can succeed, and with the fantastic foundation provided by the staff at this school, you will continue to do well in whatever you choose to set your mind to, post school. Please take care and if our paths meet later on, I'd really like to hear how you have progressed.

For the Year 11 cohort, again, it won't be too long until you have left school for 2018, and will be thinking about your final year in 2019. Work hard for the remaining portion of this year so that you are in a great position to succeed next year.

I wish everyone all the best for the final term this year and know that the friendships that I and my family have made over the last four years will remain.

Thank you!

## MIDDLE SCHOOL DEPUTY

MS SANDII STANKOVIC



It is almost the home run to the end of the year. We have already made preparations for 2019 with a focus of having our students feel safe at school.

The 2017 National School Opinion survey has indicated to us that there is a discrepancy between parent and staff perception to that of student in regards to feeling safe at school. This has provided impetus for the school to review Student Wellbeing and Pastoral Care systems, processes and practices throughout the school. A team of staff are examining the National Safe Schools Framework, have surveyed the entire school staff and are now actioning priorities towards students feeling safe at school. Early next term we will be surveying students to ascertain actions to put in place in order for the students in feeling safe whilst at school. Following this parents will then be asked to complete a survey. A common denominator in regards to student safety is social media.

Social media has evolved alarmingly into what seems to be the increasing means of communication. Whilst this form of communication is often positive there have been instances when it has been quite troublesome, hurtful and aspects of bullying have taken place. Whilst students have been posting items on social media (some personal) out of school, the conflict arises at school and can distract students from their learning. Parents have indicated their concern for this also on many occasions. There are many resources that may assist parents in understanding various impacts of social media use. An example of these resources include:

- Code9 Parent, is an online program for parents on the social media apps and games your children use. Their facebook page is also useful.
- [www.esafety.gov.au](http://www.esafety.gov.au), which has an avenue to report cyber bullying. There is a book available at the [ety.gov.au](http://ety.gov.au) which has some useful advice for parents from the Office of esafety Commissioner.
- <https://kidshelpline.com.au/parents/issues/cyberbullying>

Mobile phone usage at school by students is also a concern and the Mobile Phone and Electronic Devices Policy is under review for 2019.

The Narrogin Academic Extension Program (NAEP) tests were ran during the recent NSHS School Open Day and Market Fair for the 2019 Year 7 NAEP Applicants. If there are others that did not sit the test and have yet to arrange to sit the test at an alternative time please let me know on 0477 734 834.

Ensure you have a safe and happy holidays.

### A BIG THANK YOU TO THESE PEOPLE WHO DONATED TO OUR OPEN DAY

On behalf of the P&C

Byfield's Business Advisors, Gift Hampers to Go, Narrogin Observer, Ballards of Narrogin, J&D Lifestyle Home and Gift, Narrogin Liquor Store, Narrogin Betta Electrical, HillTop Café, Narrogin Amcal Chemist, Narrogin Guardian Pharmacy, Toyworld, Narrogin SportsPower, Narrogin Nursery Café and Gallery, Narrogin Fresh, Southern Star, Home Hardware, Thing-A-Me-Bobs, Parry's of Narrogin, Jamie and Debbie Wiese, Narrogin Spring Festival Committee, Narrogin Rotary Club for loan of the train - Thomas Popp & Alan Hall, Nicholas Parker - train driver, Ester Kerr & Prema Sexton - face painting

And our Committee Members:

Jo Woodruff  
Desiree Fawcett  
Susan Castle  
Brooke Rintoul  
Rebecca Donavon  
Helen Samson



# OPEN DAY



*Meat Raffle Winner being drawn by Principal Melissa Walker*

*The lucky winner of the \$50 voucher from Country Fresh Meats was Peter Forrest*



*Our Meet & Greet Tent*



*A wonderful display of donations for our Raffle*



*A colourful Library display*



*HASSL Display*



*Ms Zoe Quartermaine with her creative cactus in a skull.*



*Indonesian Display*



*Bradford Family trying their archery skills*



*A display in the Gym*



*Mr Rick Bee and Mrs Kristy Johnson*



*Mrs Helen Sivyer and her wine display*



*Ambulance displaying their wares*



*Science Rooms open for inspection*



## INDONESIAN DAY

By Annie Robins & Jodie Martin,  
Year 9

On 13 September the Year 9 and 10 Indonesian language class took part in an 'Indonesian Day' where they participated in many different activities centred around Indonesian language and culture. Indonesian students have been studying the topic of food and drink and had the opportunity to put their skills to use as they researched and cooked authentic Indonesian recipes. Some of the meals cooked included pisang goreng, mie goreng, satay daging sapi and nasi lemak. The food tasted delicious and was a chance for students to immerse themselves in Indonesian cuisine. Students then enjoyed a documentary on traditional food cooked on the island of Lombok, the island of Indonesia, followed by Indonesian sport and board games such as Sepak Takraw and Conglak. The class were given recipes written in Indonesian and worked hard to translate them into English. Overall, it was a successful and educational day enjoyed by the Indonesian Year 9 and 10 students. Terima Kasih!



For the past term, students from Narrogin Senior High Schools Year 9 and 10 Indonesian class have been studying Indonesian food and markets. On 13 September, Mr Wilson and his students from the Indonesian class had an assessment day filled with films, fun and most importantly, food. In period one and two, they cooked meals in pairs to be assessed on their ability to read Indonesian ingredients and to learn about the Indonesian culture. There were three pairs and one lone student working to create meals for them to all share. The meals created were: pisang goreng (fried banana), mie goreng (fried noodles), nasi lemak (rice with beef), sate ayam (sate chicken), and vegetable stir fry. These meals were enjoyed by the whole group and special guest Ms Walker. In period three their time was spent studying a video about the Indonesian island Lombok and its traditional food and culture. Period four brought fun time spent in the sun learning traditional Indonesian games, and then in periods five and six they were back in the kitchen. They studied the recipe for Nasi goreng, and got to create and eat another delicious meal. All together, the day was an educational success that gave the students more knowledge of Indonesian culture and some great meals to cook for the family at home.



## YEAR 7 - HUMANITIES AND SOCIAL SCIENCES NIGHT AT THE PLANNING COMMISSION AND SHARK TANK

By Rebecca Donavon

With a successful evening earlier in the year at the "Night at the Planning Commission", Ben Robins won the "People's Choice Award" with his outstanding plan to implement a community markets in the town of Narrogin. His model clearly depicted the location and layout of the markets and the attention to detail was exceptional.



Ben Robins

Earlier this term the Year 7 students took part in a model Shark Tank presentation, based on the reality TV show that features a panel of business executives and investors (called 'Sharks') who consider offers and listen to pitches from entrepreneurs seeking funding for their business, products, or services. Students had the aim to win the support of the 'Sharks' by designing an adaption to a good that will either solve a problem or make life easier for consumers. They created a mock-up of their product, developed an advertising campaign and presented this not only to the panel of judges but the entire year 7 cohort in the Performing Arts Centre. Gabrielle Cousins and Amira Schmid innovative "Accessory Bed" design impressed the Sharks; Miss Quartermaine, Mrs Russell and Miss Hawkes. We would like to extend our thanks and congratulations to all the Year 7s who participated.



Gabrielle Cousins and Amira Schmid

During the final week of Term 3, on Tuesday September 18, the HASSL department is hosting a "Night at the Museum" where students will present museum displays based on a significant individual of their choice from ancient societies such as China, Greece and Rome. We look forward to seeing more from this fantastic year 7 student group! Watch this space for a future article.

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# BE THE CHANGE THAT YOU WANT TO SEE

By Mrs Susan Castle

*“If you don’t go after what you want, you’ll never have it. If you don’t ask, the answer is always no. If you don’t step forward, you’re always in the same place”. Nora Roberts*



Newly Elected Prefects Ryan Blechynden and Jessica Coppock used this quote to close their first address to their peers and staff as Prefects of Narrogin SHS at the recent Prefect and Student Councillor Handover Assembly.

Earlier in the term NSHS students went to the polls to elect new Prefects and Student Councillors for the 2018/2019 year.

A strong number of nominees for each year group were listed on the ballot papers. Nominees presented an Election Speech to their peers prior to Election Day.

Once again we at Narrogin SHS enjoyed the support of **the Australia Electoral Commission** throughout our election. Names of nominees were forwarded to the AEC where an official draw of names was carried out to decide the order of names on the ballot form. **AEC representatives were present on the day to oversee the election.** Hundreds of students turned out to lodge their vote.

The AEC representatives were very impressed with the way in which our NSHS students participated in such an orderly and happy manner at this election.

**Congratulations to the following students who have been elected.**

**Ten Prefects from Yr 11 and 4 Student Councillors from each of the remaining Year groups were elected to Council.**

They are as follows:

## **Prefects:**

Jack August, Ryan Blechynden, Danielle Brechin, Jessica Coppock, Tyrone Doust, Megan Elliott, Chloe Hanson, David Maibibi, Justin Nguyen, Michaela Stoffberg

## **Student Councillors:**

### **Yr 10/11**

Cody Giles, Isabelle Kilpatrick, Jack Moyses, Rachel Mulcahy

### **Yr 9/10**

Eliza Coppock, Grace Glynn, Ricky Linklater, Kynan Spencer

### **Yr 8/9**

Caitlin Pratt, Tahlia Regan, Matilda Simpson, Stockton Shotter

### **Yr 7/8**

Dakoda Bolton-Black, Jude Corner, Cameron Pope, Fletcher West





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# EXAMINATION PREPARATION - STUDYING ON THE HOLIDAYS FROM ELEVATE EDUCATION

By Prema Sexton

It's school holidays! Yay, right? No, not "yay" at all. It's school holidays and exams are approaching. The weather is getting warmer, the new FIFA just came out, and you're getting way too invested in the Bachelor. How on EARTH are you going to get the motivation to actually study and concentrate?

Fear not. Here are 3 steps to study like a pro during the holidays so that you can get your studies done AND watch young men get their hearts broken on national television.

## Step 1: Be like Steve Jobs

Steve wore the same outfit every day for over 20 years. It's bizarre isn't it? With his wealth and eye for design, couldn't he invest in some other outfits?

There's actually a very distinct scientific reason for it. Steve Jobs didn't want to fall victim to what is known as decision fatigue (AKA will-power depletion). Decision fatigue refers to the reduced ability to make sound decisions after having made a number of other decisions throughout the day. Studies have shown that the more decisions we make during the day, the less 'energy' or willpower we have to make other decisions later on.

So, how does this work for you?

There's always something to do other than study, and so the very battle of having to decide to study is going to take up energy that you could be using to actually prepare for exams. The best way to overcome procrastination and the constant guilt of 'not studying' is to create a routine.

The best routine to follow is the one you use every day: your school timetable. Mirror the School Week. Get your class timetable in front of you. Let's say you start your first class on a Monday at 9am, and it's English. This means that in the holidays, 9am on a Monday, you're studying for your English Exam. Once it hit's 9:45 (where you normally have a 5 minute break before Math Methods) you take a break for 5 minutes to stretch your legs and make a cup of tea. At 9:50, you start studying Maths. At lunch time, guess what? You eat Lunch! Once the day is over and it's 4pm, you're done. That means you've got the whole evening to play sport, hang out with friends, and yes – watch the Bachelor.

The best thing about this system is that it removes the element of choice that actually causes us to procrastinate. Instead of wasting 20 minutes checking Facebook while you "think about writing an essay", you can get to work in a focused manner and take structured breaks throughout the day. It also removes the inevitable guilt factor that arises whenever you take a break that isn't planned. By setting out when you take your study breaks, you allow yourself the freedom to actually enjoy them!

Of course you don't need to stick to this 100% of the time. It's a guide, not a rulebook. In doing so, however, you're going to find that your day has way less distraction and that you'll actually enjoy the time you take to relax!

## Step 2: Keep fresh

Part of the reason we get so distracted is because we sit in the same spot all day, every day, for 2 weeks during holidays. Our minds start to associate the feelings of boredom and stress and difficulty with the space that we allocate for study. Has that ever happened to you? You take a break from study, feel totally refreshed, and then as soon as you go back to your desk and sit down it feels like you never left? You open your textbook and boredom hits you like a 3-hour lawn bowls marathon.

Pick about 2-3 locations to use for studying each day. This could be as simple as using different rooms in your house or changing desks at the library. If you have the mobility, you could switch it up and spend the morning at home, the afternoon at the library, and then on your way home you could knock over some study at a café or a friend's house. The key is to pick environments that allow you to concentrate on what you're doing, but still provide enough variation that you don't feel like you've been sitting in the exact same spot all day.

This is a really good way to keep feeling fresh and mobile. Just make sure that you pick spaces that are appropriate to the task that you need to do. For example, if you're trying to memorise something, don't go anywhere with background noise (like a café with music/loud people) because this will create contextual cues for your memory. Only memorise when you're in a quiet space so that you don't subconsciously rely on the background noise as a cue for your memory (because you won't have that background noise during your exam).

## Step 3: Gamify your studying

Discipline is hard, especially when you're by yourself and don't have anyone policing you. Distractions are EVERYWHERE, so you're the only person that can be accountable and stop yourself from indulging in an hour of Facebook stalking. The best way to build in self-accountability is to turn things into a bit of a game.

One way of doing this is to study with a friend. You can go to the library with a mate and both put \$5 down on the table. We'd then put our phones on top of the cash. No matter what, the first person to reach for their phone (or open a distraction on their laptop screen), would lose the \$5. So give it a shot with any consequence (doesn't need to be financial) and see who can hold out the longest.

Otherwise you could start using apps to block social media and other distracting websites so that you literally have no choice but to keep studying (or just stare at the wall). For a good list of apps to help you focus and study more effectively, check out the Elevate Education post on the top 15 apps a student shouldn't live without.

Good luck and happy holidays!

## YR 11 ATAR GEOGRAPHY FIELDWORK EXCURSION

By Miss Rebecca Donavon

During Week 5, the Year 11 Geography students visited Optus Stadium and Kings Park for their fieldwork excursion. This semester, studies have focused on Tourism and how it is spatially distributed around the world. They participated in an exclusive behind the scenes tour of Optus Stadium where we had a first hand glimpse of the new and stunning state-of-the-art stadium and it's facilities. While visiting Optus Stadium, students completed field sketches and collected notes about the site's tourism assets. In a contrast to our excursion earlier in the year with extreme heat of 40+ degrees, the young Geographers again braved the elements and persevered through wind and rain. The next destination was Kings Park and Botanical Garden where we listened to a presentation from Jacqui Kennedy from the Botanical Garden and Parks Authority and the role of Kings Park as a tourism destination for Perth.



## BOOK WEEK

By Ms Kelli Hobson

The English Department enjoyed coordinating Book Week activities to celebrate reading. The quiz organised by Miss Jackson was challenging and engaged students in some serious literary research. Congratulations to Leo Senior School 1 who took out the chockies! The library hosted 'Read Dating,' which was enjoyed by all of the 'daters.' The tables had cloths, flowers and chocolates to set the mood! Each person had one and a half minutes to convince the person on the other side of the table to go on a 'date' with their book. Participants left with a range of interesting book titles to follow up on. Thank you to the English and Library staff for their support and enthusiasm.



## MUSICAL MESSAGES

By Mrs Stephanie Whitting

Wow, Term 3 has come and gone in a flash! And what a busy term it was for the Music Department! In addition to our excursion to Perth earlier in the term we have had numerous opportunities for our students:

### Japanese Taiko Performance

In Week 6, we had 'Wa-sa-bi', a pair of Japanese musicians, visit and perform for Year 7 and 8 students. Everyone loved the opportunity to explore Japanese culture and enjoyed listening to their music. They even had a chance to try the instruments!



### The Composition Experience

NSHS was one of four schools in Australia to have American composer, Darryl Johnson, visit as part of his Australian tour! He worked with Year 9 and 10 Music students to learn how to write their own song, before completing 'The Composition Experience' workshop with the Senior and Junior Bands. The bands have been learning some of his pieces during the year and it was great to work with Darryl to hear the meaning behind all the songs and realise the importance of presenting the pieces accurately when we perform. All the students really valued this experience and can't wait for him to visit again one day!



### ABODA(WA) Concert Band Festival

The Junior and Senior Concert Bands once again had the opportunity to participate in the Australian Band and Orchestra Directors' Association (ABODA) Concert Band Festival this year. This event is held at Churchlands Senior High School and provides an amazing experience for the students to perform at a prestigious venue for a panel of adjudicators. This year the Senior Band received an Excellence Award, which is an amazing result that proves all the hard work they put in during the year. The Junior Band were awarded Merit, which also testifies to everyone's efforts. Congratulations to all the Music students for all your dedication and commitment throughout the year – you are all amazing! Another big THANK YOU goes to all the Senior Band members who gave up their time to perform at the Open Day this year. We were all very tired from the Festival the night before but you came together as a team and put on a great show for everyone to enjoy. Thank you for being so amazing!



## SPRING CLEAN YOUR PANTRY FOR FOODBANK

By Louise Davidson  
Program Coordinator  
Student Wellbeing Centre

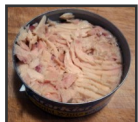
### Breakfast Club

Narrogin Senior High School supports all our students with a healthy start to the day with a daily Breakfast Club, proudly sponsored by Foodbank, who supply the Breakfast Club with a variety of food all year round. Our students are able to enjoy a variety of food such as cereal, fruit and yoghurt, French toast, pancakes, spaghetti, baked bean toasties and a variety of toasts – plain to raisin toast, all washed down with a hot milo, orange juice or a glass of milk. The school's two Chaplains, Jenny Pollard and Marty Vause, manage Breakfast Club with two volunteer community members and various staff throughout the week including the Principal, Deputy Principals, teachers and Student Support Staff who lend a hand and support the students in making a positive start to the day. If you would like to volunteer your time to help out with Breakfast Club, please contact the Student Wellbeing Centre.

Breakfast Club caters for all year groups with as many as 40 students attending each morning from 8 am. Students are provided with a warm friendly place to eat their breakfast, participate in friendly chatter and board games with community members and staff.

The support given to us to run Breakfast Club by Foodbank is outstanding and I would like to assist them with their appeal to clean out our cupboards and donate some consumables back to them. You can drop off the following at the Student Wellbeing Centre:

Canned meals  
Canned vegetables  
Canned fruit  
Canned soup  
Canned tuna



*Thank you*



Mrs Jenny Pollard

## SCHOOL NURSE

CAN'T SLEEP? -> Try this!



### Be Consistent

Train your body to sleep by going to bed and getting up at the same time (even weekends). You can develop your own sleep rituals, such as stretches, breathing exercises, meditation, or sitting calmly with a cup of caffeine-free tea.

### Bed is for sleeping

Only use your bed for what it's intended so your body associates bed with sleep. If you watch TV, eat, read, or work on your laptop, your body may not learn this connection. Leave your phone outside the bedroom too, or if you must have your phone, ensure you go to bed when you are sleepy and avoid phone use in bed.

### Sleep when sleepy

Don't spend too much time lying awake in bed. Only go to bed when you feel tired.

### Get up and try again

If you haven't fallen asleep within half an hour, get up and do something calm until you feel sleepy. Sit with the lights dimmed and read something boring (preferably in print not on a screen), or if you use your technology, reduce the noise and 100% brightness. Try to avoid anything overly interesting or stimulating; as this could wake you up even more.

### Avoid caffeine

It is best to avoid consuming these substances at least 4-6 hours before bed. They can act as stimulants and that late night snack can keep you awake and disturb the quality of your sleep.

### No naps

Avoid naps during the day to ensure you are tired at bedtime. If you can't make it through the day, ensure your nap is for less than an hour and before 3pm.

### Bath time

Having a bath 1-2 hours before bedtime can help. The bath raises your body temperature, and you begin to feel sleepy as your temperature drops.

### No clock - watching, or phone checking

It's natural, but try not to watch the clock. Checking the time wakes you up and reinforces negative thoughts such as 'Oh no it's so late, I'll never get to sleep.' A good practice is to turn your phone onto sleep mode at night so that notifications do not disturb you as you're falling asleep.

### Use a sleep diary or app

This is a valuable way to track your sleep patterns. If you have sleeping difficulties, a GP or psychologist can use this information.

### Exercise

Regular exercise is also good when it comes to sleep.

Burning energy during the day can help to ensure you don't feel restless in the evening. Try not to do strenuous exercise in the four hours before bedtime.

## NATIONAL ASSESSMENT PROGRAM LITERACY AND NUMERACY (NAPLAN) 2018

NAPLAN 2018 results have been distributed to schools. By the end of this week all Year 7 and 9 individual student reports will be posted to parents.

All students who participated in the NAPLAN tests will get an individual report of their results. Individual student reports are not provided for the NAP sample assessments. NAPLAN individual student reports provide information about what students know and have achieved in the areas of reading, writing, language conventions and numeracy. They also provide information on how students have performed in relation to other students in the same year group, and against the national average (over one million students participate in NAPLAN tests each year) and the national minimum standards.

### What's in the NAPLAN student report

The front page of the student report provides some general information about the tests, and an explanation of how to read the report.

The second and third pages have diagrams that show the relevant part of the assessment scale in bands for that year level. For each year level, only six of the ten bands are shown on the student report.

- Year 7 student reports show bands 4 to 9, and the national minimum standard is band 5
- Year 9 student reports show bands 5 to 10, and the national minimum standard is band 6

Students who have achieved at least Band 8 in the NAPLAN tests have already met the Literacy and Numeracy requirement for the Western Australian Certificate of Education (WACE), and will not be required to sit the Online Literacy and Numeracy Assessments (OLNA) in Year 10 next year.

The student's result in each area (reading, writing, spelling, grammar & punctuation, and numeracy) is marked on the common assessment scales. The diagrams in the student report also show the range for the middle 60 percent of students, the national average result, and the national minimum standard for each year level. Reports in some states and territories also show the school average.

The final page of the report has a table that provides a brief description of what students have typically demonstrated in the tests at each band.



## BOSS CHALLENGE

By Mrs Helen Samson

The year 9 Financial Literacy class have been taking part in the NAB \$20 Boss challenge. We have been learning about the ins and outs of setting up and running a small business. Students were then given \$20 in order to start up their own business. Students then set a variety of businesses and manufactured products to sell at our open day.



Students then displayed their

communication and customer services skills by setting up and running their own stalls at the Open Day. Products sold included bath bombs, cupcakes, lolly bags, cookie mix, handmade postcards, wood



raffle, guess the lollies in the jar and

heat packs. Once all of the money has been collected all of our profits will be donated to the Royal Flying Doctors Service.



process.

Well done, year 9  
Financial Literacy!



The winners of the raffles drawn on Saturday Open Day for the Year 9 Financial Literacy class were:

Wood raffle -	Margaret Hetherington
Lolly jar guess -	Grace Glynn
Jelly Bean guess -	Rebecca Donavon



## WELL DONE TO THE PRATT GIRLS

Michaela and Caitlin Pratt have been selected in the State Junior Squash Team and will represent WA in the National Teams Championships over the September school holidays.

Whilst in Darwin they will also compete in the Individual National Championships, Michaela in the U/17's and Caitlin in the U/15's.



Both girls have another year in their age division so aren't expecting great results this year.

Michaela is the current U/17 state title holder in both the Northern Territory and

Western Australia and Caitlin is the current NT U/15 champion and was runner up in the WA titles.

We wish both girls all the best and are sure they will compete fiercely and will represent their state with pride and make us proud.



## CONGRATULATIONS TO THESE STAR STUDENTS

Marcel Corasaniti has been selected into the State Under 13 Hockey Team. He will represent WA at the 2018 Under 13 State Hockey Carnival, which will be held in Hobart between October 4 - 10. Marcel was the only Country athlete chosen.



## NETBALL

Aaliyah Ugle 2018 F&B Junior Div 1  
Melita Davey 2018 RU F&B Junior Div 1  
Rosie Anderson 2018 F&B Junior Div 2  
Olivia Whiteford 2018 RU F&B Junior Div 2  
Jessica Coppock 2018 RU F&B A3

Chloe Hanson 2018 Marion Price Trophy 21U poled most votes in Senior Competition  
Chelsea Mulcahy 2018 Umpiring Award

Regional Representatives from Narrogin & Districts Netball Association:  
Chloe Hanson  
Chelsea Mulcahy  
Piper Edwards  
Melita Davey  
Liberty Tullett (res)  
Abby Munns

## KOJONUP CARNIVAL

By Mr Andrew Symington

I had the great pleasure of transporting a fantastic group of girls down to Kojonup for the Inaugural Girls Footy Carnival on Friday 7 September.

Katanning, Kojonup and Boyup Brook all sent teams



across to have a series of matches in a round robin, under the auspices of the Stephen Michael Foundation.

All the games were played with a high level of skill, sportsmanship and comradery.

The Narrogin girls had a close game against Boyup Brook, narrowly winning by the closest of margins, 2 points. The girls also won against the other teams, making them the overall champions, and the shield sits proudly in the Front Office. Many thanks goes to Paul Mugambwa for organising the competition on behalf of the Stephen Michael Foundation, and Dana Hooker, a member of the Fremantle Dockers women's team, who ran some clinics throughout the day.

Thanks to Mr Jordan Heil, our PE staff member, who coached the girls for a number of weeks after school prior to the day and Mrs Latoya Bolton-Black for supporting the team.



The girls who played were: Isabelle Kilpatrick, Aimee Grzanic, Charlotte Tinley, Kaitlyn O'Neill, Eliza Coppock, Ashanti Abraham, Caitlin Ugle, Aaliyah Ugle, Colleen Edwards, Rosie Anderson, Kaylah Smith, Holly McGuire, Shontae Jetta, Dakota Bolton-Black, Chanté Kickett. From Narrogin, Aaliyah received the best on ground.

If undeliverable return to  
**Narrogin Senior High School**  
Private Bag 2 Narrogin WA 6312  
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63965610013

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NARROGIN**

## Notices

**Master Mind Australia's  
SEPTEMBER/OCTOBER FINAL EXAM PREPARATION &  
REVISION PROGRAMS**

**Subject Revision & Exam Preparation  
For all students in Year 11 and 12**

The September/October Final Exam and Revision Program offers ATAR students comprehensive subject revision and prepares students for their final ATAR Exams.

Course will be conducted at:

**Week One**

**(Saturday 22 September to Thursday 27 September)**

Mindarie Senior College/Peter Moyes  
Anglican Community School

**Week Two**

**(Monday 1 October to Friday 5 October)**

Hale School

**For further information contact Dr. Robert Hallam at  
Master Mind Australia on 9486 1377**

**Or visit [www.mastermindaustralia.com.au](http://www.mastermindaustralia.com.au)**

**Congratulations to these students who had their photos  
published in the latest edition of the  
"2018/2019 Narrogin Regional Business & Community Directory"**

Kane Airey  
Katelyn Beard  
Kelsey Blyth  
Tahlia Edge  
Piper Edwards  
Lauren Erickson  
Jasmine Forsythe  
Logan Swadling

Trent Gumprich  
Jemma Isaacs  
Tia McGuffie  
Tom Munns  
Jasmine Oats  
Faith Pollard  
Lachlan Tulley  
Nikola Scholz



## National School Opinion Survey

Narrogin Senior High School values the feedback received from parents and the wider community. We pride ourselves in being a reflective school with a culture of continual improvement. All staff at the school realise the importance of seeking feedback from the community and acting on this feedback for improvement. The Parent NSOS will be conducted from now until the end of October. The school would appreciate if all parents could access the survey and respond to each of the questions.

To access the survey:

**Open Internet Explorer.**

**Type the following address into the browser:**

**<https://www.schoolsurvey.edu.au/s/FWzwdzth>**

**Press Start.**

**Complete the survey.**

**Close Internet Explorer.**

Thank you for taking the time to complete the survey.

Kind regards,

Melissa Walker

Principal

Narrogin Senior High School

## No More Fax



Due to an upgrade of the Narrogin Senior High School phone system there will no longer be a fax attached to this school.

Please either call Admin - **9881900** or  
Student Services - **98819378**

Email: [nshsmail@nshs.wa.edu.au](mailto:nshsmail@nshs.wa.edu.au)