

# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School

Issue 3 2019

## NARROGIN SHS ANZAC ASSEMBLY



**“Have you ever walked into a room and felt like there was tension in the air? A weighted fog that left you and those around you speechless?**

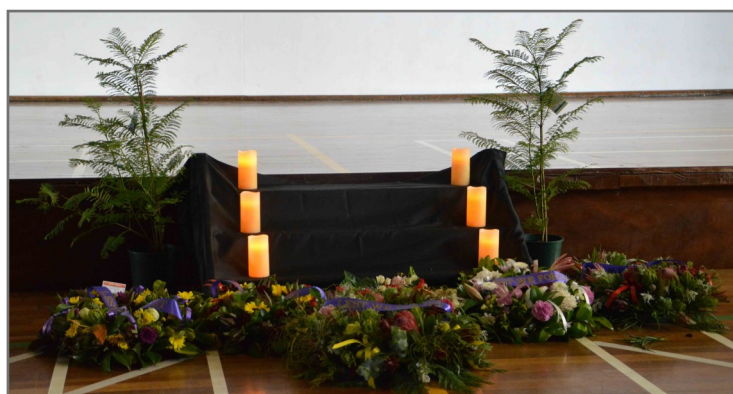
**In 2015 I was fortunate enough to travel with 52 members of the Perth Hills and Wheatbelt Band to Gallipoli and the European battlefields and while I thought I knew what laid ahead I soon learnt that there was so much more to the ANZAC story.”**

These were the opening lines from the guest speaker at our 2019 ANZAC Assembly, **Emily Ballantyne**, a graduate of NSHS in 2015. Emily gave an overview of that tour and spoke of how she was affected by her visits to the different battlefields. Emily had the privilege of performing the Last Post and Reveille bugle calls at many of these memorial sites and war cemeteries across Turkey and Europe, including the Villers – Bretonneux Military Cemetery and the Shrapnel Valley cemetery at Gallipoli.

Emily’s address was followed by the singing of a “Soldier’s Memoir” performed by Yr 11 student **Imogen Morgan**. Candles were layed by Prefects and Student Councillors in remembrance of the theatres of war in which Australia has been involved and wreathes of remembrance were laid by members of the RSL, Head Students from Narrogin SHS and guests from visiting schools. The Ode was spoken by Mr Chattillon and the “Last Post” played by Emily whilst the Senior Band played the Lament, “Amazing Grace”. Narrogin Cadets formed the catafalque guard led by Warrant Officer Class 2, Tyrone Doust for this service.

The Prefects and Student Councillors would like to thank all who assisted them in the preparation and running of this assembly.

**Mrs Susan Castle**



# Principal's Message

Ms Melissa Walker

I trust your children have settled into this very busy term at Narrogin Senior High School. Term two is a time where teachers are consolidating their assessment of student achievement as we move to our end of semester one reporting period.

## **ANZAC Commemorative Service**

Late last term we held our annual ANZAC Commemorative Service. Our Prefects, Cadet students, and other student leaders, with the support of staff, facilitated the ANZAC service. Narrogin Senior High School should be very proud of the way in which we honour the men and women who fought for our country in World War One and in conflicts since this time. It is with great pride that I commend our student body for the way they conducted themselves at our ANZAC Service.

## **NAPLAN Online 2019**

Our students in years 7 and 9, supported by their teachers, have been diligently working to complete the NAPLAN testing in the current online format. As you may have heard through the media, students participating in the tests across the country experienced technical difficulties, and this was also the case for students here at Narrogin Senior High School. I would like to thank our dedicated staff who assisted students through this process. We have been in constant communication with the School Curriculum and Standards Authority who facilitate the testing in WA to ensure that all of our students are able to achieve to the best of their ability without any disadvantage caused by technical problems outside of the schools control. Students impacted by the technical problems have been offered an opportunity to re-sit the assessments in week 5. Thank you again for your understanding and support through this challenging process.

## **Senior School Assessments**

Year 12 students have participated in Externally Set Tasks. This is an important assessment process for all students who are studying Foundation and General Courses. Our Year 11 and Year 12 students studying ATAR Courses will be sitting examinations in week 5 and SIDE examinations will take place in week 6. As we lead into the final days of semester one for our senior school students I urge students, across all programs, to attend every class, submit your work on time and to the best of your ability, and do the homework that is set. Make sure that if you need help or if you are not sure of the work you need to do, speak with your teacher or Year Leader. Year Leaders and classroom teachers are always close at hand to provide students with support and advice.

## **Supporting the Success of all Students**

Throughout the next few weeks parents of senior school students may be invited to have meetings with your child and their Year Leader 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.

## **Changes to the WA Certificate of Education (WACE)**

Recently the Minister of Education released information about changes to WACE for students commencing Year 11 from 2020 onwards. There is now an additional pathway for students to achieve a WACE, through the selection of general courses. The current ATAR and VET pathways are still available. This change will provide more options, especially for students who are undecided about their future career.

## **Staffing Term 2, 2019**

We have had some staffing changes since the start of the 2019 school year.

Mrs Pam Carden has retired from the Library. Mrs Narelle Penny has taken on the fixed term Library Officer role.

Ms Tara Jackson won a Literature position at Kelmscott SHS. Ruth Smith has been employed on a fixed term contract to fill this role.

Mr Barrie Stewart has taken some well earned Long Service Leave throughout Term 2 and Term 3. He will be returning in Term 4.

Robert Vernon has been employed to take on this 6 month fixed term contract.

We welcome all of our new staff!



## Middle School Deputy

Ms Sandii Stankovic

Winter has arrived! It is important that we look after ourselves to ensure we do not fall victim to the viruses and contagious illnesses. What we eat has a great impact on our health. Our canteen is governed by a body that suggest certain types of food that are to be available for students at school. I often see students enjoying the various foods from spaghetti bolognese and nachos to soup and salads. The stalwart cheesie I think is a favorite for all. We have had some incidence of students unable to finish the flavoured milk so we have put in place a trial whereby only small flavoured milks are to be purchased by Middle school students (Year 7 – 9) and Senior School Students will have the option to purchase either small or large flavoured milk. The canteen has also set an end time for purchasing to prevent the need for students to take their flavoured milk into class, which is not permitted.

With winter also comes a time to keep warm. Our Dress Code has been updated with the assistance of School Council and Uniform Committee (both groups consisting of parents). We also surveyed the school community and now have formulated the Dress Code document to cover aspects of the uniform. Please access this through our website [www.nshs.wa.edu.au](http://www.nshs.wa.edu.au) The code outlines what is deemed as uniform, what is considered acceptable and what is not acceptable to wear to school. Hoodies are considered a health and safety risk in high schools and are deemed not acceptable. If students present to school in a hoodie they will be asked to remove this and will be provided a school jumper / jacket from Student Services. Students are welcome to come into Student Services before school to arrange this.

Reports will be disseminated later this term and it is vital that we examine these reports and develop action plans on how to improve the grades. A Task Report is available for students on Connect at any time to ascertain their performance to date. I find these informative with relevant information on the achievements of students. There are also many events available to assist in motivating students to strive for excellence – Our Murdoch and Careers Expo excursions to name a couple available this term. Please encourage your child to participate in these.

We have also a scheduled Parent Teacher evening on 25 July to provide parent and students to discuss student reports. Parents will be able to book online from Tuesday 25 June 3:00pm. We look forward to seeing you there.

## Senior School Deputy

Mrs Karen Thomas

Term 2 is always a busy term and as usual we seem to be racing towards the July school holidays. OLN results are now available and Year 10, 11 and 12 students will be informed of their status across the 3 tests (Reading, Writing and Numeracy) by Year Leaders. Individual progress reports have been given to English and Mathematics teachers so that they can support students in addressing those aspects that they did not achieve in this round of testing. Parents will also be mailed the results and progress reports.

The next round of OLN commences on 2 September 2019 and any student who has not achieved a category 3 in each of the 3 tests will be required to participate.

Year 12 General students completed Externally Set Tasks provided by SCSA in Week 2 of this term. The results of these tests account for 15% of the student's marks and are moderated by SCSA. Year 11 and 12 ATAR exams have now been completed for Semester 1 and academic monitoring processes have begun. Each year 11 and 12 students' progress towards WACE is evaluated and where there is concern the students will be individually counselled. In some cases, it may be necessary to make changes to a student's course and/or pathway and parents will be contacted if this is the case.

Year 10 Course counselling kicks off this week with parent presentations held on Thursday 13 June at 6.30pm in the Trade Training Centre and on Friday 14 June at 3.30pm in the Residential College. We encourage parents to attend one of these sessions as important information about WACE achievement and pathways in Year 11 are discussed. Year 10 students are commencing a careers focused program through their HASS classes which will support them in selecting their subjects for Year 11. Individual subject counselling will commence in week 1 and 2 of Term 3. This process has been delayed due to the announcement of changes to the WACE in 2021. Year Leaders attended a briefing on the 7 June 2019 where they were updated on the changes.

Students have been attending practice sessions for Country Week which is held from the 1 to 5 July 2019. This is a much anticipated event for many students. For those students not attending Country Week school will continue as usual and is a great opportunity for students to get ahead in their studies and access one on one support from teachers. For those students who are participating, teachers will be setting work that will need to be completed by the start of Term 3.

It has been a busy but good start to the term and students are reminded to keep focused on their studies as the term winds down.

# Yr 8 Biggest Afternoon Tea

Gabrielle Cousins, Makenna Batt &  
Lucy Kilpatrick

During week 5 the four year 8 Food Science and Technology classes hosted Australia's Biggest Afternoon Tea on Tuesday the 28 May and Friday the 31 May. Students invited family, friends and school staff members to come along and enjoy the afternoon with them. As part of our assessment we had to design a somewhat healthy treat to present to the guests at the afternoon tea. We made an abundance of delicious food ranging from sweet brownies to savoury sausage rolls. We had donation boxes placed around the Hill Top Café that the guests were encouraged to donate a small amount of money towards the Cancer Council. All up we raised over \$620 to support the cause. The Cancer Council is a not-for-profit organisation that provides support to people battling cancer. To help the cause we host this afternoon tea annually.



We would like to thank all of the staff in the Home Economics department and all of the amazing people who helped make this possible.

## Musical Messages

— Mrs Stephanie Whitting

Now an aspiring young musician or arts administrator looking to broaden their skills? Applications for Australian Youth Orchestra's 2020 programs will be open from 11-28 June!



To receive program updates direct to your inbox, register your interest at <https://bit.ly/2HqL2i7>

## Library News

— Ms Narelle Penny

We are excited to have our first SCHOLASTIC BOOK FAIR coming to the Library. Starting 4 June and running for 2 weeks. Everyone is more than welcome to view the books and hopefully find something to purchase. Book Fairs help your school stock up on resources to enrich your children's education. We have been getting the Countryman and Elders Weekly in each Thursday for our farming students and it's been a huge talking point. Each lunch time the library is open for board games, with UNO and Yahtzee comps being the favourite. The library is filling up quickly with students work and students love seeing their work on display.





# Bendigo Community Bank's 2019 High School Netball Carnival

Mrs. Sarah Corner  
Netball Academy Co-coordinator

On Thursday May 9, four teams from the Narrogin SHS Netball Academy attended the Bendigo Community Bank's High School Netball Carnival in Albany.

Sixty-one teams from throughout the Great Southern Region participated in the carnival with schools travelling from Denmark, Mt Barker, Jerramungup, Gnowangerup, Katanning, Esperance, Albany, Narrogin & Boddington.

Two teams from Years 7 & 8 played in the lower school girl's competition and two teams from Years 9 and 10 played in the middle school girl's competition.

The Year 7 team consisted of Lilli Beresford, Kelsey Berry, Tania Bolton, Claire Conlan, Taya Garlett, Makayla Hedlam, Nicola Kickett, Sienna Lanciano, Hayley Page and Tyler Steere. Thank you to Kelly Steere for coaching and to Lee Conlan for being the team umpire. This team came first in their pool as they won 2 out of 3 games. In the cross over they had to play St Josephs who beat them to make it into the grand final.



The Year 8 team also played in the lower school division. The team included Dakota Bolton-Black, Gabrielle Cousins, Billyana Craig, Georgia Furphy, Ella Hann, Ella Harrington, Karli Martin, Christina Smith, Liberty Tullett and Charli Wiese. This team won 3 games and lost 2. Thank you to Miss Borthwick and Mrs Corner for coaching and Mandy Harrington and Jenni Tullett for umpiring.

The Year 9 Narrogin 1 team played in the middle school girls division. The team consisted of Tayla Battley, Calli Beynon, Zahlee Buck, Heidi Morgan, Chelsea Mulcahy, Abby Munns, Kate Poutlney, Mia Slawinski, Amelia Ward and Mackenzie Williams. This team won four games, lost one game and had one draw. Thank you to Sarah Munns for coaching and Mrs Wilkie for being the team umpire.

The Year 10 Narrogin 2 team also played in the middle school girls division. The team included Shaylee Annear, Katelyn Beard, Eliza Coppock, Melita Davey, Tahlia Edge, Ashlyn Edmonds, Camryn Furphy, Taylah Licence and Jasmine Smith. They won three games and lost three games. Thank you to Kate Furphy for coaching and Jenni Tullett, Lee Conlan and Mandy Harrington for umpiring. Thank you also to Mia Slawinski, Ashlyn Edmonds, Abby Munns and Chelsea Mulcahy who helped umpire.

Well done to all the girls who attended the carnival. They should be proud of their achievements and the exceptional way they represented the school.

## Congratulations to former student Pippa Bairstow

Former NSHS Hockey Academy student Pippa Bairstow has been selected to play for WA in the U21 Australian Championships to be held in NSW.

**Competing for Aquinas in the Perth 1st Division Women's Competition.**



**Playing for the Sports Academy**

# Congratulations

## Speedway Junior F100 State Title

On 19 May 2019 at Ellenbrook, three of our students placed in the top 3 of the state for the Junior F100 State Title.

Congratulations on this outstanding achievement to:

- 1<sup>st</sup> Place: Jasmin Ellis (Year 11)
- 2<sup>nd</sup> Place: Jacob O'Farrell (Year 8)
- 3<sup>rd</sup> Place: Campbell Smith (Year 11)

## Narrogin Speedway

Narrogin Speedway recently held their Presentation evening for their 2018/2019 season recognising the top three drivers from each division. We would like to congratulate the following students on their successful year on the track.

F125 Division top three:

- 1<sup>st</sup> Jasmin Ellis (WA1)
- 2<sup>nd</sup> Rachel Gannaway
- 3<sup>rd</sup> Adam Gannaway

Junior Division top three:

- 1<sup>st</sup> Blake Palmer,
- 2<sup>nd</sup> Brody Day,
- 3<sup>rd</sup> McKenzie Palmer (*former student*).



F125 Winners



Junior Winners

# Notices

**T.E.E. CONSULTANTS**  
 The Exam Experts

WE ARE THE EXAM EXPERTS

## Enrol in July Revision Courses at UWA in 2019

**We are The Exam Experts**

T.E.E. is a leading provider of intensive holiday revision courses for Year 12 students preparing for ATAR exams.

We offer students the unique opportunity to study and live on campus at the University of Western Australia, while attending lecture theatre revision classes. Students spend their first week of the July School Holidays learning from WA's most experienced teachers.

Students receive targeted revision, discover new strategies and develop effective exam techniques designed to improve ATAR results through building confidence, knowledge and new skills to ace their exams.

**Course Details**

Monday 8 July to Friday 12 July, 2019

**PRICE - \$175 (Per subject)**  
(2 hours per day, total 10 hours)

**Location**  
University of Western Australia, Nedlands  
Physics Building

**Why choose T.E.E.?**

- ✓ We are The Exam Experts and will help you boost your ATAR.
- ✓ The best value revision seminars with the best teachers in WA.
- ✓ Year 12 specialists since 1987.
- ✓ 10 hours of expert revision.
- ✓ Take the stress out of your exam preparation

**Accommodation Packages**

Subsidised full board accommodation at UWA is available for students enrolled in 3 or more subjects.

Package includes course fees, accommodation from 7 July - 12 July 2019 and 3 meals/day:

**SPECIALS - \$750 (3 subjects)**  
**\$850 (4 subjects)**  
**\$990 (5 subjects)**

Apply early to avoid disappointment

**2019 T.E.E. JULY YEAR 12 ATAR REVISION TIMETABLE**

8.30am - 10.30am	10.45am - 12.45pm	1.00pm - 3.00pm	3.15pm - 5.15pm	5.30pm - 7.30pm
Chemistry	Physics	Maths Methods	English	Modern History ★
Biology	Human Biology	Maths Applications	Literature	Geography
Physical Education	Psychology			Health Studies
				Maths Specialist

★ Modern History students will study Unit 3 Russia 1914 - 1945 (5 hrs) and Unit 4 a choice of Europe since 1945, Australia with Asia or Middle East Peace (5 hrs)

**Enrol online: [www.tee.com.au](http://www.tee.com.au)**

**9314 9599**  
**info@tee.com.au**

## Term Two Dates

Year 10 Parent Information - 6:30	13 June
Whole School Assembly Pd 2	18 June
Murdoch Exc Yr 9/10	20 June
Yr 10 Careers incursion	21 June
Boys AFL Exc	26 June
Country Week Assembly Pd 5	28 June
Country Week	01 July - 05 July
Parent/Teacher Interviews 3:30pm - 7:00pm	25 July



## What's in a Drink?!

### Caffeine loaded, Energy drinks, Soft drinks, Fruit Juices and Cordials

Did you know that soft drinks, fruit juices and cordials are strongly linked to being overweight in children?

In our modern society, very few children use up enough energy to take on the extra calories of 'treat' foods and drinks. Research shows there is a very strong link between consumption of 'treat' drinks (soft drinks and other sweet drinks) and being overweight in children.

Caffeine and energy drinks are growing in popularity and are often popular amongst children. But parents and children need to be careful – caffeine can cause side effects, especially in children.



### How much caffeine are children allowed?

Currently, Australia has not determined a safe level of caffeine consumption for children. At this stage it is NIL CAFFEINE FOR CHILDREN. Food Standards Australia New Zealand reports that at doses of 95mg of caffeine, children aged 5-12 experienced disrupted sleep and other effects such as:

Other side effects of caffeine include:

Difficulty concentrating

Difficulty sleeping

Insomnia

Nervousness

Headache

Rapid heart rate

Anxiety

Dehydrating effect

Energy drinks not only have high amounts of caffeine but most are high in sugar. They also may contain additives such as guarana, taurine, ephedrine and ginseng which act as stimulants. The high amounts of kilojoules (energy) can increase the risk of weight gain.

Provide water for children as the standard, everyday drink and offer soft drinks only on special occasions. Give children fresh fruit instead of fruit juice.

Find out the facts about sugary drinks by visiting LiveLighter: <https://livelighter.com.au/The-Facts/About-Sugary-Drinks>

**Quick Tip** Plain tap **water** is the best drink choice. It's cheap, quenches your thirst and has no kilojoules. Buy a plastic water bottle so you can take your own water everywhere you go. Keep water in the fridge so you can have cold water to drink whenever you're thirsty.



# Flick the Flu

You can fight the flu on a daily basis by keeping your immune system strong. Some great immune boosters are getting enough sleep, eating healthy foods (including five or more servings of fruits and veggies a day!), drinking plenty of fluids, and getting regular exercise.

## 5 Ways to Fight the Flu

- \* Flu vaccination: getting vaccinated doesn't just protect your own health, it also helps the people around you.
- \* Wash your hands often: after using toilet, after coughing or sneezing, before eating, serving or preparing food.
- \* Not so close: keeping your distance from people who are sick as flu viruses are airborne and avoid touching your face, nose and mouth as this is points of entry for viruses.
- \* Use your elbow/tissue: NOT your hands! This is to prevent the spread of viruses when you touch other surfaces, i.e.: desk, keyboard, mouse, mobile phone, etc.
- \* Rest is Best: the fastest way to recovery is through plenty of rest.



## When it's not a good idea to share...

Some things are best kept to ourselves – especially when it comes to infections such as colds, flu (influenza), gastroenteritis and symptoms such as diarrhoea and vomiting.

Good hygiene is one of the most important ways to stop the spread of infections, to make sure people around us don't get sick too.

Good hygiene includes:

- \* washing your hands regularly and properly with soap and water, particularly after touching your nose or mouth and before handling food
- \* sneezing and coughing into tissues then throwing them away immediately and washing your hands
- \* cleaning surfaces such as your keyboard, telephone and door handles regularly to get rid of germs
- \* not sharing cups, plates, cutlery or water bottles  
avoid sharing towels with other people and throw disposable tissues and paper towels in the bin immediately after using them.

For more information contact your school health nurse or visit  
<http://www.healthdirect.gov.au/#!/colds-and-flu-prevention>.

