



HIGH SCHOOL HIGHLIGHTS

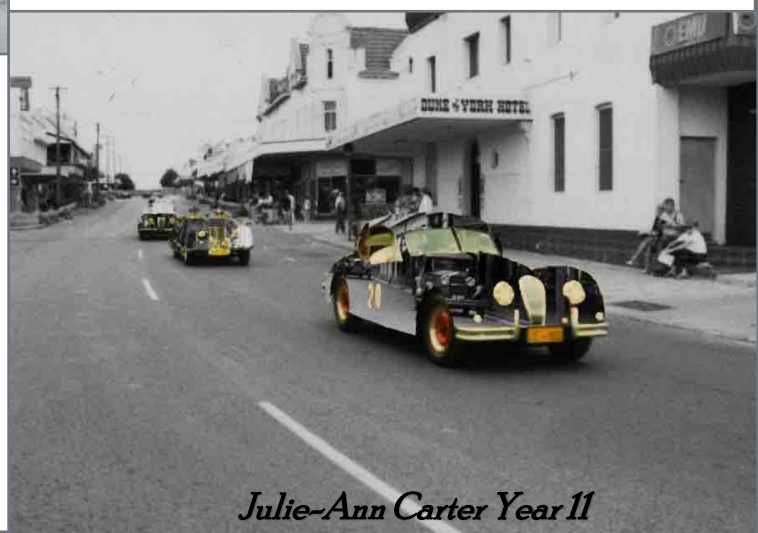
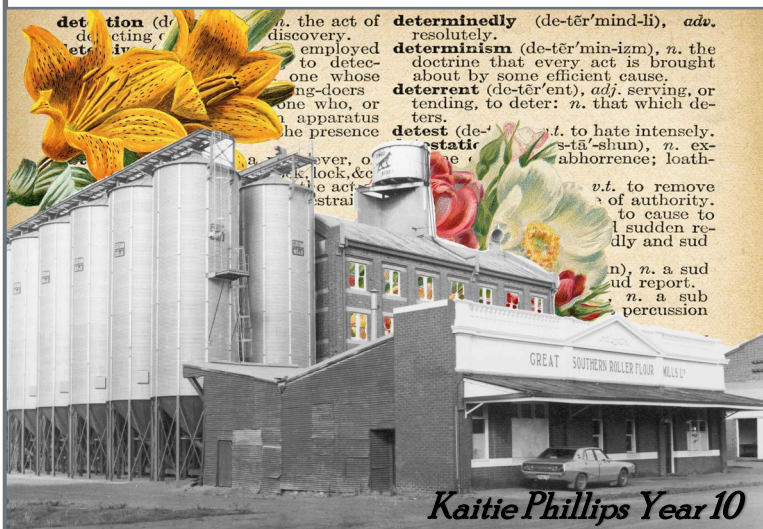
Narrogin Senior High School

Issue 4 2019

Plenty of Everything Project

Zoe Quartermaine

The 'Plenty of Everything' project is an opportunity for students to explore the town of Narrogin's history by adding new life to Archival images from the Town Library. The images have been donated by members of the Narrogin community over the years and range from buildings to events and people. Students have used Photoshop to re-invigorate the images by adding colour, images and animations. Years 7 -12 students are involved in the project and it has been fantastic to see how creative the students have been, especially with the animations they have created. The 'Plenty of Everything' project will be displayed through projection art in August at ARTs Narrogin and will also be displayed in the John Higgins Centre at the Narrogin Agricultural Show later this year. The project has sparked interest from members of the community and the students are loving having the opportunity to explore Narrogin's history through these images.



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Principal's Message

Ms Melissa Walker

I can't believe that we are in the last week of term 1. Half way through 2019. This does make me feel some anxiety as in 2020 I will be taking leave for 12 months. Throughout the next semester I will work with Neil Darby, Regional Executive Director - Wheatbelt to undertake a merit select process to fill the acting Principal position.

All parents will have access to their child's Semester One report via Connect this week. This is a comprehensive report on your child's progress and achievement throughout the first semester of 2019. Grades and marks are important in gaining an understanding of how your child's achievement is relative to their year group. It is imperative that parents look beyond this to gain a fuller understanding of the effort and focus that your child has applied to their learning.

The information contained within the Attitude, Behaviour and Effort ratings provides parents with great information to use to discuss your child's progress, commitment to learning and achieving the school's core values. Referring back to your child's achievements in tasks and assessments also provides some good insight into your child's progress.

When reading the reports as a whole I notice a number of common things that students who achieve excellent results and progress share. They are those who:

- have attendance rates that are above 95%. Meaning that they have missed a maximum of two days of school in a term.
- have achieved the highest ratings in the Attitude, Behaviour and Effort attributes.
- are actively involved in the school community and in creating a learning environment that is conducive to achieving success.

This reflection makes it obvious that attitude, behaviour, effort and attendance has a significant impact on student progress and achievement. These are things that each student has some control over. It is up to individual students to make choices about their behaviours, attitude and attendance to ensure they are putting themselves on an educational pathway for success. These habits do not appear overnight; they require practice, perseverance, a growth mindset and grit. I encourage all students to adopt these attributes and behaviours. Parents and carers will always support you as you make these positive choices.

We have a squad of 107 students who have made their way to Perth to compete in the 2019 Country Week competition. With teams in soccer, netball, hockey, volleyball, basketball and a new team in touch rugby, our Team Narrogin looked like a formidable force at the opening ceremony on Monday morning. I cannot thank the coaches and support staff that attend this event enough for the time and effort they put into ensuring our students get this incredible opportunity. I wish all the teams well and look forward to hearing about their many achievements and successes throughout the week.

Wishing you all a wonderful holiday. I am looking forward to seeing all of our wonderful students safe and refreshed on Tuesday 23rd July.



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Middle School Deputy

Ms Sandii Stankovic

Reports are almost upon us – actually Wednesday of Week 10 (Term 2) is when they are emailed to parents and students. If you would like a hard copy please phone the front office to ask for a copy to be posted.

Staff have been working hard to ensure that the reports are valid and we follow a process whereby the information incorporates Achievement, Approach and Action. With reports we ask that students read and reflect on the reports and identify 3 goals for improvement – for example increase their grade in a subject, increase their ranking or their percentage mark. These items are always accessed through Connect through the Task Analysis report which indicates the student progress against others in the course and their overall ranking among class / year group. It is powerful in having ownership of their own progress. It may be a great opportunity to discuss these at the parent teacher interview evening scheduled for Thursday July 25 3.30 – 7.00pm and as it is winter we will be holding this in the Library and Trade Trading Centre, with a light supper supplied. You are able to book your times through www.sobs.com.au or phone the front office during business hours. We look forward to seeing parents at these evenings.

At the last assembly I discussed how as a school, students can be *Ready to Learn*. This means coming to school with pens and writing equipment, a diary to organise their homework, timetable, revision and study for assessments schedule along with anything else they require to be organised at school. The number of students that use the excuse of not having a timetable to be late to class is disheartening. Students will be provided with a new timetable at the beginning of each term. A file is also supplied at Students Services for students to check during recess / lunch before the bell.

We surveyed students and staff in regards to mobile use throughout the school. It was realised that students have access to social media platforms that are new and to our surprise they are widely used and not safe for young people. There is a parent help book offered by Office of eSafety at <https://www.esafety.gov.au/parents/online-safety-guide> which may be of use for every parent with children that access online platforms. There are many resources on this website including cyberbullying concerns etc.

So as the Semester draws a close I hope that our students are able to show their best at Countryweek, and ensure that all students relax and recharge ready for the next semester.

Senior School Deputy

Mrs Karen Thomas

It is hard to believe that we are at the end of Semester One and Year 12 students are racing towards their final term at school. Students in the Senior School will be receiving their Semester One reports and this is a time of reflection on what needs to happen academically over the remainder of the year. Academic monitoring and individual counselling of Year 11 and 12 students (where necessary) has been completed. This has resulted in some course changes for Semester 2 and all students should be aware of where they stand regarding their progress towards ATAR and WACE.

Year 10 Course Counselling commences next term and parents are reminded to book an appointment with either Ms Sexton, Ms Johnson, Mr Harris or myself so that we can support the Year 10's in making wise pathway and subject choices for Year 11 and 12. We will also have the second round of OLNA testing in September for those Year 10, 11 and 12 students who have not yet reached a Category 3 in Reading, Writing or Numeracy.

Countryweek is underway and I trust all participants are enjoying the camaraderie and competition that the tournament presents. This is where new friendships are forged and memories are made.

I wish students, parents and staff a great Winter break where we all have the opportunity to recharge our batteries and take time out from our normally busy lives. Have a safe and happy holiday and I look forward to welcoming the students back on the 23 July 2019.



Musical Messages

Mrs Stephanie Whitting

The Music Department held their annual Mid-Year Concert on Sunday 23 June. The Performing Arts Centre was full (literally!) of families and staff to support the Music students. All the Music students from Years 5 to 12 worked hard to prepare solos, duets and ensemble pieces to perform. The Junior and Senior Concert Bands also presented a showcase of pieces for the audience to see how hard they have been working over the year. A big congratulations to all the students for their efforts so far this year! Everyone performed confidently and I am super proud of you all!



The Senior Band will be heading to Perth next term for the ABODA (WA) Concert Band Festival. This is our biggest event of the year and we have been preparing three pieces to perform for the adjudicators. Good luck for your performance!



Thank you to:

The Band Parents Committee – for all your support to ensure everything runs smoothly behind the scenes. I won't mention names as you know who you are! Thank you for everything!!

Wendy Armstrong – for all your support this semester and ensuring the Brass and Percussion students get the best music education possible! It has been a pleasure working with you! We are so lucky to have you here at NSHS.

Zoe Quartermaine – for everything you have done to support the Music Department over the last 4 years. From taking photos to staying behind after each concert to help pack up... thank you!!

The students – you are all amazing!!

Unfortunately, it is still a 'watch this space' for the new Music teacher so I am unable to introduce you to them. But I trust you will all finish 2019 off strong.

Good luck and farewell for now.



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Follow The Dream

Ms Maxine Clark

Term 2 has been an exciting time for the Follow The Dream program. More students attending, extended hours and new tutors. We have a number of new tutors and are operating after school on Monday, Wednesday and Thursday. I would like to welcome Mr D'Cruz, Mrs Pattullo, Ms Edwards, Mrs Lavan, Mrs Kickett and Ms Jaskiewicz to the tutoring team. I would also like to thank Mrs Bendix who has been tutoring for the last two years.

All the tutors have been really impressed by the commitment of the students this term who remain after school to ensure they can achieve their best at school. Students who attend, receive assistance completing assignments, understanding difficult concepts and have access to resources they need to complete tasks. We have also had talks given by the trainee doctors from the Rural Medical School on how to stay healthy and when to visit a Doctor. Carole Kickett from the YMCA also spoke to the students about life after school. She gave a number of excellent tips on how to make the most out of school and the importance developing work ready skills prior to finishing school.

We are currently planning a joint camp with the Katanning Senior High School to the Swan View Adventure Camp during term 4. Participants will take part in a number of team building challenges which involve rock climbing, canoeing and riding on a flying fox. Check out the link below.

<https://www.swanvalleyadventurecentre.org/adventure/>



Nicola Kickett and John Yarran

We would like to congratulate Nicole Taylor and Jemma Isaacs for their acceptance into the Indigenous Science, Health & Engineering Camp at the University of Western Australia in July and wish them the best of luck for their recent application to attend Aboriginal Summer School for Excellence in Technology and Science (ASSETS). We are looking forward to the girls telling us all about their experiences when they return.

The summer schools are open to Aboriginal and Torres Strait Islander Year 10 students from across Australia. 2020 summer schools will be held in Newcastle and Adelaide. A big thank you to Mr Harris and Mr D'Cruz who supported Nicole's and Jemma's applications.

Follow the Dream is a fantastic opportunity for the Aboriginal students at Narrogin Senior High School. If you want to join the program you need to demonstrate the following attributes:

- achievement above the national minimum standard in NAPLAN reading and writing;
- achievement above the minimum standard in NAPLAN numeracy
- good work ethic: where teacher recommendation identifies the student as aspirant and who is working consistently
- leadership demonstrated in school and/or community;
- 80% attendance.

If you are interested come and see me as we would like to support you in achieving your goals.

Lastly I would like to thank Narrogin Senior High School canteen staff for supporting the program and ensuring we have something yummy to eat after school.



Wellbeing and Beauty Workshops

Promoting Respect, Responsibility and Tolerance

Mrs Karen Walker

In collaboration with Avon Youth, 20 students from Year 12 and Year 8 participated in a one-day wellbeing and beauty workshop.

The aim of the workshop was to build confidence, practice communication and social skills for participating students, along with other students in their year group and an opportunity to expand their peer group.

Students made facial scrubs, masks, hand scrubs and performed manicures. Narrogin Amcal Chemist, who continue to sponsor this event with a very generous donation of make-up and skin care packs for the students, attended and assisted the students with make-up application.

The day ended with foot soaks and games which was very entertaining for everyone involved. Through these courses we hope to promote mental health awareness and to promote respect, responsibility and tolerance within the school, classroom and community.



Year 10 Childcare

Chanel Bowey

On Monday 17 June the Year 10 Childcare class hosted a party for the East Narrogin Pre-Primary class.



The Party had a theme of "Around the World with your Teddy." The Pre-Primaries were able to bring their favourite teddies along and got to visit different 'continents'.



At each 'continent' they listened to the facts that were provided to them about that area and got to play a game.

The Pre-Primaries were handed a passport and split into five groups. The groups then played a range of games followed by a delicious and healthy lunch prepared by the Year 10s.



Everyone had a lot of fun and the Year 10s learnt a lot from interacting with the 5 year olds.



FoodBank Program

Marty Vause ~ School Chaplain

We had several students over different year groups enjoy learning and making different healthy meals and snacks which was a part of a



Program that Food Sensations® Schools is a fun and hands-on nutrition education program which is available to School Breakfast Program Schools. Food Sensations®

aims to improve knowledge, attitudes, and skills to encourage healthy eating and cooking for healthier bodies, minds, and futures. At the end of class the students got to all sit down together and had shared meal that they prepared.

Foodbank's Breakfast Club is so that it gives students the opportunity to eat a wholesome, nutritious breakfast on a regular basis. Having breakfast has been shown to have a positive impact on factors such as physical and mental health, social skills, concentration, behaviour, attendance and academic outcomes.



Goodbye

We would like to thank Miss Curtis for her work this term with Miss Quartermaine's Visual Art and Photography classes.

We have enjoyed having you back at Narrogin Senior High School and we wish you the best for your future as a Visual Art teacher!

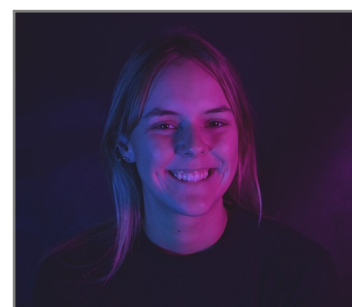


Photo taken by Tash Goedhart.

BREAKFAST

Most Important Meal of the day

It is really important that we, as parents and teachers, encourage our children to eat a healthy nutritious breakfast every day, here are some reasons why:

- Breakfast **increases your child's concentration levels** and improves their ability to learn
- Helps them to **maintain a healthy weight** and decrease the likelihood of obesity
- **Strengthens heart, bones, muscles and joints**, which will help reduce serious childhood health problems
- Brightens their mood by **providing them with energy** which helps build positive self-image and helps to **develop positive breakfast habits** that they will take into adulthood.

Every child, every day, needs to eat a healthy nutritious breakfast, but we understand it can sometimes be difficult to get your child to eat in the morning! We are here to help with some ideas and tips.

Get Teens ready for Learning

Try some of these breakfast ideas to ensure your kids get off to a good start:

- Wholegrain fruit bread with ricotta cheese
- Porridge with milk and sultanas, berries or banana mixed through
- Smoothies with milk, yoghurt, soft fruit and oats - add spinach for a green smoothie
- Wholegrain English muffin, topped with cheese and tomato
- Yoghurt topped with oats and fruit
- Baked beans with wholegrain toast and a piece of fruit.
- Boiled eggs with toast soldiers.
- Poached or scrambled eggs with toast and a glass of milk.
- Toast with avocado, tomato and a glass of milk.
- Wholegrain toast topped with sliced banana, and a small yoghurt tub.

Try to ensure your child has breakfast – it really is the most important meal of their day. The long lasting energy and nutrients helps them to learn and play at school.

Go to [LiveLighter Healthy Breakfast Recipes](#) for more healthy breakfast ideas.

