



# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School

Issue 6 2020

## Congratulations 2020 NSHS Dux



Mr John Watters Principal with Charlotte, accepting her Dux Award



### Charlotte Tinley



On Friday October 23, the Year 12 students gathered with staff, special guests, family and friends to celebrate the end of their secondary education.

Former Head Prefect Rhiannon Coad spoke fondly of her time at Narrogin, and her journey to her career in law.

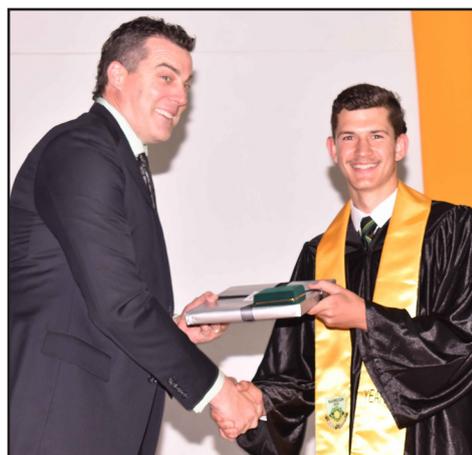
The ceremony featured performances by year 12 students Ethan Mycock, Imogen Morgan and the Senior Band, under the direction of Mr Blake Howieson.

Top students were recognised in all courses and qualifications, as well as community and school awards.

Congratulations to all year 12s on this special achievement.

Thank you to all of the sponsors who donated prizes for our students.

### Runner Up Dux Oliver McLure



Principal John Watters presenting Oliver with his award

### VET Dux Lucy Palumbo



Lucy receiving her award from Mrs Yvette Harrison

### Runner Up VET Dux Piper Edwards



Piper accepting her award from Mrs Valerie McPherson



Lucy also won an award from SIDE for achieving the highest final mark across the state in Year 12 ATAR Economics.



## Mr John Watters Principal

I would like to acknowledge the school community for being so welcoming since I commenced at Narrogin SHS at the beginning of this term. I have been impressed with the capacity of our staff, actions of our students and strong sense of school community that is evident in all interactions and events that I have been fortunate to be involved in.

At the school assembly last week, I wanted to be very clear about my expectations for us as a school (staff and students) and I will try to summarise this briefly: This school is everyone's safe space. Staff and Students. We are all here to build capacity, learn, grow and be supported when needed. By coming here every day, we take a break from our external reality, leave our external influences at the gate and do what it takes to better ourselves. I want to challenge our acceptance of what strong is. In all my years, this is what I know – anyone can start a rumour, anyone can spread a rumour, anyone can make a threat and anyone can go beyond their normal range of control. It takes real strength to actually do nothing and that is where real power comes from.

Our trusted role within schools is to prepare students for a successful transition out of school, and this extends into the social development of young people as much as the education programs. Now for some students this will be easy, but let's accept that for others, some additional support will be needed. My commitment is that I, or any other Narrogin staff member, won't give up on any of our students and all we ask in return is that you be the best representation of you.

One of my favourite quotes is from Bonnie Blair, who was an Olympic Speed skater, and I would like to leave you with this "winning doesn't always mean being first. Winning means you're doing better than you've ever done before". At Narrogin SHS, every student has the capacity to 'win' and we are privileged to be in this position to work with them every day.

It is with mixed emotions that we must share the news that Melissa Walker has been appointed as Principal at Albany Senior High School and as such, will not be returning to Narrogin Senior High School. Melissa's contribution to Narrogin is well known and we wish her every success at her new location.

## Director General Visits NSHS



We were fortunate to have the Director General Ms Lisa Rogers, visit our school on Friday 6 November.

She was escorted by our student councillors and prefects, visiting some classrooms and learning areas as they showcased Narrogin Senior High School.

Ms Rogers with our Principal, Mr Watters and NSHS prefects Jayeisha Ford, Jerrimiah Thorne, Melita Davey and Eliza Coppock.

# Ms Sandii Stankovic Middle School Deputy

So we have made it through another year! Albeit a very different ever- changing one.

Some reflections for 2020:

- We are adaptable – the school community has had to endure many changes. We have had staff come and go, each making a valuable contribution to the school. We all managed to continue with teaching and learning as best we can in a variety of contexts: COVID – 19, new methods of delivering the curriculum, change of leadership and so on.
- We are growing – Clontarf has made a home here to support our Aboriginal boys. We have had a year of the Narrogin Education Enrichment Program and are looking at extending this to various pathways for employment and training and we have an array of new subjects making an appearance in our 2021 timetable.
- We are achieving – great things across the school. Our students experience success in many ways from a submitted piece of work to graduation awards. The Presentation evening illustrated the vast array of offerings at the school. Many comment on how we offer so much at Narrogin Senior High School for our students.

From this point to the end of the year we not only draw the year to a close – we also plan for the upcoming year. Students will be receiving their allocated subjects for next year throughout the coming weeks. Several have already discussed their queries with me – very impressed with the problem solving of our students.

We are also preparing for a new cohort of students from our feeder schools and welcome them and the parents to join us in Week 9 – Friday 11 December 2020. Students have been involved with the process and it has been heartening to see their pride when talking about our school.

## Year 12s Last Day Activities



# Graduation Award Winners



Mr Fred Steer presenting the Citizenship Award to Daniel Conlan



The Hotham Trust Award was awarded to Alex Isaacs by Mrs Ray McCall



The winner of the Australian Defence Force Future Innovators Award was Angus Perkins and presented by Ms Deb Hopper



Principal John Watters held a small ceremony with a few family in attendance to present Felicity Hazelwood with her graduation folder after she was discharged from hospital.

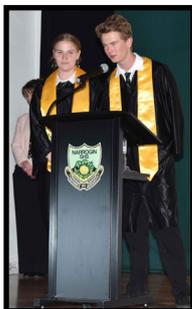
Felicity was unable to attend graduation due to an accident the day before.



Ethan Mycock



NSHS Band



2020 Head Boy Jack Moyses and Head girl Kaitlyn O'Neill



Mr Fred Steer presenting the Sportsperson Award to Quinlan Paice and Michaela Pratt



Caltex Best Allrounder Award was won by Joshua O'Brien presented by Mr Tim Wiese



Rachel Mulcahy presenting her Valedictorian Speech



Isabelle Kilpatrick won the Australian Defence Force Long Tan Leadership & Teamwork Award and was presented it by Ms Deb Hopper

# Fogarty Futures

By Kynan Spencer

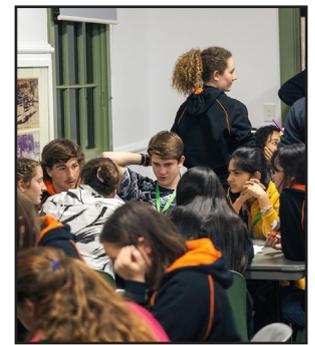
Hi there, my name is Kynan Spencer and I am a Year 11 Prefect at our wonderful school. During the first week on the most recent holidays I was lucky enough to attend the Fogarty Futures conference in Perth, I say I am lucky because there were only 43 students chosen to go on this amazing conference out of 150 applicants.

Before the conference I had no idea what to expect and I was honestly not sure what I had just got myself into, but I am the kind of person who will give anything a go and I am so glad that I did. At the conference I learnt so much about what it takes to be a leader and how being a leader can influence so many people. Of course there is no certain right way on how to be a leader and all you can do is try your best and help others, as well as yourself, throughout the journey. Some skills that I took from the conference are:

- Effective communication (most important skill of all)
- Learning how to sell myself (is unnatural but vital)
- Personal skills (hard to teach, but needed)
- Personal knowledge (built through experience and understanding)
- Forming strong relationships (being a leader means people want to follow you)
- Organisation (is the only way to understand what is going on)
- Problem solving (leading isn't always going to be easy sailing)
- Critical thinking (every problem has some sort of solution)

During the conference we had some amazing and extremely inspiring people come and talk to us about their lives and how leadership has helped shape them into the incredible leaders they are today. We had Pauline Dixon who shared her story about working as a social worker for over twenty years; Dr Fiona Wood, who helped develop the cell spray for burn patients, Tri Suseno, who completely changed his life in just 10 minutes and eventually became an outstanding entrepreneur and Professor Peter Klinken, who shared his incredible life experience and how he came to be the Chief Scientist of Western Australia as well as many others.

From our conversations we had with these remarkable people I learnt first hand what it takes to try and be a leader and that learning from your mistakes and the mistakes of others develops your experience, which is key to being a great leader.



# Zero2Hero

By Nikota Scholz Year 11

On October 28 I was one of 36 fortunate youths to attend a five-day long camp called Camp Hero, which specialises in mental health and leadership. Let me just say, what an amazing experience it was.

At the camp we were challenged mentally, emotionally and physically, whilst being supported by an amazing group of people. We had the opportunity to tackle some wonderful adventures, such as abseiling, which truly kicks in the adrenaline rush. From the time we canoed, to our many fire side chats, I would definitely say I've changed as a person.

I came to Camp Hero for a challenge and in return, it promoted my mental wellbeing, taught me lifelong skills and I learnt how to truly appreciate and make the most of my life.



Camp Hero brought out the best in me and for that, I am truly grateful. This camp is one I would recommend because it will change your outlook on life forever.

From the minute I got off the bus, I was surrounded by strangers. After day one, we were friends. And after just five days, we were family. To be honest, you are going to have to experience this camp to truly understand how much joy it can bring to your life.

# Shooting Stars Tribal Wars

By Latoya Bolton-Black

It was a fun filled afternoon and everyone stepped up to the challenges of Tribal Wars. It was great to see the commitment from everyone involved even if it meant getting a little messy! Congratulations to Red Fire Nation (Barrie & Lizzy) who were apart of the Winning team for the afternoon.

Teamwork, Positive Connections, Laughter, Fun & Fierce Competition were the highlights of the afternoon.

Shooting Stars would like to give a big shout out to Ellie S, Amelia S, John W, Karen T, Alistair P, Barrie S, Jean D, Maxine C, Lizzy M, Zoe Q, Denise L, Sharika P, Hayden M, Ashleigh E and Elyse W for braving the unknown and taking part in our first ever Tribal Wars at NSHS!



# Well-being Expo

By Melanie Edwards

For mental health week, Narrogin Senior High School held its first ever Health and Wellbeing Expo on the 16 October.

About 20 agencies set up stalls in the school gym with students able to walk through, get involved in activities and interact with representative from several organisations. Students had the opportunity to learn about support available in their local area and in the metro area, access information about how to live a mentally and physically healthy lifestyle and how to contribute to their own sense of wellbeing.



Throughout the day a number of activities were run for students to participate in. These included a mental health talk by the Black Dog Institute, a leading not-for profit organisation dedicated to researching mental health in all ages and Amity Health, a not-for-profit health care service delivering Allied Health to adults and children in the rural regions of Western Australia. In addition,

Holyoake, a counselling support service conducted an interactive session on team building skills, and Be Alive Fitness and Lynette B Yoga ran exercise and yoga sessions.



For the afternoon session, visiting doctors from the Rural Clinical School of WA delivered a talk on health education, and Helping Minds, a service committed to providing support to children, young people, adults and families affected by mental illness delivered an engaging talk on Social Media. Other visiting organisations included Youth Focus, South Regional TAFE, WA Country Health Service, CLONTARF Foundation and Curtin University.

Overall, feedback from representatives, students and staff was that the day was enjoyable, engaging and a success.



## WAAPA Summer School 2021

This summer WAAPA is thrilled to be able to offer an exciting school holiday program at our campus in Mount Lawley.

There are classes for students from Year 1 to Year 12 in drama, acting, screen performance, film making, music theatre and, of course, Shakespeare.

For information about the many courses on offer please visit [waapa.ecu.edu.au/summer-school](http://waapa.ecu.edu.au/summer-school) or contact Gabrielle Metcalf at [explore.waapa@ecu.edu.au](mailto:explore.waapa@ecu.edu.au) or 9370 6775.

# Night at the Museum

By Rebecca Donavon

In its fourth year, the annual Night at the Museum for 2020 was a showcase of some exceptional work from the Year 7 and 8 HASS students.

In Year 7 students research a significant individual from an Ancient Society, exploring their background, careers and legacies. Students researched people from Ancient Egypt such as Cleopatra, Tutankhamun, Nefertiti and Khufu. Emperor Qi Shi Huang Di and Confucius from Ancient China and Nero and Augustus from Ancient Rome.

The Year 8s researched significant individuals from Medieval Societies and some of the museum displays focussed on Eleanor of Aquitaine, Richard the Lionheart, William Wallace, Leonardo Da Vinci and Vlad the Impaler.

On behalf of the HASS department we would like to thank our hard working students for their efforts. The Night at the Museum would not be possible without their sustained effort to complete the task and create wonderful creations. We would also like to thank the sponsor of the People's Choice Award, Mr Geoff Page and Amcal Chemist.

Congratulations to the People's Choice Winner's for 2020:

- Year 7 Runner Up: Skye Beary
- Year 7 Winner: Lauren Johnson
- Year 8 Runner Ups: Talise Rogers-Bouffler and Leah Mulcahy
- Year 8 Winner: Guillaume van der Riet



Lauren Johnson



Skye Beary



Kate Corner



Zoe Munns, Zarlie Perkins  
Emily Nottle



Guillaume van der Riet



Lexi Ashton



Ashton Dale



Talise Rogers-Bouffler and  
Leah Mulcahy

# Youth With a Heart

By Chelsea Coxon

A group of year 9 girls attended a 2 hour Youth with Heart workshop in week 4. The workshop was run by Sarah Wray (Transpersonal art therapist, Community worker, Visual artist) who said the “workshop empowers students to express themselves creatively and to start discussion about important aspects of mental health, including self-care, positive and negative coping strategies, emotional awareness and resilience. Youth With Heart aims to foster meaningful connection for youth; with their inner self, with their peers, and with youth living in other regional towns”.



Feedback from some of the girls was that the workshop was very relaxing and calming, and they appreciated the opportunity to express themselves through creativity in a safe environment.



# SunSmart

Don't let the sun see your DNA

Did you know that the sun can see through your skin to the cells beneath the surface?

In fact, each time it sees your cells when the UV is 3 or above, it's doing damage that can just keep building up and up, until one day it causes a mutation in your DNA, which can turn to skin cancer.

While a lot of Australians know about the link between high UV radiation and skin cancer, many of us are unaware of the cumulative effect of UV, and therefore don't feel the need to think about sun protection during many of the day-to-day activities we take for granted.

Adults are still getting dangerous doses of UV during passive activities such as gardening, walking to the shops or simply doing chores around the house. The problem is that these aren't planned periods of UV exposure, so we often forget the sun protection.

To defend yourself properly, make sunscreen a part of your morning routine each day, switch your cap for a hat with a good brim, wear long sleeves and sunglasses whenever you can, and always stay in shade when it's there.

It's simple, just don't let the sun see your DNA.



# Year 10 Business Preparation Course News

By Mona Dawson

The Business Preparation course students have been working very hard whilst enjoying themselves by immersing in learning how to run a successful business this year. These students are enrolled in \$20 BOSS program, which is a nationwide in-school entrepreneurship program for secondary school students. The program aims to elevate and foster enterprise skills through the experience of building and running an enterprise.

Students borrowed \$20 of start-up capital from Foundations for Young Australians (FYA) to create, launch and operate a business venture over the course of this year. At the end of this program students will pay back the \$20 plus a \$1 legacy fee to ensure funds remain available to future participating students.

Year 10 students this year have been fantastic and have dedicated themselves to learning enterprising skills of communication, creativity and innovation, project management, and teamwork to run a small scale business. They will evaluate how successful their business was and use critical thinking to problem solve how they can improve on it.

On behalf of students sincere thanks to all customers who supported their endeavours through the purchase of goods and provision of valuable feedback.



# Wise Women Excursion

By Mrs Sarah Corner

On Friday November 6, 22 female students from Narrogin Senior High School attended the Wise Women Showcase at Murdoch University. The purpose of the excursion was to demystify career opportunities available to young women in STEM and entrepreneurship for regional female students. Other regional schools that attended were Bunbury SHS, Mukinbudin DHS, Bruce Rock DHS, St Mary MacKillop and Kalgoorlie Boulder Community High School.



The day started with a keynote lecture from a successful STEM entrepreneur, Lexy McDonald, who had created her own App called HerHelp last year when she was in Year 12. The girls then participated in two different workshops on facial reconstruction and analytical chemistry of urine samples and the different types of bacteria and viruses. The showcase finished with a question and answer session from a panel of female speakers from Murdoch University staff.



Maths Department



# Follow The Dream Careers Camp

By Natalie Edwards



During Term 3 Week 10, 7 students from Follow the Dream joined with another 7 Students from Katanning for a careers camp in Perth. We visited three universities and participated in hands-on activities that showcased what each uni had to offer. At UWA we explored the newly built Bilya Marlee (River of the Swan) building and did some activities relating to facial recognition, emotions and vision, which included wearing glasses that turned the world upside down!



Curtin University walked us through some career planning activities and showed us what it would be like to work in business with a sneak peek at their high-tech meeting rooms. WAAPA was truly hands-on, with a dance activity, backstage tour of the set design workshop and finally a newsroom tour. Some of the brave students went in front of the camera to deliver the news of the day, complete with the green screen and autocue being controlled by other students in the control room above. Watch out - we definitely have some potential

future newsreaders in our midst!

As a final career activity we stopped in at Holcim quarry to explore other career options in the mining sector. This helped the students understand the varied roles in a large company and how it is possible to work in many different roles throughout your career.



In the afternoons we had some time to relax and explore other activities around Perth such as King's Park, Carousel shopping centre and everyone's highlight - Roomscape. It was a real team-building exercise to try and solve all the puzzles and riddles!

Overall it was a fantastic week which has inspired many of the students to pursue higher education and opened their minds to future pathways they may not have considered before.



# Phys Ed News

By Andrew Corner

## Ross Meadows Shield

Our year 8 and 9 students competed in the Ross Meadows Shield, playing against CFC Fremantle, John Curtin and Como Secondary College playing six games and winning 5. The only goals conceded during the day were in the grand final against Como Secondary College where we went down 2-0. Bryanna Lee scored



three goals for the day, being one of eight individual goal scorers who showed the depth of talent from the Year 8 & 9 Sports Academy Hockey Program students.

Guillaume van der Riet acquitted himself very well for his first time representing the school and Ethan Johnson had an excellent tournament, with his work ethic on the field rewarded with two goals. A fantastic job was done by Stephen Conlan who umpired on behalf of the team.



## Courtney Dewing - Change Maker Program

The Australian Olympic Change-Maker program recognises and rewards students who demonstrate the Olympic spirit through leadership and drive positive change in their communities.

The school's 2020 nominee is Courtney Dewing. Courtney attended the Western Australian component of the competition online, which was a result of Covid restrictions. As part of this process Courtney made a video.

This, as well as completing other elements of the process, has resulted in Courtney being selected as one of 20 students to be invited to attend this year's National Summit. It will involve Courtney coming together virtually with Olympians, the Australian Olympic Committee (AOC) and the International Olympic Committee (IOC) in a series of 2 hour workshops.

The AOC are committed to giving youth a voice and empowering young leaders just like Courtney. Through the National Summit she will have an amazing opportunity to shape the future of the Olympic movement in Australia. The Summit will provide a platform for her and fellow Change-Makers to share their unique backgrounds, experiences and ideas to come up with fresh new ideas that can benefit people in their own communities and across the country.



Courtney with Andrew Corner HoLA Phys Ed

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