

New Staff for 2021



Carly Fazioli
HASSL



Carmon Lukaras
Science



Heather Meldrum
Dance



Natasha Woodcock
English



Janette Lindsay
English



Ross Daley
Phys Ed



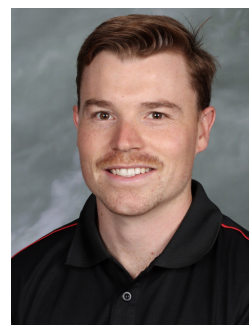
Marc Evans
NEEP



Jay Wreford
English



Henry Papertalk
Clontarf



Jason Tincknell
Clontarf



Sean Burke
English

Other new staff include Sophie Bult the school Psychologist, Miss Sara Marlow in Home Economics and Mehmet Terzi in Science.

2021 - Prefects and Student Councillors



February School Assembly



Yr 8s

Previously students were given an award for achieving 8 A's. Due to timetable changes the number of subjects have altered which makes it extremely difficult to achieve 8 A's in Years 7 to 10 within a semester report. So, with some consideration, Narrogin SHS have looked at Grade Point Averages – mainly as the formula remains constant throughout any changes to the timetable with A's equalling 5 points, a B grade equals 4 points, a C grade equals 3 points, a D grade equals 2 points and an E grade equals 1 point.

Any student above or equal to a GPA of 4.75 has illustrated academic excellence by achieving A in at least 75% of their grades. This will replace the 8 A's Award.



Yr 9s



Yr 10s



Yr 11s



Yr12s

Mrs Linda Bishop with
Chelsea Mulcahy
receiving the Penny Wright
English Award



Congratulations to
Kele Readhead
on his Science Award



Attendance Awards



For the last four weeks of Term 4, 2020, the Student Services Team encouraged regular and improved attendance for all students.

The Team offered a range of rewards from canteen vouchers to VIVO points. All weekly winners were placed in an end of year draw/ Congratulations to the ten overall recipients. Each student received a Sportspower voucher for their ongoing regular or improved attendance.

Sharon Ward
Student Support Officer (Attendance)

Ball Preparation

Mrs Castle preparing the students for their ball by teaching them dances including the Nutbush, Canadian Stomp and the Square Rumba.



Congratulations Shontae

Shontae Jetta was officially signed up today for a School Based Traineeship (SBT) at the Shire of Pingelly.

She will be completing a Certificate II in Business whilst achieving her WACE in Yr 11 and 12.

Congratulations to Shontae for impressing her workplace during her trial period and for taking on a such wonderful opportunity with maturity and enthusiasm.

We wish her the best of luck with her Traineeship and thank SMYL for their ongoing partnership in supporting SBT's at Narrogin SHS.



Student Services

Student Service Staff have been working hard to reacquaint themselves with Narrogin Senior High School students and getting to know new students. It has been a busy start to the year. The Year 11 and 12 Year Leaders, Mrs Castle and Prefects have been planning the school ball. Try and make it to the Town Hall on Friday to see how well our students present themselves at such an occasion.

Year 7 students have been getting use to the school and taking part in numerous transition activities. They are settling in well and getting use to moving around the school grounds with confidence.

The Student Councillors and Student Services team are in the process of organising the Bully No Way Day and Harmony Week events for all students. We look forward to sharing news about those events in future Narrogin Senior High School Highlights.

Students often struggle with the early mornings associated with returning to school.

It is important to remember sleep helps to fuel the brain and body. Teens need more sleep because their bodies and minds are growing quickly.

Scientific research shows that many teens do not get enough sleep. To be at your best, you need between 8 and 10 hours of sleep every day.

Although getting enough sleep may not seem that big a deal, teens who don't get enough sleep and are overtired are more likely to:

- struggle in school
- have trouble with memory, concentration and motivation (the desire to accomplish a goal)
- feel depressed, which can become a serious medical condition.

We all have a very busy life, but we still need "downtime" to relax, unwind and spend time with friends. This usually happens at the expense of sleeping. Many teens also crave the quiet privacy of a late night after parents have gone to bed. Getting to bed early enough to get 8 to 10 hours of sleep can seem pretty hard.

Here are some suggestions for all of us:

- **Have a relaxing bedtime routine.** Try to go to bed at about the same time every night. Keep your room cool, dark and quiet but open the curtains or turn on the lights as soon as you get up in the morning.
- **Always fall asleep in your bed.** Use your bed for sleeping only. Avoid doing homework, using a phone or tablet, or playing video games while in bed. Try to be in your bed with the lights out for at least 8 hours every night.
- **Napping during the day can make it difficult to fall asleep.** If you want to nap, keep it short (less than 30 minutes). Definitely don't nap after dinner.
- **Get exercise every day,** but avoid very hard exercise in the evening.
- **Avoid caffeine** (coffee, tea, pop, energy drinks), especially after mid-afternoon. Don't use any products to help you sleep such as alcohol, herbal products or over-the-counter sleep aids.
- **Limit screen time before bed.** Using electronic media and being exposed to the screen's light before trying to sleep can make it harder to fall asleep.
- On weekends, no matter how late you go to bed, try to **get up within 2 hours to 4 hours** of your usual wake time. This is especially important if you have trouble falling asleep on Sunday nights.

Remember a good night sleep is essential.

Positive Behaviour School News

Narrogin Senior High School's core expectations are Respect, Responsibility and Tolerance. When students demonstrate behaviour reflecting these expectations they are acknowledged. They may receive positive reinforcement via a comment made by the teacher, VIVO points, phone calls home, certificates and rewards.

For the next two weeks staff at Narrogin Senior High School are focusing on getting to class on time and ready to learn. Students who are at class on time will be awarded VIVO points. Points can be cashed in for rewards that the student selects. Each student has a VIVO account. Get involved and ask your child how many VIVO points have they been awarded.

The Bunuru spots carnival award event is planned for later this term. Students who are in Good Standing and received VIVO points will be rewarded for supporting our school's behaviour expectations. Staff are working hard to ensure the day is fun and enjoyed by all participants. I am really looking forward to it.

VIVO REWARDS

**Follow the schools
behaviour expectations
and reap the rewards**

For every Vivo Reward Point, go online and buy a prize

Ask at the Library for your...

- Username
- Passwords
- Prize collection

Rewards Shop supplies:

- Stationery
- Notebooks
- Vouchers
- Games
- and much more!!

VIVO edge