



# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School  
Issue 2 2022

## 2022 Brownlow Ball



### Belle and Beau



*Charlee Morrison & Anton Hanson*

And the Brownlow goes to.....

Belle and Beau  
Charlee Morrison and Anton Hanson

On Friday 18 March our Year 12 students celebrated with glitz and glamour their "Brownlow" School Ball.

In true Brownlow style after walking through our wonderful arch constructed by Mr Robins, attendees paused for a red-carpet photo before going on to enjoy their night.

In keeping with the theme, our awards had a bit of a footy feel about them. Goal of the Year (Best Arrival) went to Stephen Conlan and Tristan Vitalone who arrived in style in a one of a kind, top of the range, Coles shopping trolley! Mark of the Year (Best Couple) was taken out by Jahmol Kapene and Tahlia Baxter and our up and coming Rising Star (Best Dancer) award went to the groover on the field Kiara Richards.

The main prize of the night the "Brownlow" was awarded to our Belle and Beau Charlee Morrison and Anton Hanson.

The Prefects and Staff of Narrogin SHS would like to thank all of the volunteers, our Year 10 wait-staff, Narrogin Nursery Café & Gallery, Narrogin Furnishing and the Narrogin Community for their continued support of this wonderful event.

*Mrs Nanette Steer*

## Associate Principal Mrs Karen Thomas



Once again it has been a very busy term in the Senior School with the School Ball the highlight of the term. Enjoy the photos that follow in the newsletter.

OLNA testing took place from the 8 March for Year 10, 11 and 12 students which ran very smoothly thanks to the excellent planning and preparation by Kristy Johnson. The next round of OLNA is scheduled for Term 3 and students who do not meet the Category 3 achievement level will have another opportunity to sit the tests. The Department of Education has indicated that there may be changes in the scheduling of OLNA tests so watch this space.

Next term in Weeks 3 and 4, Year 12 General students will be sitting the Externally Set Tasks for each of their courses. Teachers are currently preparing students for these tests which account for 15% of their Year 12 result.

On a personal note, I will be taking Long Service Leave for Term 2 and 3 and, as always, will miss all the students tremendously.

I wish you all a Happy Easter and a lovely break with family and friends.

### School Uniforms

With the colder weather fast approaching parents are reminded that students are required to wear the school Rugby Jumper with School Logo or Microfibre School Jacket with School Logo.

**Hoodies are not part of the school uniform and must not be worn to school.**

Students may wear black or white long sleeved T-Shirts under their school shirts.

#### **Purchase of Uniforms**

Items can be purchased from SportsPower, Narrogin on Egerton Street.

Sports Accademy Uniforms can be purchased from Steelo's on Egerton Street.

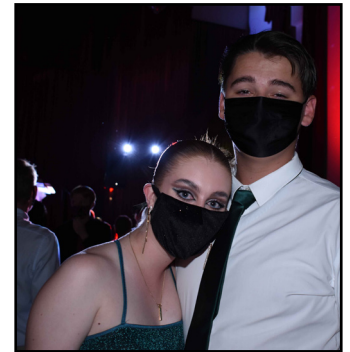
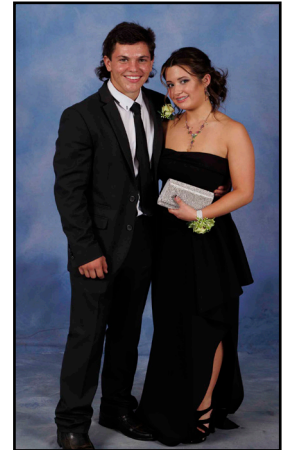
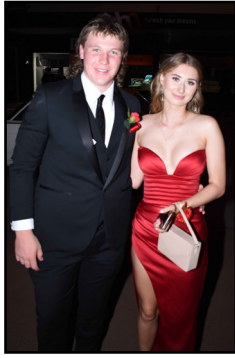


### Up Coming Events

- |             |                              |
|-------------|------------------------------|
| 26 April    | - School Commences           |
| 10 May      | - Yr 10 Parent Presentation  |
| 10 - 20 May | - NAPLAN                     |
| 12 May      | - Yr 10 & 11 Career Expo TBC |



## Ball Photos





# Student Services News



Friday 25th of March, saw the Student Services Team make and cook 400 Cheese Toasties... Students enjoyed the beautiful view up on the veranda of the Hill Top Cafe.

**COMPETITION TIME**

**Design your own BULLYING. NO WAY! poster!!**

**NATIONAL DAY OF ACTION**

Design your own poster for **BULLYING. NO WAY!** day. You can use pencils, paints or anything you wish.... Looking for the best Logo, Colour, and Inspiration!!

**WINNER** .....You and 3 mates win a sit down lunch at the HillTop Cafe

Entries into Student Services by Wednesday 16th March 2022  
Judged by Mrs Penny and the Student Service

**KINDNESS CULTURE**  
• IT STARTS WITH YOU •

**National Day of Action** against Bullying and Violence  
Friday 18 March 2022



**WOW!**

Student Services challenged students to create posters in their Advocacy class for the National Day of Action Against Bullying and Violence, held on 18th March. Well done to our winners, Justice and Summer Dale, who won a sit down lunch at the Hilltop Cafe. Runners-up were Isabella Hulland and Jordan Williams





## **Ms Clark Program Coordinator**

My role in Student Services is to promote a positive learning environment and ensure all students at NSHS can achieve their potential. I enjoy this role as it allows me to work closely with students and their families, to ensure our students receive the support they need to be their best .

## **Mrs Copeland Student Services Officer**

I work in Student Services as a Wellbeing Officer, helping students stay on track whilst maintaining their positive behaviour. The best part of my job is seeing the students' succeed and forming positive relationships with peers and their families.....



## **Mrs Penny, Student Support Officer**

My job in student services is to create a positive environment. This includes Breakfast Club, Vivo Rewards and setting up fun activities throughout the year..eg RUOK day, Bullying No Way.....



## **Mrs Johnson Year 12 Leader**

I love working with Year 12s as I get to share the culmination of all of their hard work, personal growth and choices throughout highschool. Finally, students realise that school is being done *for* them not *to* them. I am here to support students as they start to look to the future, while reminiscing about the past (how easy does year 7 seem looking back!) and remembering to live in the moment. I hope that every student realises their own personal excellence, as each person's pathway to success is different and everyone has a different journey ahead of them. This year we have been focusing on personal attributes, with the goal of producing amazing young people, not just amazing grades.







### **Mr. D'cruz, Year 11 Year Leader**

It's a great to have another year with the wonderful Year 11's.

They have a very important couple of years focusing on the subjects selected and giving it their best shot. My main focus for this year with the year 11 cohort is to try their best in everything that comes their way and enjoy school as these are the best years of their life.

### **Miss Williams, Year 10 Year Leader**

I am continuing my role supporting the Year 10 cohort with their day to day high school experiences, with a new focus on career pathways to prepare for Year 11 and 12. We have already completed our first round of OLN and we are working towards completing the Study Skills program to earn extra credits for WACE. I am looking forward to watching the Year 10s grow over this semester, however, will be taking leave Term 3 and 4 to welcome a new family member. I am confident that they will continue to make me proud in everything they accomplish over the year!



### **Miss Remi Year 9 Leader**

It has been a great start to the year teaching at a new school, I am enjoying getting to know all of the students especially the year 9's as I lead them through the school year. We have been enjoying lunch time basketball competitions as well as a range of activities during our time together in extended advocacy. I am looking forward to working closely with the Year 9 Students over the rest of the year.



### **Mr Heil Year 8 Leader**

I am enjoying every moment being back in Narrogin and leading the year 8s through their second year of high school. We have enjoyed playing badminton and volleyball during break times. My focus for this term has been getting to know all year 8 students.







### **Ms Chapman Year 7 Leader**

I'm the new Year 7 leader, It's been really great getting to know all the year 7's and their personalities. Love spending lots of time with them at recess and lunch.

# ***Breakfast Club***



All the Student Councillors and Prefects have been busy with breakfast club. Every morning they are there with hot toasties, cereal, pancakes and juice..

All of their hours of work is counted towards their community service book ...



## Dance Students Explore Different Cultures

This term in Dance students have explored dances from different cultures, learning the movements, music, stories, and origins of each. The Year 7's focussed on the ribbon dance from China, The Mexican Hat dance and Bollywood to create their final performance piece.

They worked extremely hard in preparation for their performance in front of their cohort.

*Ms Heather Meldrum*



## Drama Students Masking Up



In Drama this term, Year 8 students explored the use of Basel Masks.

The masks are used for performance and storytelling through actions and gestures without the use of dialogue. Each mask has its own traits to learn and embody. The students have been really engaged with this project and were hands on in the making of the masks.

*Ms Heather Meldrum*





## First Aid Course for Year 12s



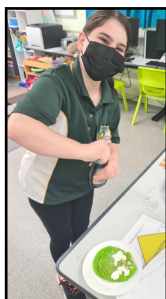
A group of students in Year 12 recently had the opportunity to complete their Senior First Aid as part of their extended advocacy.

They took the initiative and requested to complete the course as it will enhance their employability skills for the future.

Last year they had an introductory course and this year the full qualification.

*Mrs Carly Flavel*

## People Around The World



Students in Room 30 have been completing a module on 'People Around the World' and have participated in various activities to celebrate different aspects of culture and diversity.

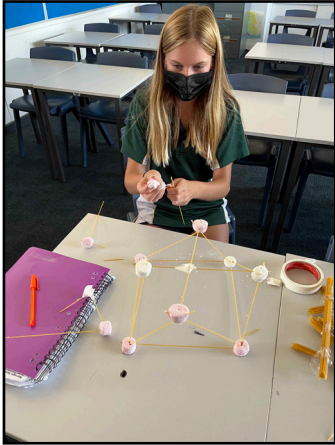
Students have participated in a discussion with some of our amazing staff who grew up in another country and celebrated St Patrick's Day with slime, pancakes, games and an Irish dance competition.

*Ms Heather Meldrum*





## Year 8 HASSL



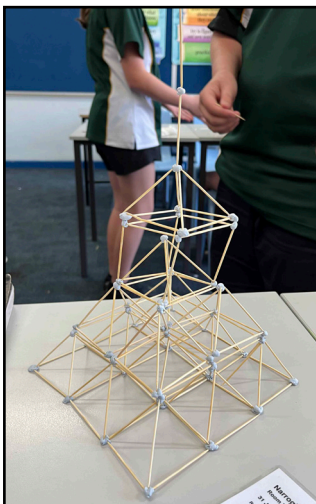
Year 8 Students in Humanities and Social Sciences have been learning about Earthquakes and Natural Disasters. Students previously did research into how structures can be built effectively to withstand an earthquake.

They got to put their research to the test in a STEM activity, where they built structures out of spaghetti, marshmallows, and masking tape, to see whose could survive the longest.

*Ms Ellie Sherridan*

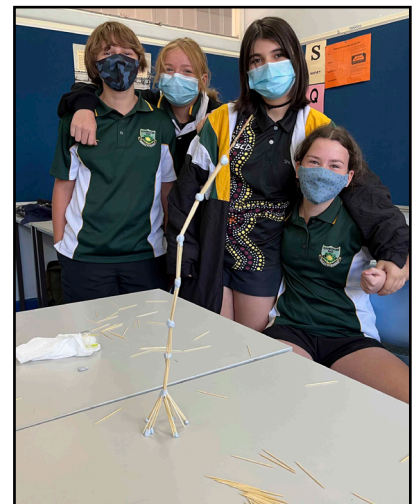
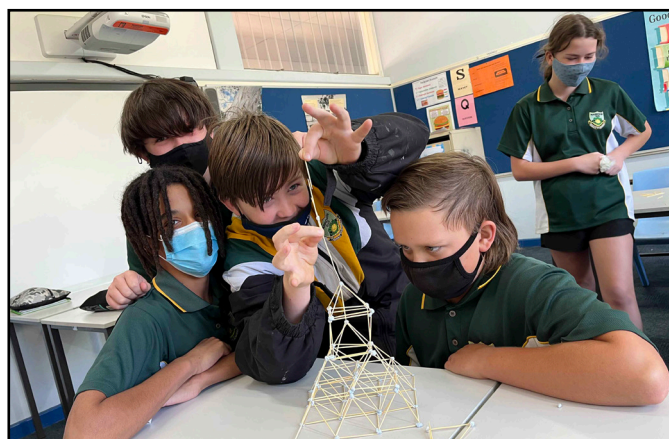


## Year 7 Students Take on the Challenge



Year 7 students were challenged at building the highest tower in extended advocacy time in week 10 using blu-tack and toothpicks.

The aim was for them to identify what the characteristics of an effective team player are, evaluate their own behaviour and compare working in a team to working independently.





## Visual Arts



Shawn Lewis



Jesse Jones



Logan Pusey

Students are currently exploring various projects in relation to "Experiences" and how they see the world.

They have researched contemporary artists that are currently working with issues such as the environment, deforestation, aspects of the self. It is still early days, and students are starting to complete production pieces.

*Ms Marga Felipe*



Chloe Jones



Charlee Morrison



Bailey Meiners



Evie Hart

## Hospitality Cert II

The students are working towards their Certificate II in Hospitality.

They served food at the Wandering Autumn Graze and it contributes to their hours of Work Place Learning.

It is valuable experience for the students, because they get to work with well known, experienced chefs.

They learn about new cooking methods, interesting dishes and different presentation styles.

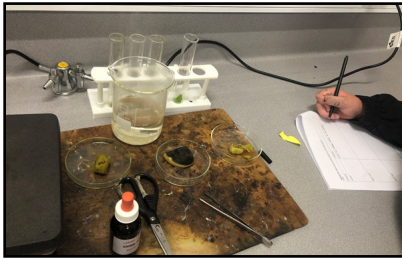
*Mrs L Carlse*



Melissa McIntosh, Emilee Biston, Chelsea Lullfitz, Chloe Hall, Lizette Carlse (Teacher), Katherine Purdie (EA), Cora Mumby, Grace Mulcahy



# Science



## Year 8s

The Year 8 science classes recently participated in group practicals demonstrating their learning objectives in Biology about plant features and structures.

Students dissected a range of flowering plants to compare and contrast the structures of a flower. In another practical, they completed an investigation into photosynthesis and the impact of why sunlight is necessary for plants to grow and flourish.

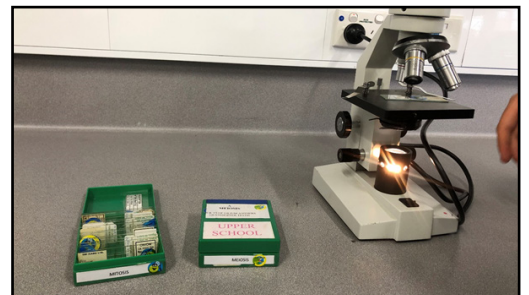
In these practical hands-on activities, Year 8 students were able to gain a sense of how a plant cell is specialised for its growth and reproduction. They viewed, compared and contrasted a wide range of plant, animal and fungi cells using light microscopes.

## Year 10-3

The Year 10 -3 students participated in group practicals demonstrating their learning objectives in Biology and reproduction specifically the division of cells with mitosis so that:

1. Students would have a better understanding of mitosis and they should be able to identify key elements in the process where things can be altered.
2. Students would be able to understand and investigate the verbs associated with the mitosis process.
3. Students were able to gain a sense of how the cell must sequence the many steps involved in mitosis to ensure division showing understanding that the timing of the mitosis is extremely important.

They also used the light microscopes to view the stages of mitosis and meiosis in various cells.



## Biology Year 12

The Year 12 ATAR Biology class recently participated in an assessment practical to demonstrate their Genetic understanding using one of the many Biotechnology techniques that are used.

Gel electrophoresis is a widely used technique in life science laboratories to separate macromolecules such as DNA, RNA, and proteins. Through this technique, molecules are separated based on their size and electric charge.

Gel electrophoresis is usually performed in labs to analyse DNA, RNA, or protein samples from various sources.

*Ms Annette Wyatt*



# School Nurse

I would like to introduce myself as the Community School Health Nurse at Narrogin Senior High School.



The Health and Education sectors have a long history of working together to promote the health, development, wellbeing and learning outcomes for Western Australian children. The partnership is over 110 years old.

## **The school health service**

The school health service promotes healthy development and wellbeing, helping students reach their full potential.

School health nurses provide the service in partnership with schools.

The school health service is free and confidential.

Students learn better when they are healthy, safe and happy.

## **What services are available?**

Information and support to students (and their families) to help them make informed decisions about their health, wellbeing and development.

## **School immunisation programs.**

Providing a first point of contact for health care for students.

Referral to other health professionals if required.

Working with teachers to support health education sessions.

## **Student health and wellbeing programs.**

Health assessments for vision, hearing and development, if required.

Helping school staff and parents develop health care plans for students with special needs (such as chronic disease, physical disability or other complex health conditions).

## **Parenting advice.**

Emergency situations requiring an ambulance

If required, the school will call an ambulance in an emergency. The school health service does not provide emergency care.

## **How to access the school health service**

If you have any concerns about your child's health or development, please contact the school health nurse through your child's teacher or the school office.

In secondary schools, students can make their own appointment or just drop in when the health centre is open.

During the 2022 school year, I will be at NSHS 3.5 days per week:

- Monday 8.30am – 12.00pm
- Tuesday 8.30am – 4.30pm
- Wednesday 8.30am – 4.30pm
- Thursday 8.30am – 4.30pm

However, due to the current situation regarding COVID-19, my hours in the school are subject to change depending on regional health priorities, staffing and system-wide directives.

I look forward to working with you and your child this year.

Kind regards

Kate Furphy

Community School Health Nurse

Southern Wheatbelt Primary Health Service

WA Country Health Service – Wheatbelt

Williams Road, Narrogin 6312

PO Box 477 Narrogin WA 6312

T: 08 9881 0385 | Mobile: 0436 612 098

E: [kate.furphy@health.wa.gov.au](mailto:kate.furphy@health.wa.gov.au) | W: [www.wacountryhealth.wa.gov.au](http://www.wacountryhealth.wa.gov.au)



# Managing Perfectionism

Perfectionism may not sound like too much of a problem in a school atmosphere - after all, parents and teachers want children to develop strong work ethics, sound study habits and achieve their best results. The problem is, perfectionism can lead students away from these healthy developments and can add to students' stress levels. When a student becomes upset over a score of 98 out of 100, or can't handle coming in 2nd out of a class of 30, etc., schoolwork will often suffer as a result. Perfectionism of this degree usually results from a fear of failure, rejection or disapproval, or insecurity about meeting a given standard. Students feeling these pressures quickly fall into obsessive and extended work patterns.

So - how can such patterns and thought processes be avoided? Here are a few specific suggestions for coping with perfectionism.

1. **Separate Work From Personal Feelings** - This is a huge hurdle for many students. For them, an evaluation of their work often feels like an evaluation of them personally, and the pressure of making that evaluation positive can lead to perfectionism. Students need to be reminded to treat work feedback as evaluation for a specific assignment and nothing more.
2. **Set Incremental Goals** - Many students tend to set unattainable, or at least extremely difficult, goals. Instead, students should focus on setting goals based on past achievements. If a student gets an 85 on an exam, the goal for the next one should not be a 100 - it should be an 87. Incremental goals are more reasonable, and most long-term improvement occurs gradually.
3. **Recognize Stress** - This can be easier said than done, but it's crucial in battling perfectionism. Students need to become more aware when they're stressing over a project (spending unnecessary extra hours, re-writing pages exhaustively, etc.). Learning to recognize stress can help students to reevaluate work methods.
4. **Explore Efficient Work Methods** - Often, newer or easier work methods can assist in efficiency. Students shouldn't get lazy but should allow certain technologies to make work easier. That might mean using Notion for note-making, or it may mean working collaboratively in Google Docs with another student to study for a test - whatever the case, perfectionists can often find their workloads lessened by these steps.
5. **Put Things In Perspective** - It's crucial for students to have proper perspective on schoolwork. Being able to stop and think about the worst-case scenario can help students to realize that an individual assignment - while important - should not be a source of unnecessary stress or excessive workload.
6. **Ask For Guidelines** - Encourage students to ask teachers how long they should spend on a homework task or an assignment, so they have an idea whether it is a 2 hour or 22 hour task!
7. **Record Time Taken** - Have students record for a week or two what they do every day in their home learning and how long it took. This can help parents and teachers identify bottlenecks in subjects or types of tasks.

*Author- Dr Prue Salter  
Study Skills Specialist*

To access the handbook, go to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) and login with these details:

**Username:** narroginshs

**Password:** advancewithintegrity



**Enhanced Learning**  
**Educational Services**  
*"the study skills specialist"*



## Explore



**9**  
*My career  
profile activities*



**358**  
occupation  
profiles



Approx.  
**15,000**  
courses



**33**  
career bullseyes



**300+**  
videos



**100+**  
career stories



**100+**  
career articles



Join over  
**1 million**  
registered users

(as at 31 December 2021)

## What is myfuture?

myfuture is Australia's National Career Information Service. It provides online resources to explore career pathways and tools to develop self-knowledge for career decision-making.

myfuture encourages students to consider how their interests, values and skills relate to a wide range of career pathways. It provides a complete and unbiased picture of opportunities, by showcasing both higher education and vocational education and training (VET) courses.

Resources are designed to support three key audiences:



### Students

Complete the short *My career profile* activities to identify students' interests, skills and values and generate a list of suggested occupations, or use the *Career bullseyes* to discover occupations related to school learning areas. Open up new possibilities by researching industries, occupations and courses and by exploring career stories shared by young people and articles contributed by experts. Save and revisit favourite content and activity results.



### Teachers and career practitioners

A special section of the site contains resources to support teachers and career practitioners. It includes video libraries, resources to embed career learning across the curriculum, myfuture's recent webinars, newsletters and *Insights* papers, and a range of high-quality content and resources written by career development and education experts.



### Parents and carers

The earliest and often the most powerful learning about careers is shaped by the adults in a child's life. The resources curated in the *Parents and carers* section of myfuture are designed to assist these key influencers to begin the conversation with their child about the world of work.

## How to access myfuture

myfuture is funded by Australian state and territory governments.

Visit [www.myfuture.edu.au](http://www.myfuture.edu.au) to sign up for a free account and check the box to receive up-to-date career information via email.



# Are you COVID-19 ready?

In the coming months, it's likely that you will be exposed to COVID-19.

In most cases, fully vaccinated people will only experience a mild illness that can be managed while isolating at home.

If you are required to isolate, it's important to be prepared. There are things that you can do now that will help make a big difference in the future.

Vaccination remains the most effective way to avoid hospitalisation and serious illness from COVID-19.


Making simple infection prevention measures part of our daily routine will also help manage the spread of COVID-19.

## At home COVID-19 kit

It's a good time for country communities to prepare a COVID ready kit.

Here are some of the essentials we recommend you have available...

- Pain relief medication and electrolytes
- Your regular medications
- A thermometer
- Masks, hand sanitiser and gloves
- Stay at home activities to keep you entertained
- A plan for who can look after your children, pets or people in your care if you must go to hospital
- Phone numbers for people outside your home that you can call for help if you need
- A plan for how you will get food and essentials for 7 days

**COVID-19** *We're all in this together.*

**COVID-19 kit and symptoms checklist**

With COVID-19 in the community, be ready with the essentials for your COVID-19 kit and what to do if you test positive or have symptoms.

**Know the symptoms and what to do**

<b>Fever</b>	<b>Dry cough</b>
<b>Fatigue</b>	<b>Shortness of breath</b>
<b>Diarrhoea</b>	<b>Loss of taste and/or smell</b>
<b>Headache</b>	<b>Sore/scratchy throat</b>
<b>Muscle aches</b>	<b>Runny nose</b>
<b>Vomiting</b>	<b>Chills/night sweats</b>

**Mild symptoms (rest and recover at home)**

**Worsening symptoms (contact your GP)**  
If symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

**Severe symptoms (call 000 immediately)**  
If symptoms become severe such as difficulty breathing when resting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

**Create your COVID-19 kit**  
If you or someone in your household catches COVID-19, having the following items will help you monitor and manage your symptoms. It is important to have these items at home so you do not need to leave the house if you test positive for COVID-19.

	<b>Thermometer</b>	<input type="checkbox"/>
	<b>Face masks</b>	<input type="checkbox"/>
	<b>Hand sanitiser</b>	<input type="checkbox"/>
	<b>Disposable gloves</b>	<input type="checkbox"/>
	<b>Pain relief medication</b>	<input type="checkbox"/>
	<b>Electrolytes</b>	<input type="checkbox"/>
	<b>Your regular medication</b>	<input type="checkbox"/>
	<b>Rapid antigen test kit</b>	<input type="checkbox"/>
	<b>Pulse oximeter (optional)</b>	<input type="checkbox"/>

Find out more on [WA.gov.au](https://www.wa.gov.au) or call 13COVID (13 268 433)

To find a testing location

To submit your RAT

**WA.gov.au**

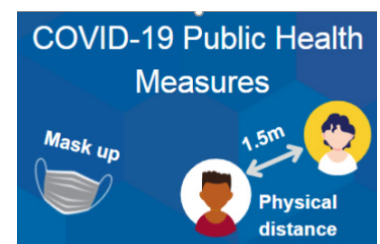
## Free COVID-19 Rapid Antigen Test

Did you know that each household is entitled to up to 15 free COVID-19 RAT tests from the WA government?

If you live in a regional location, your RAT's will be delivered to your residential address once you register online. Simply google search WA free RAT program and follow the prompts.

The RAT is a quick test to check for COVID-19 and provides a result within 15 minutes.

All kits have a QR code which links to a video that demonstrates how to take a test.





# Notices

## Music

Due to new guidelines for Instrumental Music, we are pleased to inform parents and students that Band practice will recommence Week 1 of Term 2.



### APRIL EXAM PREPARATION & REVISION PROGRAMS

**Tuition for all students Year 7 to 12**  
**Including NAPLAN**

**Week One 11-14 April**  
**Venue - Christ Church Grammar School**

**Week Two 19-22 April**  
**Venue - Hale School**

The April School Holiday Program offers students comprehensive subject revision and prepares students for their First Semester Exams.

**\*20% school discount per subject\***

**ENROL NOW**

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

**MASTERMIND AUSTRALIA**

**Ph: 9342 2000 mob: 0488 102 907**

**email: [admin@mastermindaustralia.com.au](mailto:admin@mastermindaustralia.com.au)**

