



# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School  
Issue 4 2022

## Australia's Biggest Morning Tea

The Year 8 Food Science Technology classes recently held our annual Australia's Biggest Morning Tea to raise money for cancer research. The two classes cooked and served some delicious food to family, friends and staff in the schools Trade Training Centre.

The Year 8 morning teas have been a tradition at Narrogin Senior High School for 25 plus years and have been a fundraiser for the Cancer Council for about 15 years. We raised approximately \$350 this year and over the last 15 years our fundraising efforts have been substantial. We look forward to continuing this worthy cause and holding them again later in the year with other Year 8 students.

*Ms Susan Pattullo*



A display of food which parents and students enjoyed.



# From the Principal



School certainly has been a busy place this term and acknowledgments need to go to all staff that managed to ensure it was business as usual for the students. Through times of unprecedented numbers of staff and student absences we still had various activities and events to have taken place since last newsletter such as:

- Hill Top Café remaining opened on Fridays
- Clontarf engaged in Carnival in Bunbury (Year 7-9) and Employment day (Year 11-12)
- Biggest Morning Tea with Years 7-8 – preparing and serving morning tea to invited guests
- Josh Kennedy visit for our students with last minute Question and Answer
- Breakfast Club with Student Councillors taking charge
- Ross Meadows Shield Hockey Years 7-9 in Perth
- Shooting Stars Leadership Camp

As we move to a more stable attendance, we are re grouping and looking at our planned excursions and camps to be reintroduced into the school planner – such as overnight Geography camps and placing Canberra Camp back into the fold. We understand that events like these are important to our whole school community.

Earlier in the year we asked students in Years 8,10 and 12 to provide feedback to us as a school through the Tell Them from Me Survey. There were a number of items that have been highlighted that we have been addressing throughout the year. Sense of Belonging and Orderly Environment are two areas highlighted as requiring some improvement. These are both big ticket items requiring whole school approach and embedding practices that take significant time to achieve. The PBS (Positive Behaviour in Schools) team has been addressing many expected behaviours and communicating these with our students, staff and wider community and devising lessons and events around expected behaviours for an orderly environment. Sense of belonging – we have introduced the Advocacy program as a beginning point and plan to expand on this to support our students alongside Clontarf and Shooting Stars in supporting these pursuits. Our Student Services team are also working hard to connect with students and put in supports for those that require such.

Safety in Schools has been on the agenda and here at Narrogin SHS we take this responsibility seriously as does the WA Department of Education hence the Let make a Stand Together statement and Off and Away All Day government initiatives. Our ICT agreement that is signed by all students and parents which is an agreement that if students' phones are used during the school day at school – they will be confiscated. Please check our website for a copy of relevant documentation regarding this. Narrogin has duty of care for all students when they are attending the school. In emergencies, where students need to get in contact with parents/carers, students are to notify the appropriate school staff in the school administration or Student Services. If parents/carers need to contact their children, they are asked to contact the school directly on 9881 9300.

*Ms Sandii Stankovic*



# News from Student Services

## Bring Your Own Mug Day!

On Friday, the student councillors hosted “Bring Your Own Mug Day”

Nice warm start to the day, with nearly 100 hot milos going out....



Staff member Jordan Heil enjoying a hot milo.



## Big 8 Freeze



This year we were so excited that the Big Freeze 8 returned to the MCG on 13 June.

The students got a chance to watch a Monday game on the big screen against Collingwood and Melbourne.





# West Coast Eagles Josh Kennedy Pays a Visit to Nasrrogin SHS

Thanks to WestCoastPoly and the Eagles Football Club, we had the privilege of a quick visit by Josh Kennedy on Wednesday 15 June.

Worthy students had a Question & Answer session with Josh who also spoke about starting his football career, life sacrifices, team mates and family.

*Ms Narelle Penny*



Staff member Kris McDonald and Josh



Josh with student Anton Hanson

# We Have a New Year 10 Year Leader

My name is Ellie Sheridan, and I have recently taken over the role as Year 10 Year Leader as Miss Williams has gone on maternity leave! We wish her all the best.

I have been at Narrogin SHS for two and a half years now and am absolutely loving it.

I grew up in Perth, but knew all about Narrogin from family I have in the area, with some of my grandparents growing up in Wagin some relatives attending Narrogin SHS. My favourite pastime was when I spent nine months in the United States, studying and travelling.

I also love my sport, and have played softball, baseball, netball, waterpolo and basketball among many others. I follow a lot of sport as well and am a massive West Coast Eagles supporter (but not this year, as they haven't been playing haha).

I am really excited to be working with the Year 10 students on their career pathways and their senior school journey. There are going to be some exciting times ahead!

*Ms Ellie Sheridan*



## Scholastic Book Fair



Ms Sheridan and students showing some of the newly aquired books.

The Scholastic Book Fair was held in the Library this term. During the two days many books were sold.

As a result of it's success the library have been able to restock their shelves with some fantastic new fiction and readers.

Students are encouraged to come and browse the new selections.

*Mrs Susan Regan*



# PBS is Upskilling Students to Make the Right Choices!

## NSHS Behaviour Matrix Lessons

Last newsletter, I outlined the PBS lessons that have been delivered in the school. If you missed this edition, please access it online. We would appreciate it if you could reinforce at home, the behavioural expectations we teach at school. Keeping your hands and feet to yourself, following instructions and paying attention to the speaker, are all skills transferable to the workplace, the community and the study environments our students will experience when they leave our school.

In our most recent lesson – keep your hands and feet to yourself - the role of the bystander was explored and we actively encouraged our students to become effective bystanders or positive role-models who demonstrate our core value of Respect.

### What is a Bystander?

At NSHS, a bystander is anyone who, either in person or online, witnesses behaviour that does not reflect our school's core values of Respect, Responsibility and Tolerance. Through our PBS lessons we teach our bystanders to make a positive difference and support those students impacted by inappropriate behaviour.

### What are the characteristics of unhelpful and helpful Bystanders?

Bystanders can play different roles.

Unhelpful **reinforcers** are the allies of the person who behaves inappropriately, offensively or aggressively and they support the wrong-doer by laughing, encouraging, filming, posting to social media, cheering or gossiping, during or after an incident.

Unhelpful **assistants** help the wrong-doer and join in. For example, an assistant may physically hold or block a wrong-doer's target so that they cannot get away and avoid the unsafe situation.

Helpful **Outsiders** witness the situation and stay out of it. They watch what happens and essentially do not get involved. They state what they saw when asked to, after the event, by those investigating what happened.

Helpful **Defenders**, or **Upstanders**, help by intervening. They extend support to the person who is being hurt by the inappropriate behaviour. This can occur either privately, in the moment or, after the event, including other actions to counter the effect of a student's bad choices on others.

### What should helpful Bystanders do?

Ultimately, we would like our students to be **Defenders** or **Upstanders**. People who act in this way show Respect and Responsibility by:

- Alerting a trusted adult, teacher or school administrator
- Defending any targeted students
- Intervening as a group to de-escalate any conflict before it gets out of control
- Changing the subject to avoid awkward situations
- Questioning the wrong-doer and encouraging them to act in a more respectful and responsible way
- Using humour to lighten-up and defuse difficult situations
- Requesting that the wrong-doer stops
- Supporting all of the students involved to walk away and 'do the right thing' by avoiding conflict. This gives those involved in any unsafe situation the opportunity to be tolerant and 'accept everyone is different' – another behaviour matrix expectation.

While we understand that being a **Defender** or an **Upstander** may be hard for some of us to do, it is an essential life skill to acquire. I am sure we all aspire to be that person who makes a difference in our community and allows those we live and work with to feel safe and secure.

At the very least, we hope that our students will be **Outsiders**. This means that they are demonstrating responsibility by giving those trying to sort out the situation the information they need to do their job.

### Upskilling students to make the right choices

For those bystanders who choose to be **reinforcers** or **assistants**, the PBS focus is to upskill them to make the right choice.

Knowing how to behave appropriately is not something we are born with. We acquire appropriate social and emotional skills from our parents, our school and our community. At Narrogin SHS, our Behaviour Matrix explicitly states what appropriate behaviour looks like. We teach our students what Respect, Responsibility and Tolerance means to ensure we develop a common understanding of what 'good' behaviour is.

Parents, caregivers, teachers, education assistants, office and support staff, cleaners, grounds people and community members – whatever our role is – our purpose is clear; we work together to teach our core values, as outlined on the Behaviour Matrix, which allows us to upskill our students to make the right choices and behave in socially appropriate ways.

Thank you for your support!

*Ms Denise Lavan*

*PBS Coordinator 2022*

## Respect



## Responsibility



## Tolerance



# Qualification in Civil Construction Plant Operations

To complete the Certificate III in Civil Construction Plant Operations, students attended from Monday to Friday for 12 weeks.

The theory component was delivered at the Narrogin Plant Hire work room and the practical onsite at a property on the edge of Narrogin.

Students gained their skid steer, grader, front end loader, and excavator tickets, as well as their White Card.

Pathways include Civil Construction Plant Operator, Construction worker, Mobile Plant Operator, road construction, and mining operations.

The next course is scheduled for the end of August in Semester Two.

*Mrs Di Spanswick*



Jock Abraham, Lochlan Edge, Zaine Kenward-Mulroney, Chayse Townsend, Tom Price and former students Emma Wilson and Reign Fisher.

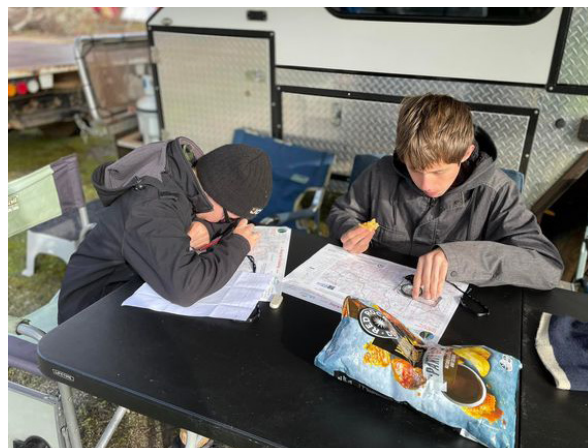
## Rogaining in Dryandra

On the weekend of June 18 and 19, WA Rogaining Association held their 24 hour Keep on Tracking Winter Rogaine event in the Dryandra Woodland National Park. Rogaining is the sport of long distance cross-country navigation in which teams of two to five members visit as many checkpoints as possible in the specified time. In a bush rogaime teams travel entirely on foot, navigating by map and compass between checkpoints.

Rohan Shepherd (Year 9) and his mate Jett Browne entered the event as a Junior Mens Team and navigated their way around Dryandra in a 24 hour cross country race for points. The boys achieved a first place in their division gaining 1460 points and walking/running for nearly 40km's.

Rohan's Dad Steve and Jett's Mum Mel also teamed up and entered the event. They earnt 2080 points, ran/walked for 59km's and achieved 1st in the Novice division.

*Ms Stacey Shepherd*





# Ross Meadows Hockey

Last Monday 20 June, the Narrogin Senior High School Hockey Academy players participated in the Ross Meadows Hockey Competition run by School Sports WA.

The UWA Hockey Super Turf hosted this event which is the peak hockey tournament for Years 7,8 and 9.

Thank you to the P&C Sports Academy Committee for subsidising the excursion and Mr Steven Durrell for coaching and Xavier Batt for umpiring.

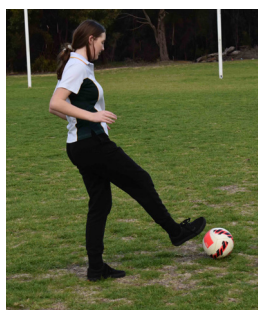
We had a win over John XXIII College, Shenton College Green, Perth Modern and Bob Hawke College in the semi final but lost the Grand Final to Shenton College White.

Photos below show the boys warming up and Ryland Paice in goals.

*Mr Andrew Corner*



## Narrogin SHS Soccer Club



Soccer Club has been in existence at Narrogin SHS since 2009. A concept initially suggested by Mr Potts.

The club was designed to increase and improve student's skills soccer in preparation for future Country Week competitions, as each year group eventually reaches that stage in the high school calendar at some point. With that aim in mind, Soccer Club has also developed into a fun and healthy physical activity each week, for those who simply enjoy playing sport.

Mr Stewart and Mr Fawcett have been the mainstay staff over the years, and most recently, Mr. D'Cruz has joined the team.

Most weeks are structured with a warm-up, skill sets, and then culminate into a small-sided game, or an eleven-a-side match.

All students, from all year groups, and all staff members are more than welcome to attend each week. Soccer Club continues year round in term time, 3.15pm - 4.30pm, every Wednesday.

Looking forward to seeing you there!

*Mr Barrie Stewart*



# Nurse's News

## The Facts About Vaping

### Do you know what they're vaping?

Narrogin SHS, like many other schools, has seen a recent increase in young people vaping.

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including lighters, pens or USB memory sticks.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

### Vaping facts

- Many vapes contain nicotine making them very addictive.
- The nicotine in 1 vape can equal 50 cigarettes.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.
- Vapes can leave young people at increased risk of depression and anxiety.
- Young people who vape are 3 times as likely to take up smoking cigarettes.
- Vape aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- Vapes that contain nicotine can cause long-lasting negative effects on young people's brain development.

### Signs your child might be vaping

Tell-tale signs that your child might have started vaping include the symptoms of nicotine addiction such as feeling irritable or anxious.

### The laws around selling vapes

It is reported that young people often purchase vapes online, from retail stores or from friends and contacts in the community. However, it is illegal in WA to sell e-cigarette devices and nicotine vaping products to anyone regardless of age, unless they are prescribed by a doctor for smoking cessation purposes and obtained with a prescription from a pharmacy.

In WA e-cigarette devices and their components, whether they contain nicotine or not, cannot be sold by tobacco or general retailers. If you suspect someone is selling vapes or e-cigarettes and their components, you can report it to the Department of Health by emailing [TobaccoPolicy@health.wa.gov.au](mailto:TobaccoPolicy@health.wa.gov.au)

### Talk to your child about vaping

Whether you suspect your child is vaping or not, take the time to talk to them about vaping and help them understand the risks. Try to start the conversation in a relaxed easy-going way, be patient, and remember your goal is to have a conversation, not deliver a lecture. Importantly, have your facts ready.

### For more information

Get the evidence and facts at [www.education.wa.edu.au/drug-education](http://www.education.wa.edu.au/drug-education)





Department of Education

Department of Health

# THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

## DO YOU KNOW WHAT THEY'RE VAPING?



Many vapes contain nicotine making them **very addictive**

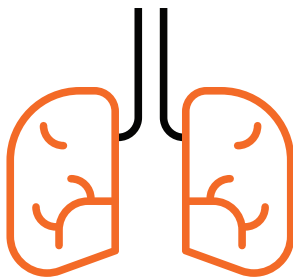


The nicotine in 1 vape can

**= 50**  
**cigarettes**



Young people who vape are **3 times** as likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



## What is your attitude towards your learning?

### Attitude is Everything

The attitude you bring influences your thoughts and actions and the approach you then take to your learning. Your attitude will affect how much time you put into your schoolwork, how you manage challenges, and ultimately your path to achieving your personal academic best.

**Take the time to determine reasons to put in effort into your schoolwork.**



You may have heard about 'carrot' and 'stick' people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or tap it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

*Think about which of the following reasons might be motivating for you:*

- ☐ To achieve the best marks you are capable of at school.
- ☐ To give you lots of options for what subjects you can choose in the senior years.
- ☐ To give you lots of options of what you can choose to do when you leave school.
- ☐ To have a personal sense of satisfaction about doing your best.
- ☐ To show your gratitude to your parents for giving you an education.
  
- ☐ To avoid getting in trouble from your teachers.
- ☐ To avoid getting in trouble from your parents.
- ☐ To avoid getting a detention or other negative consequences from not working.
- ☐ To avoid disappointing your parents.
- ☐ So you don't feel bad about wasting your parents' time and money giving you an education.

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