



HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School
Issue 6 2023



Elections Narrogin SHS 2023



We were lucky enough that Mr Peter Rundle MLA, Deputy Leader of the Opposition, Deputy Leader of The Nationals WA and Member for Roe visited with the students who had nominated to run for Student Councillor and Prefect in our 2023 Elections. During his visit he shared his ideas on what may help them in their preparation for public speaking and their presentation to their cohorts.

Election Day was chilly, but the Year 12 Prefects kept everyone entertained with music and encouraging students to come and have their say. We welcome 20 new students to the Student Leadership group for 2023/2024, who will be joining our returning members. Thank you to the Electoral Education Centre for their continued support and assistance. We are pleased to announce our Student Councillors and Prefects.

Mrs Nan Steer

Year 7	Kalei Franks	Kayla Hobson	Kozwaie Ledger	Stirling Matthews	Clancy Shepherd	
Year 8	Waylon Harder	Kacey Johnson	Mia Ewen			
Year 9	Maya Lehmann	Emily Kulker	Sienna Sheridan	Rhyan Donnelly	Rory Sands	Robert Galvin
Year 10	Kate Cousins	Lochlan Mickle	Casey Dicker-Lee	Rik Nulla	Davan Chaplin	Skye Beary
Year 11	Tobias Coonz	Abby Dewing	Guillaume van der Riet	Beau Readhead	Tamika Cross-Read	Bailey Smith
	Sophie Parsons	Caleb Kellow	Leah Mulcahy	Talise Rogers-Bouffler		



Staff were keen to vote!

Advance with Integrity | Responsibility Respect Tolerance

The Great Bake Off

On Thursday 7 September the Year 11 FST class completed their BIG BAKE OFF task. Renowned local judges, known for their scrupulous honesty, keen eye and love of baked goods were selected by the students to assess and mark the final products.

Competitors had refined their sausage roll filling, using secret ingredients and old family recipes.

The result was close but the results are in – Cora Mumby & Max Howell took first place for Sausage Rolls and Sienna Lanciano for her Victoria Sandwich cake. The overall scores placed Sienna in top position.

All participating students put in their best effort and all items scored highly, but the judges decision was final!

Thank you to the Judges: Steven Durell, Ellie Sheridan and Jenny Shepherd and to Photographer Zoe Quartermaine and not forgetting Sarah Hoyland & Sue Short for being very flexible and working around us!



Our Judges
Mr Steven Durell
Ms Jenny Shepherd

Ms Claire Watson

Narrogin Hay Bales Concert



Don't miss the Hay Bales Concert this year. Staff and students from Narrogin Senior High School will sing for you, accompanied by the Perth Symphony Orchestra. It should be a glorious night of music out on the farm.

Keep your eye out for ticket data which will be displayed in your communities in the next two weeks. The farm is near Williams and when tickets are purchased, you will receive the address. Please support this incredible music community event!

Students singing are Tamika Cross-Reid and Lochlan Mickle.

Staff in the choir are Dorothy Bendix, Michael Crabbe, Tania Smith, Janette Lindsay, Wendy Sargeantson and Denise Lavan.

Advance with Integrity | Responsibility Respect Tolerance

Yr 7/8 Maths Murdoch Excursion

On Friday September 1, 52 Year 7 and 8 Mathematics extension students from Narrogin SHS visited Murdoch University.

They participated in three STEM workshops on Water Rockets, Business Mathematics and a Mathematics Problem Solving Activity.

In the Business Mathematics workshop, they had to buy a company and make good business decisions to make a profit.

In the Water Rockets workshop, the goal was to experiment with angles of release and weight to create the best conditions to fly their rockets the greatest distance.

In the Problem Solving workshop, they had to use their mathematics knowledge to decipher clues to open up the box to help baby Yodee escape.

The day concluded with a general knowledge quiz.

The students participated in all activities with enthusiasm and perseverance.

Thank you to Murdoch University and the Mathematics department for providing this great experience for the students.

Mrs Corner and Mr Fung



Certificate III Civil Construction Plant Operations

This term the Certificate III Civil Construction Plant Operations has run smoothly with participants working hard. The Narrogin Golf Club was the location for the training with our ex local resident now trainer Howard Randall.

This qualification reflects the varied roles of individuals across different industry sectors. The students gain knowledge in different operations ranging from heavy machinery, construction work and white card. RTO Training Alliance is keen to continue on in 2024 with expression of interests needed by end of Term 2 2024.

Jedda Trueman



ARC Infrastructure Visit

ARC Infrastructure visited Narrogin SHS last week, the team held two workshops with our students.

The session comprised of a brief introduction to ARC and what they as a company do; covered the types of roles they have available and pathways to get into those roles. An exercise where the students played beat the clock to build a working track plus they get to have a look at the Road-Rail Vehicle and other tools.

A big thanks to the team Andrew Thompson, Alison Gleaves, Recruitment Advisor and Tania O'Meara.

Jedda Trueman



Certificate II Leadership

The Certificate II Leadership class is undertaking study in leadership in community or work settings.

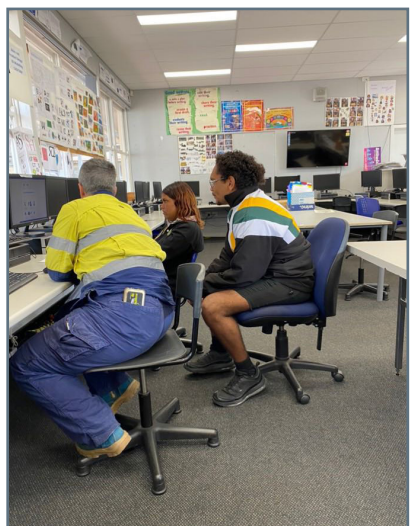
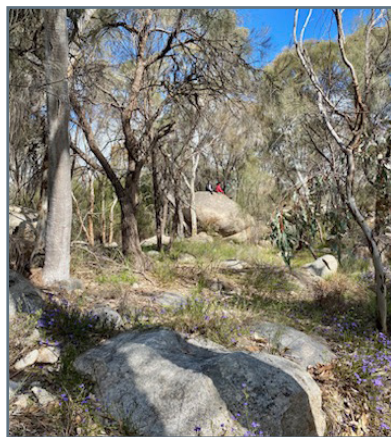
Margaret MacIndoe from Bunbury TAFE works with students each week out on country and developing projects.

The students are undertaking practical skills in environmental studies and looking at animal habitats.

After discussions the students and lecturers decided phascogale nesting boxes to assist the animals in finding secure places in which to breed.

The students have had guest speakers visit them to develop and encourage an interest in the environment.

Ms Jedda Trueman



Student Services

R U OK? is an Australian non-profit suicide prevention organisation, founded by advertiser Gavin Larkin in 2009. It revolves around the slogan "R U OK?" and advocates for people to have conversations with others. We celebrated well at NSHS with best dressed advocacy, cupcakes, games and lollipops. Our staff members created a very funny RUOk? film clip, that gave the students a good laugh at our last assembly. Always remember to check in on your mates.

Ms Kylee Nelson



Wear It Purple Day

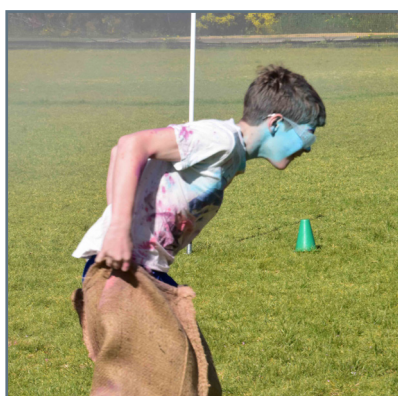
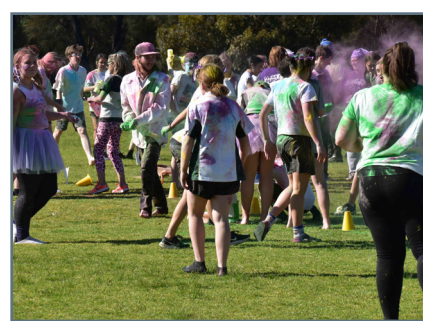
On Friday 25 August the students participated in Wear It Purple day at school. They were encouraged to wear something purple and majority of the students participated. There was also a colour run on the oval for those that had permission and it was well received and the students and staff had a blast.

As a part of the Wear It Purple day, the Year 11s took part in listening to a guest speaker. Andrea Ulbrick from Screen Australia spoke to the students about her life experience in coming out later on in life to her daughter and how well it was received. She also spoke about the importance of acceptance is to everyone no matter how different your view might be.

Lunch time activities – Miss Nelson set up a longest shot for the students. Compass points and chocolate were the prize up for grabs and there were a lot of great attempts.

Friday beats also continues each week and the students are always keen on getting their favourite song requests in.

Ms Kylee Nelson



Zero2Hero Excursion

On Friday the 8 September, the student council and prefect group travelled to the Leisure Centre for the first Wheatbelt 'In Your Head' mental health forum hosted by Zero2Hero and Holyoake.

Throughout the day students participated in breakout sessions, where interactive activities and engaging talks combined to provide young people and teachers with a greater understanding of adolescent mental health and practical skills to support their own wellbeing. Breakout activities included information sessions with past elite professional athletes, hip hop, and exercise competitions. Speakers from diverse backgrounds inspired students with personal stories about their own struggles with mental health and supplied them with helpful tools to assist them in overcoming future challenges.

Our own Tanika Hargrave shared her experience with Camp Hero designed for students aged 13-15 years, encouraging others to apply to attend.

The day ended with an inspiring presentation from the founder of Zero2Hero, Ashlee Harrison, who shared her experience breaking the stigma of mental health and advocating mental health awareness. Students left the event with a greater understanding of what it takes to speak up for those they care about, as well as strategies they can use to improve their own wellbeing.

*Leah Mulcahy
Student*



Stephen Michael Foundation Rising Leaders Program

Earlier this year the Stephen Michael Foundation began its flagship program, Rising Leaders, at Narrogin SHS with Year 10 students.

The program is designed to develop leadership skills, empower young people to reach their full potential, and increase the student engagement. The Foundation staff have seen this come to life over the last six months through opportunities within the program such as primary school coaching clinics, and individual moments of growth.

The primary school clinics were held at both East Narrogin Primary and Narrogin Primary respectively and provided the Year 10s with an opportunity to organise and deliver football skills sessions to Years 4, 5, and 6. This involved the fundamental planning stages of a clinic, understanding what was required of each student to lead a session for younger students, and their ability to use interpersonal skills.

Students were recognised for their efforts not only in the clinics on the day, but for their ability to self-reflect and recognise where improvement may have been needed.

Many other moments in the program have highlighted the students' leadership whether at the primary school or in class. The latter is often what the Foundation staff are looking for when seeking to empower students. Students acknowledging areas they find challenging such as being able to speak in front of others or take the lead on a project, are realisations that do not go unnoticed. Individuals offering constructive advice to peers, sharing ways in which they can better themselves and the class, and conducting themselves in respectful ways often speak louder than moments where they are given the 'spotlight.'

The Rising Leaders at Narrogin SHS have lived up to the name in more ways than one and are to be commended for their commitment to the program.



Newdegate Field Day

We had a presence at Newdegate Field Day in September.

This is a great opportunity to not only showcase our school, we also caught up with some students of the past - who reflect on their time at our school fondly.

Our students also did our school proud with the accolades recieved through their art work. Our student councillors also enjoyed the chance to represent our school and hand out some cookies made by our students.

Ms Sandii Stankovic



mastermind
AUSTRALIA



**SEPTEMBER/OCTOBER HOLIDAY EXAM
PREPARATION & REVISION PROGRAMS**

Tuition for all students Year 11 to 12

Week One 25-29 September
Venue - Christ Church
Grammar School

Week Two 2-6 October
Venue - Hale School

The September/October School Holiday Programs will offer Year 11 & 12 students comprehensive subject revision. These classes assist in preparing students for their Final Exams. *20% school discount per subject*

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Newdegate Field Day Student Art Exhibition Competition

This year a great number of students from our region have participated in the Newdegate Field Day Art Competition. We are very proud to announce our winners from Narrogin SHS.

SECTION 1- Yr 11 and 12

Jack Giles "Escape to the light" First Prize winner. Jack is also the winner of the Secondary School Best Overall Award winner, sponsored by Craig Booker (ADA Sound) \$200



Jade Gray "Spiraling colours"
Second prize winner



Congratulations to all students who participated in the exhibition and winners.

Till the next one!

Ms Marga Felipe

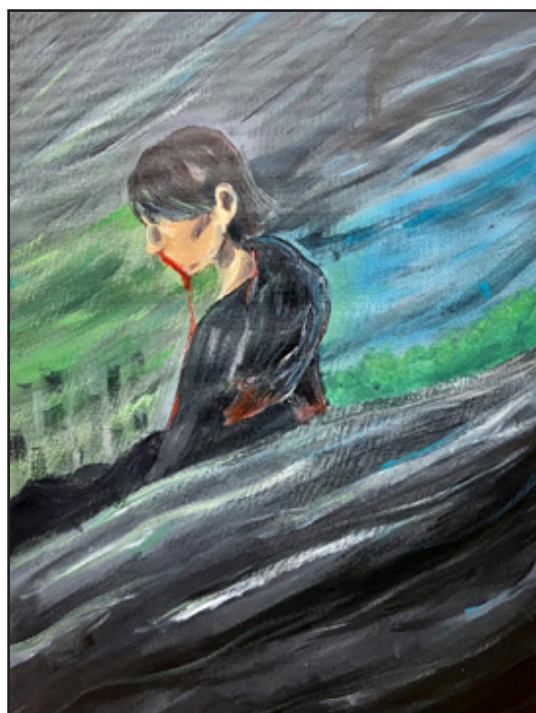
SECTION 5-Yr 7

Cruz Alexander "Bark painting"
First prize winner



SECTION 2-Yr 10

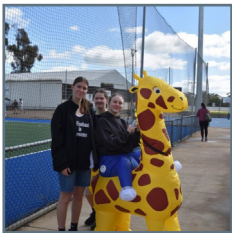
Lauren Johnson "In the absence of light"
First Prize winner



Djilba Sport Carnival

On Monday 18 September, we held the Djilba Sports Carnival. It was an action-packed day enjoyed by staff and students. Student participated in over 10 different sporting and physical activities.

Our overall house winner was Scorpio once again! Taking home the trophy with a whopping total of 4,345 points!



Final house tallies were:

- 1st Scorpio - 4,345
- 2nd Pisces - 3,895
- 3rd Taurus - 3,655
- 4th Leo - 3,265

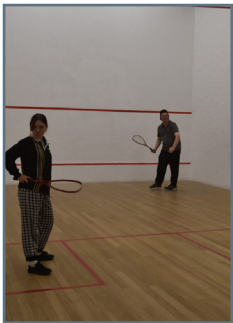
Congratulations to our individual sports winners who took home a Sports Power voucher for their efforts!

Our overall MVP winners were as follows:

Lower School Girls	Upper School Girls
Runner Up - Kalynda Davidson	Runner Up - Lakkari Kickett
MVP - Chelsea Ugle	MVP - Ella Harrington
Lower School Boys	Upper School Boys
Runner Up - Dylan Mulcahy	Runner Up - Ben Robins
MVP - Cody Heywood	MVP - Kacey Beard

Thank you Narrogin SHS staff who banded together to make this day possible and to the students who embraced the opportunity. We look forward to the next whole school carnival Term 1 next year.

Mr Jordan Heil



Como secondary College Hockey Games

On 19 September, 30 Narrogin Senior High School students competed against Como Secondary College in two hockey games.

The boys were challenged first and learnt very quickly their opposition had come to play. Our students fought hard and even scored in the second term. However, with the score 11-1 to Como at the 3 term break we decided to mix our teams together. All students played in great spirits and positive relationships were built between their students and ours.

Thank you to Steven Durell for coaching the boys team.

The girls game followed, and our students held their own the entire match. At half time the score was 3-0 to Como, however the girls were able to hold them scoreless in the second half with support of coach Chloe Buzza.

Thank you Chloe for coaching and helping our students.

Students enjoyed a sausage sizzle and drink following the game.

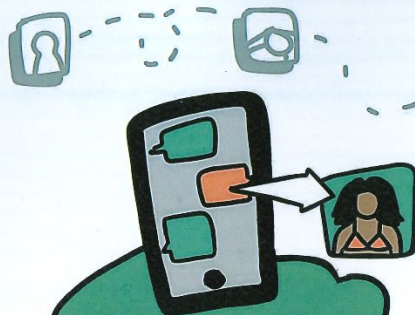
Thank you to Kylie Bradford for cooking and Lindsay Edwards and Rodney Johnson for supporting our teams with the use of all the facilities from the UGSHA.

Lastly thank you to Shawn Heil and Tom Bairstow for volunteering their time to umpire.

We look forward to competing again in the future.

Mr Jordan Heil





SEXTING

IF THE PERSON IN THE IMAGE
IS **UNDER 18 YRS**
THEN IT IS **AGAINST THE LAW**


LEGAL AID
WESTERN AUSTRALIA
R U LEGAL?

**SEXUALISED
IMAGES OR
MESSAGES**

PICTURES, VIDEOS,
SELFIES & TEXTS

NUDE or
CLOTHED

of ANYONE, even
your BOYFRIEND,
GIRLFRIEND or YOU

THE TEST

What if
this goes
VIRAL?

What would a
REASONABLE ADULT
think?

Would you want
GRANDMA or your
PARENTS to see this?



IT'S A **CRIME** TO

CREATE



KEEP



SEND



ASK FOR



A SEXUALISED IMAGE
OF SOMEONE UNDER 18 YRS

or ANYONE of ANY AGE
WITHOUT their **CONSENT**

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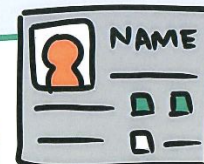
CONSEQUENCES

You can get a
**CRIMINAL
RECORD**



This is
FOR LIFE

You can also
end up on the
**SEX OFFENDER
REGISTER**



You
can go to
JAIL



Send a sexy selfie
to your boyfriend, then
you break up and it
gets sent around
the school

Intimate photos of your
girlfriend are on your phone,
you lose your phone and
the person who finds it
hands it to the police



Last Minute Study

What do you do if you have left your study until the last minute?

In an ideal world, it would be great if all students paid attention, focused and participated in all classes, completed all homework and assessments thoroughly, asked for help throughout the year on anything they didn't understand, made regular summaries of the work covered in class (preferably at the end of each topic or section) and did their best to learn as they go throughout the year.

But in reality, this doesn't always happen for every student and every subject. So what can you do if you have left your study for tests and exams to the last minute?

5 TIPS FOR LAST MINUTE STUDY

1. CLARIFY YOUR FOCUS:

Before you dive into your study materials, take a moment to identify what topics and concepts will be tested. Reach out to your teachers or classmates if you're unsure about any specifics. Understanding the exam format and question style will guide your study strategy. Create a checklist of subjects and topics you need to cover, ensuring you're not leaving anything out.

2. GATHER MATERIALS:

Do you have notes, materials, and textbooks on everything you need to learn? If not, is there a friend who can forward you the resources you have misplaced? Is there an online portal where material from classes is stored? Can you borrow from the library additional books or textbooks on the topics you need to learn? Are past examination papers available?

3. DRAFT A STUDY PLAN:

You only have limited time left so you need to make the most of it. Draw up a grid that shows how much time you have left before your exams to study. Decide if you will spend equal time on each subject or if certain subjects need more time. Allocate subjects to the timeslots you have then decide exactly what you will do to prepare for each subject. For each subject list what sort of study you should do to prepare for that subject. Brainstorm your ideas on how to prepare, ask your parents and teachers for feedback, and share ideas with your friends.

4. CREATE STUDY NOTES: Target your notes to what will be tested. It is best for learning and memory to make your study notes yourself, but if you have run out of time there are options. See if any of your class materials or textbooks have summarised the sections you need, see if there are study guides available in the library on the topics to learn, or make targeted notes yourself on the key areas you have to memorise. You could also see if there is a friend where you could split the topics between yourself and share the notes you make. Don't spend too long on this stage, it needs to be completed as quickly as possible.

5. STUDY! What does study actually mean? It means memorising the material you need to know so you can recall it in the exams, and practising the skills of the subject so you know how to do the types of questions you will have in the exam. To memorise your notes you need to test yourself over and over on them. You could read a section, see what you can write down without looking then check. Then review the things you didn't know again. Or you could do the same approach reading things out loud and then seeing what you can repeat out loud. Doing questions, practise essays, past exam questions will also help you understand what you know, and what you need to spend more time on.

Remember, the key is to get started. Procrastination won't serve you well at this point. Embrace the challenge, and you'll be surprised at how much you can accomplish when you're focused and determined. Your ability to absorb and apply information quickly is stronger than you think.

You and your parents can learn more about study and examination techniques at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Username:

Password: