

# HIGH SCHOOL HIGHLIGHTS

“Respect, Responsibility & Tolerance”

Narrogin Senior High School



Issue 4 2025

## NAIDOC and Country Week Ceremonies

We came together in a powerful celebration of culture, connection, and community. Beginning with a traditional Smoking Ceremony and Welcome to Country by Elder Ross Storey, the day featured moving performances by the Clontarf Boys Dance Group and our Shooting Stars Girls Cleansing Dance – a proud showcase of tradition and strength.



Special thanks to guests Gerry Matera and Winston Abraham, whose inspiring stories deeply resonated with us all. We also acknowledge the incredible work of our Trade Training Team for a thoughtfully prepared morning tea and lunch, and the staff who brought the day to life behind the scenes.



We proudly celebrated our Country Week Captains, Teams and Staff as they head off to Perth – and gave a special shoutout to Mr Pratt for over 25 years of dedication to Country Week.

To our students – thank you for your respect, energy and pride. You make Narrogin SHS shine.





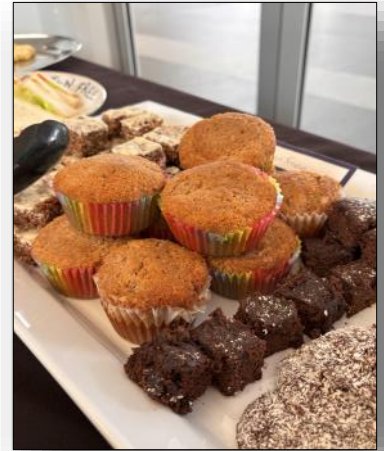
# Biggest Morning Tea

On May 27, 28 and 29, all three Food, Science and Technologies (Food) classes partook in Australia's Biggest Morning Tea at the Hill-Top Café to raise money for the Cancer Council.

Overall, we have raised \$1,300 to donate to them. Many thanks to the parents, relatives and staff who have donated to this cause.

All three Year eight classes spent many lessons cooking food that were then served to our guests. We hope that everyone who attended thoroughly enjoyed participating in this event.

◆ By Violet Carvey, Sophia David, and Crystal Edwards



# Chef Ambassador Program

◆ Wendy Sargeantson

On Monday, 9 June 2025 we were lucky enough to grab Ally Simes, Chef Ambassador from Hospitality Group Training, on her way through to Albany earlier in June. Like something off Master Chef, Ally demonstrated the steps to create her own pasta and vegetable ragu. At the same time as cooking up a storm, she talked to our Hospitality and Food Science and Technology students about her career pathway from school to becoming a Chef and her international travels along the way.



Starting out in Year 10, Ally didn't know what she wanted to do, that is until she was sent on work experience in a kitchen. From there she explained to the students how she completed her 3-year school-based apprenticeship in years 11 and 12 and went on to become a qualified chef by the time she was 18.

Our students asked lots of questions. They found out that hospitality was a great job to start to develop those all-important transferrable skills while still at school. It also offers job security, as hospitality and tourism are both growth sectors. They learnt that the Certificate II courses at Narrogin Senior High School would provide them with an excellent foundation for a whole host of other careers, not least tourism.

Thank you for being a great guest speaker Ally and thank you for the pasta dish; it was delicious!





# Work Place Learning

◆ Mrs Londa Finlayson

## Narrogin SHS Students Building Bright Futures Through Work Experience

**A**t Narrogin Senior High School, education goes beyond the classroom. This term, several of our students have stepped into the workforce as part of the **Workplace Learning Program (WPL)**, gaining hands-on experience, valuable skills, and a real taste of life beyond school.

Workplace Learning provides students with the opportunity to explore different career paths, develop practical job skills, and build confidence in real-world environments — all while continuing their education. From trades and retail to childcare, hospitality, and more, students are discovering what it takes to succeed in a working environment and preparing themselves for the transition into adult life.

For many, WPL is more than just a placement; it's a pathway to graduation and future success. It opens doors to employment opportunities, apprenticeships, and further training, helping students make informed decisions about their futures. Whether they're learning how to manage time, communicate with customers, or understand the expectations of a professional setting, each experience is a step forward in their journey.

**Year 11 student Lucas McInnes** is currently undertaking his placement at **SWAT Wagin**, where he's learning firsthand about the pest control industry.

***"Getting this opportunity to work with a great employer like Timmy has been awesome," said Lucas. "It's opened my eyes to pest control as a career — it's a busy and important industry, and I can really see it as a pathway for my future."***

The WPL program truly offers the best of both worlds — allowing students to balance school and work while gaining experience that will serve them well for years to come.

If you'd like to learn more about how the Workplace Learning Program can support your child's future or are interested in offering a placement, please contact **Londa Finlayson** at (08) 9881 9310 or [londa.finlayson@education.wa.edu.au](mailto:londa.finlayson@education.wa.edu.au).



**Lucas McInnes with SWAT Wagin Owner  
Timmy Pocock.**

# Camp Hero

Stella Nardini - Year 10 Student Councillor

The Camp Hero leadership program, ran by zero2hero, is an opportunity of a lifetime. Camp Hero aims to educate young people on the effects of mental health and how to improve your wellbeing while supporting others to do the same.

In the April school holidays, I attended Camp Hero and had the most amazing experience of my life. It was challenging, physically and mentally, but by the end of it I didn't want to leave. Camp Hero was a space of no judgement, where you could truly be yourself and connect deeply with every person. I made so many friends and overcame so many challenges that I never thought I would be able to do.

My biggest takeaway from the camp was participating in a SafeTALK course, which taught me how to recognise the signs of suicide and how to help someone who may be having suicidal thoughts. It was a heavy session, but it opened my eyes to how real suicide is and how many people are silently struggling with things we have no idea about.

I think it's safe to say that Camp Hero changed my life in ways I never thought it could. I've not only changed as a person, but the way I think about things has changed completely too. Camp Hero was a way for me to step out of my much-loved comfort zone. It taught me how to push through challenges, even when I didn't think I could, and how to speak up for what I believe in.

If you ever get the opportunity to attend Camp Hero or something similar, take it immediately and I promise you will not regret it.



## Cheesie on the Hill

On a Friday 30 May, a cold wintery day, students were greeted with an invitation to the TTC to enjoy a cheesie before school. Some 200 cheesies were made by the Student Services team, who were up bright and early in preparation.



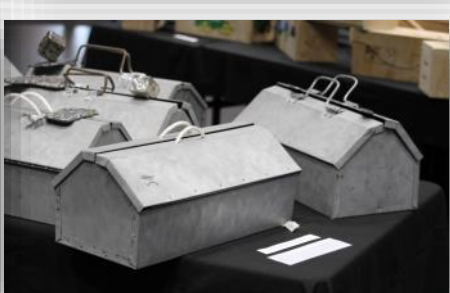
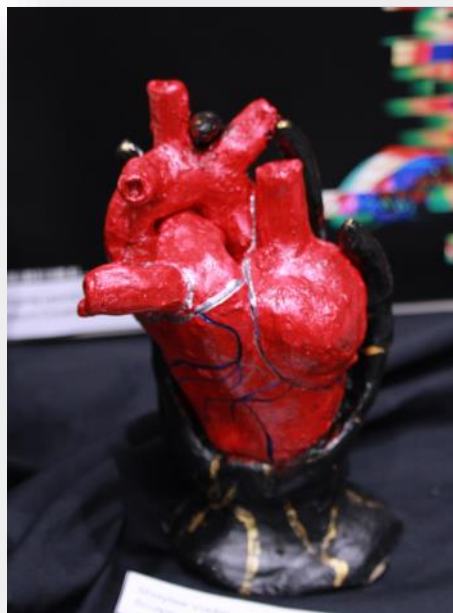


# Arts and Technology Exhibition

On June 24 the Arts and Technology department hosted a fantastic evening showcasing the amazing talent of our students. Not only were parents able to see what their child/ren have been making, shaping, preparing and creating, but we were also entertained by several of our talented music students.

We as a department would like to thank all the parents, community members and staff who came along and supported the event. We look forward to hosting another "Night at the Gallery" next semester to showcase the next round of Year 7 and 8 students work, as well as allowing our Year 9 and 10 students to show off their improvements over the year.

◆ Tobias Walters



# Online Safety

As parents and teachers, we are aware that many young people are exposed to content that they are not ready for developmentally. This may be deliberately or accidentally. This content may be in the form of an image, video and/or written words.

If a young person is exposed to inappropriate content, they may not tell anyone, as they feel embarrassed, confused or they are worried about getting into trouble. For this reason, the figures presented below are thought to be under reported.

## According to eSafety research

A high proportion of young people aged 12 to 17 in Australia have encountered inappropriate or hateful content online.



have seen **real violence** that was **disturbing**



have seen **images or videos** promoting **terrorism**



nearly half of children between the ages of 9 to 16 experience **regular exposure to sexual images**<sup>1</sup>

It is important to set up Parental controls on digital devices to ensure the safety of our children. Parental controls are software that allow you to monitor and limit what your child sees and takes part in online.

Parental controls can be used to:

- Block websites and apps
- Limit who can communicate with your child
- Monitor apps and sites your child uses
- Filter certain types of content e.g. content that promotes self-harm, drugs, racism

The ESafety Commissioner (esafety) is the Australian Government's online safety regulator. It has set up a website to help Australians of all ages to be safe whilst online. It is a great resource for parents and teachers. To find out how to set up Parental Controls use the link below to the Esafety site.

<https://www.esafety.gov.au/parents/issues-and-advice/parental-controls>

# Career Conversations

◆ Mrs Wendy Sargeantson

In 2025, the Department of Education is excited to bring back the highly anticipated Career Conversations events, offering valuable insights for families and schools across the state. These free, cross-sector events have proven to be a hit with past sessions booking out quickly in the metro area. Attendees have consistently praised the events, especially for the opportunity to gain up-to-date career pathway and labour market information. One of the highlights has been hearing directly from industry experts and employers, providing participants with real-world perspectives on the evolving job landscape.

We are returning to Narrogin on **Wednesday 6 August 2025** to present **Career Conversations – Pathways and opportunities 2025**.

We're reaching out to encourage your school community to get involved in our *free* family events, designed to spark conversation about exciting post-school options. We invite both parents and students to join us and discover a wealth of information about:

- where to find the most accurate, up-to-date career pathway info
- exploring university and training pathways
- career pathway information for young people with disabilities
- where the jobs are
- what employers and industries are looking for.

This invitation is open to all secondary and primary school families, and we need your help to spread the word! Below you'll find a message with a booking link to our family face-to-face events. Additionally, we've included a promotional tile to share on your school's social media pages, website, newsletter, and Connect notices. Please share it widely with the message and booking link below to ensure as many families as possible can join the conversation.

## **Get ready, Narrogin! Career Conversations are back – Pathways and opportunities for 2025**

We're excited to announce that the Department of Education is returning to Narrogin on **Wednesday 6 August 2025**, to bring you **Career Conversations - Pathways and opportunities 2025**.

This is your chance to join us for an **inspiring, free event** where you and your young people can dive into a conversation about post-school options and hear directly from our **industry experts**. Whether you're curious about career pathways, university options, or training opportunities, this event has something for everyone!

**Don't miss out – reserve your place today** by booking through the link below:

[Career Conversations - information for families \(Narrogin\) Tickets, Narrogin Senior High School - Trade Training Centre, Narrogin | TryBooking Australia](#)





# WasteSorted Accreditation

◆ Mrs Ellie Heaton

After several months of hard work, the Student Council are delighted to announce that Narrogin Senior High School has achieved accreditation with WasteSorted Schools. This means that our school is well on its way to working towards sustainability.

Since completing the waste audit in April, the councillors have completed many hours of research into products that can help our school reduce its waste to landfill; drafted responses to governmental documents regarding grants for our school; addressed their year groups and informed them of our initiative; attended, chaired, taken minutes and presented at official Waste Committee meetings with senior leaders and other staff; created lesson resources for the entire school, educating our staff and students on how to use Containers for Change bins appropriately; and – most importantly – worked brilliantly as a team.

It has been an absolute pleasure to watch our councillors develop as leaders and I am so incredibly proud of everything they have achieved so far this year. Our new school plaque, which is testament to the councillors' hard work on their quest for accreditation, will be displayed proudly for all to see. The student body will be deciding on its new home in the next few weeks to come.

Well done, councillors!



# Buchanan Cup

◆ Ms Lilly Simkins

With an early morning start the joint girls' team- the College of Agriculture and NSHS - travelled to Perth to compete against eight Perth school teams who have well established hockey programs.

With only fifteen-minute games, time was shorter than we were used to. Despite this we were able to score 15 goals throughout the day, many from some great team efforts. We came away with third place, 5 wins, 1 draw and 2 losses. The girls should be commended for their efforts, ability to gel as a team and play outside of their positions (especially goalie) when we only had 1 training session prior to the event.

They were a wonderful group of students to coach, and I am extremely proud of them embodying both of our schools' values whilst playing throughout the day.

Hopefully this union of the schools can continue on for the years to come!



# David Bell Cup

◆ Mr Ben Hortin

On Tuesday 10 June, a combined team of Narrogin Senior High School and Narrogin Agricultural College students headed to Perth hockey stadium to compete in the group phase of the David Bell Cup. The team knew that there were several good teams competing and, with only two semifinal places up for grabs in their group, they would need to be at their best.

The tournament started well, with a 4-1 win against Bob Hawke College built on the back of fantastic half back play by Matthew George and defensive out letting by Aiden Gumprich. The competitiveness of the tournament was

emphasised in the following string of results, with four 1-0 scorelines. A narrow loss to Carine Senior High was littered with attacking opportunities, but none could be converted, however the team bounced back with single goal wins against Perth Modern and Shenton College 2s. The attacking drive of Beau Flood and Kye Armstrong proved fruitful in these encounters, ensuring the team went into the game against first placed Como 1s in a good vein of form.

Como, who had been free scoring up to this point, struggled against the well drilled defence of Gumprich and Darcy Kokich but, despite a number of attempts at both ends, it was the Como side that managed to snag the winning goal. Next up was a crunch match against Shenton College 1s who had marked themselves as the team to beat in the race for second. Despite Shenton pulling out an early two goal lead, the resolve of the Narrogin team showed as the fast pace of Y10s Dylan Mulcahy and Luca Collette allowed the team to come back and draw the game, keeping themselves in the running for the semifinals.

With a gap until the last game, the team could only watch on as their chances of a semi-final spot disappeared with Shenton 1s winning their derby vs their second team. With this disappointment put behind them, the team went out and secured one last win to secure joint third in the group, 3 points behind second place, dropping points only to the other top four teams.

A tough result, no doubt, but every player from both institutes had much to be proud of in the performances.



## Reporting Student Absenteeism

At Narrogin Senior High School, we are teaching our students the core expectations of **Respect, Responsibility and Tolerance**. Our students are encouraged to demonstrate Responsibility through attending school at least 90% of the time.

The *School Education Act 1999* requires parents/guardians to send your child to school every day unless there is *reasonable cause* for them not to attend.

**To report student attendance, you can follow one of the below processes:**

- ❖ Call the school on 9881 9378
- ❖ Email [narrogin.shs.absentees@education.wa.edu.au](mailto:narrogin.shs.absentees@education.wa.edu.au)
- ❖ Log into the compass parent / carer portal and create an attendance note
- ❖ Follow the link in the Compass absentee SMS





## HOW TO READ FASTER WITHOUT LOSING COMPREHENSION

### Mastering the Skill of Speed and Understanding

Do you ever feel like you'll never get through everything you need to read for school? Reading faster can save time, reduce stress, and improve your ability to manage workloads. But speed alone isn't enough—you also need to understand and remember what you're reading. By combining proven strategies, you can boost your reading speed without sacrificing comprehension.

#### 1. Preview the Material Before Diving In

One of the easiest ways to improve your reading efficiency is to preview the text. Skimming headings, subheadings, bullet points, and summaries gives you an overview of the material. This helps your brain create a 'mental roadmap', making it easier to understand and retain information as you read.

##### Steps to Preview Effectively:

- Scan the table of contents or chapter headings.
- Look for bolded terms, key definitions, or diagrams.
- Read the introduction and conclusion to grasp the main ideas.

*Tip: Use this strategy for textbooks, research articles, or long reading assignments to focus on what's important.*

#### 2. Minimise Subvocalisation

Subvocalisation—reading the words silently in your head as if speaking them—can significantly slow you down. Instead, train your brain to process words visually.

##### How to Reduce Subvocalisation:

- Use your finger or a pen to guide your eyes across the text, helping you focus on chunks of words rather than individual ones.
- Practice reading larger groups of words at once instead of one word at a time.
- Avoid 're-reading' a sentence unless absolutely necessary—trust your brain to grasp the meaning.

*Tip: It takes practice to overcome subvocalisation, so start with simpler texts before tackling denser material.*

#### 3. Use the 'Chunking' Method

Chunking involves grouping words together as you read, which allows you to absorb more information at once. For example, instead of reading, 'The cat sat on the mat', word by word, your eyes take in 'The cat sat' and 'on the mat' as two chunks.

Steps to Chunk:

- Move your eyes in a zigzag pattern, capturing groups of 3-5 words.
- Practice shorter paragraphs before applying to longer texts.

*Tip: Pair chunking with your finger or pen as a guide to keep your eyes moving smoothly.*

#### 4. Take Notes While Reading

Speed reading doesn't mean skipping comprehension. Taking quick notes as you read reinforces what you're learning and ensures you stay engaged. Jot down key terms, questions, or summaries to review later.

- Highlight or underline key ideas as you go to mark important points without slowing down.
- Write short summaries or questions in the margins to capture the main ideas of each section.

*Tip: Use mind maps or margin notes to visually organise your understanding as you go.*

#### 5. Practice with Timed Reading

Improvement comes with consistent practice. Use a timer to challenge yourself to read slightly faster each session while maintaining comprehension. Gradually increase your speed without compromising understanding.

- Start with texts you're familiar with and gradually move to more complex material.
- Keep track of your progress by measuring how many words you can read and understand in a set time.

*Tip: Tools like Spreeder or AccelaReader offer online exercises to train your speed-reading skills.*

#### Read Smarter, Not Harder

Reading faster while maintaining comprehension is a valuable skill that takes time to develop, but the payoff is worth it. By previewing material, reducing subvocalisation, and practicing techniques like chunking and timed reading, you'll soon find yourself breezing through assignments without missing the important details. Start with small changes, and you are well on your way to becoming a speed reader!

Our school's subscription details to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) are –

Username: narroginshs

Password: advancewithintegrity

## Career Conversations

Pathways and opportunities 2025

Preparing young people  
for the many pathways and  
opportunities available.

Information session for parents and students  
**Narrogin**

Narrogin Senior High School - Trade Training Centre  
45 Gray St, Narrogin  
Wednesday 6 August 2025 • 5:30 pm to 7:00 pm

## 70th Birthday Sundowner

Friday | 28th November 2025  
5.30pm - 7.30pm

Narrogin SHS Trade Training Centre

EXPRESSIONS OF INTEREST TO ATTEND THE  
70th BIRTHDAY SUNDOWNER  
MUST REGISTER, DUE TO LIMITED NUMBERS

REGISTER: Daphne Salamatina | 98 819 347  
daphnema@salamatina@education.wa.edu.au

70 Years Strong - Celebrating Our Past, Present & Future



# Parent/Teacher Interviews



Tuesday August 5  
3:30pm - 6:00pm

Interview bookings  
will be live from  
9:00am  
Monday 22 July

# 70th Birthday Open Day

Saturday | 29th November 2025

10.00am - 2.00pm

Narrogin SHS School Grounds

WE'RE NOW ACCEPTING EXPRESSIONS OF INTEREST FROM STALLHOLDERS AND FOOD VENDORS  
FOR OUR 70TH BIRTHDAY CELEBRATION AT NARROGIN SHS.

THE COMMUNITY CAN ENJOY:

- SELF-GUIDED SCHOOL TOURS AND OPEN CLASSROOMS
- LIVE ENTERTAINMENT AND SPECIAL PRESENTATIONS FROM MIDDAY
- A DELICIOUS 70TH BIRTHDAY CAKE TO SHARE WITH OUR WONDERFUL COMMUNITY!

REGISTER: Please complete the Registration Form

70 Years Strong - Celebrating Our Past, Present & Future