

The ABC Breakfast Show at Narrogin Senior High School

A little bit of showbiz came to Narrogin last week when two journalists from the ABC Great Southern broadcast the Breakfast Show live from the school grounds.

The journalists, Tim and Katie, presented an informative and entertaining program. Our Principal, ever the consummate professional, was interviewed, as well as our Head Boy, Kynan Spencer and Head Girl, Eliza Coppock. Kynan and Eliza spoke about the opportunities offered at the school. They emphasised the school not only offered academic courses, but also VET and TAFE pathways. Eliza and Kynan engaged with Tim in a mature way and spoke very well.

Tim and Katie later interviewed Matilda Simpson for her views on the upcoming state election and she offered considered, insightful observations.

Tim and Katie then presented workshops to Year Ten and General English students on Fake News and Bias in the Media, followed by a writing workshop for the Heywire Writing Competition, which is only open to rural and regional students.

Last year a number of our students entered the competition and Grace van de Velde's narrative was awarded a Highly Commended certificate.

The English teachers are looking forward to reading the stories students write this year.

Linda Bishop
Head of English



Mrs Linda Bishop with Grace Vande Velde



Head Girl Eliza Coppock and Head Boy Kynan Spencer

Principal John Watters

The first few weeks have certainly passed quickly and the majority of our students have settled into the new year at Narrogin SHS. A special welcome to our new Year 7 students and their families, as well as those joining us in other year levels for the first time. Most have transitioned and settled into the formalities of a new school, rooms, teachers and friends and from what I have seen within the classroom, ready to learn. Certainly from the students I have met, I have been impressed with their candour and happiness.



The awards assembly last week provided a formal opportunity to acknowledge not only the recognised award winners, but also students who make small contributions in all aspects of school life through our values of Respect, Tolerance and Responsibility. My main message was that these efforts do not go unnoticed and they are very much appreciated within our community.

The school year has presented some challenges in managing certain behaviours which if I am honest, are developed outside of the school and bought in each day for resolution. At times these incidents can be distressing to both staff and students, but my assurance comes from the understanding that violent behaviour has no place at our school. The Minister for Education and Training has directed Principals to:

- Automatically suspend students who attack other students and/or instigate fights,
- Automatically suspend students who decide to film a fight rather than seek help,
- Remove privileges – such as school social activities or excursions for students who do not maintain their good standing.

What this does provide, is a level of clarity for school staff with the understanding that students who chose this type of behaviour, must also accept the consequences for their decision making. There is an equal onus on all parties, with the school role not to investigate to determine ‘who started it’ rather to oversee and manage the outcomes fairly. Whilst this addresses the behaviour, we also have a responsibility to assist students to improve and provide additional support and learning opportunities. I must be clear that our intention is to never give up on our students, rather continue to find ways to work with parents and the community for the betterment of all students in our care. We are educating adolescents and should expect mistakes along the way, it’s decreasing the frequency that matters.

One area where parents can support is to ensure students are receiving the right amounts of sleep, exercise and breaks from bluescreen devices like mobile phones, iPad and computer games. The developing brain needs at least 10 hours of downtime to reset between school days and many of our students are not privileging this requirement. In turn some of our concentration challenges can be linked to a level of restlessness on when speaking with students, is related to the absence of the above boundaries. I am certainly not trying to advise how to parent but can assist with strategies if required.

Associate Principal Lower School- Karen Thomas

A warm welcome to the Year 7 students who commenced at Narrogin SHS this year. Starting high school is a significant milestone in a child’s life and can take some adjustment. Students will meet new people, need to adapt to a new learning environment and teaching styles and become more responsible for their own learning. This is a period of adjustment and transition which some students take in their stride and others find more challenging. Some helpful tips to assist with this transition are:



- Get plenty of sleep, exercise and eat healthily
- Have a positive outlook
- Go to school with an open mind and be ready to try new things
- Get into a good routine that includes time for homework
- Reach out to new classmates

The Year 8 students have commenced the year with a new undercover area where they can leave their bags. This is a tremendous space and will be very welcome on wet wintry days. I was delighted to see the number of Year 8 students who received academic awards for 2020. This shows a great deal of dedication and commitment to learning. Students excel in many different ways and I encourage all Year 7 and 8 students to shine their inner light and use this year to build on their talents and skills.



Associate Principal Senior School - Sandii Stankovic

Well we have definitely settled into the 2021 school year and I am enjoying returning to Senior School.

There are a number of changes that we are embracing in regards to communicating with parents and students.

Connect is still our main communication platform and we encourage staff, students and parents to regularly check into the portal to keep informed with student attendance, progress and any other communication with various staff. Staff do place items in their Class Connect groups, and it is the expectation that work is available for students on Connect should they be absent from school. End of Semester Reports are also placed on Connect for parents and students to access. Connect is also an efficient means to communicate notices to parents and students as the need arises.

We also have a **Facebook** page <https://www.facebook.com/Narrogin-Senior-High-School-1589392427984075> that is a marketing tool to publicise events that take place at the school. This platform is also utilised for acknowledging students and/or staff on their achievements.

With all the above information we also have the addition of our school **website** which requires some updating of information. It is envisaged that the website contains policies, procedures, enrolment, subject selection, curriculum and general school information. This is currently being updated and hopefully will be complete by the end of the term.

Parents may also realise that **SMS** messages are being sent now twice a day in regards to attendance. If a student is absent from Advocacy in the morning the parents are notified at approximately 9:30am and if a student has missed a subsequent class a text message will be posted at approximately 3:30pm. We are constantly looking for ways to open the lines of communication to all stakeholders and welcome any feedback you may deem relevant. We are also utilising SMSs to send urgent, important short messages to parents such as reminders for parent consent notices, emergency evacuations. We appreciate your prompt replies if considered necessary, particularly with absences and consent notices.

Year 12s have definitely embraced their final year and there have been meetings held in regards to enrolling in the correct successful course. There are options now whereby a student may not feel that school is the right course to their successful pathway. Mrs Sexton and I have worked with students and parents to discuss the best course of action for students to engage in a course that they will be successful in. High Achievers had a morning tea with the Principal to acknowledge their achievement and look forward to having a variety of these events to celebrate various student achievements.

Year 11s will also be monitored throughout the year to ensure they are in the most relevant course that will challenge the student whilst allowing them to experience success towards their intended pathway. It is imperative that students succeed in Year 11 before embarking on their Year 12 course. Our goal in Year 11 is to achieve 8 C grades throughout the year which in turn will be reviewed at the end of first semester ensuring student have achieved at least 4 Cs to assess that the course of study is appropriate.

Senior School students should have now developed skills to ask questions to clarify understanding or to ask for help when finding the work too challenging. Staff are accessible via email, connect or phone. Staff offer tutoring after school and some even hold sessions during lunch and recess. Staff are keen to offer assistance when approached by students. We also have a parent/ teacher evening each semester.

This is our second year of using Compass and is an expedient way of emailing students, teachers and parents. It would be great for students to log into their emails regularly as information is sent to them from school staff and the like. As emails are the norm for various communication it would be ideal for students to get into the habit of using this.

Associate Principal Middle School- Ms Maxine Clark



Many of you would be aware that I have recently been appointed Associate Principal in charge of the Year 9 and 10 cohorts. I am very excited to be working with students who I have had the pleasure of recently teaching.

What a wonderful start to the year we have had! The school is buzzing with anticipation for the year to come and we have been working hard to ensure students are in pathways they enjoy. I am privileged to be working with two highly committed, enthusiastic Year leaders, Ms. Williams Year 9 and Mr. D'Cruz Year 10. Year Leaders have been having one on one check ins with student. The aim is to provide individualised support for our students and to encourage them to strive for excellence. To achieve this goal, we all need to work together, please feel free to contact Ms. Williams, Mr. D'Cruz or myself if you need to.

For students to achieve their potential we know they need to be at school 90% of the time. Please support us by remembering, 'Every Day Counts,' and encourage your child to be at school on time ready to learn. Check out the Attendance article for some useful tips in this area.

Year 9 and 10 students often find difficulty coping with the increased expectations and workload. Many students have said they find it difficult to complete homework. The role of homework is to practise skills learnt at school to consolidate learning. Unfortunately, the old adage that, 'If we do not use it, you lose it,' is particularly true for school skills. Below are some tips that may help your child improve their homework and study skills. Helping your child with homework is an opportunity to improve your child's chance of doing well in school and improving skills that will support them to be lifelong learners.

Show Them You Think Education is Important

- Help your child set a regular time every day for homework.
- Ensure your child has the papers, books, pencils and other things needed to do assessments
- Set up a space for your child that is well-lit and fairly quiet
- Stay in touch with your child's teacher.

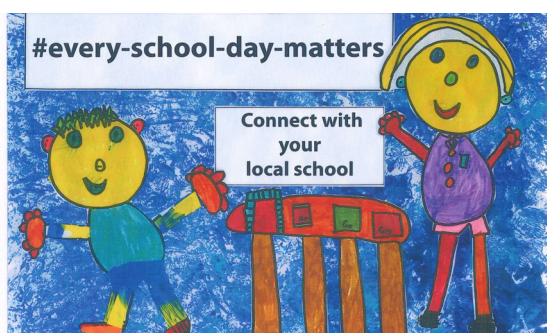
Monitor Assessments

- Ask your child what homework/ assessments they have - consult Connect for information
- Check your child assignment due dates
- Ask your child how they went once assessments are returned

Provide Guidance

- Help your child to be organised
- Help them develop a homework and study timetable.

It is also important to remember that children need time to relax, participate in sport and enjoy other activities after school, it is always a balancing act. If you are concerned about the amount of time your child is completing homework please let us know. We look forward to working with you to ensure your child has a successful 2021.



1 or 2 days a week may not seem like a lot but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...	Which means the best your child might perform is...
1 day per fortnight	20 Days per year	4 Weeks per year	Nearly 1.5 years!	Your Child Other Children Equivalent to finishing in Year 10
1 day per week	40 Days per year	8 Weeks per year	Over 2.5 years!	Your Child Other Children Equivalent to finishing in Year 9
2 days per week	80 days per year	16 weeks per year	Over 5 years!	Your Child Other Children Equivalent to finishing in Year 7
3 days per week	120 days per year	24 weeks per year	Nearly 8 years!	Your Child Other Children Equivalent to finishing in Year 6

New Staff for 2021



Carly Fazioli
HASSL



Carmon Lukaras
Science



Heather Meldrum
Dance



Natasha Woodcock
English



Janette Lindsay
English



Ross Daley
Phys Ed



Marc Evans
NEEP



Jay Wreford
English



Henry Papertalk
Clontarf



Jason Tincknell
Clontarf



Sean Burke
English

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

2021 - Prefects and Student Councillors



February School Assembly



Yr 8s

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

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



Yr 9s



Yr 10s



Yr 11s



Yr12s

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



Congratulations to Kele Readhead on his Science Award



Attendance Awards



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

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

Sharon Ward
Student Support Officer (Attendance)

Ball Preparation

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



Congratulations Shontae

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

She will be completing a Certificate II in Business whilst achieving her WACE in Yr 11 and 12. Congratulations to Shontae for impressing her workplace during her trial period and for taking on a such wonderful opportunity with maturity and enthusiasm.

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



Student Services

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

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

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

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

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

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

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

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

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

Here are some suggestions for all of us:

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

Remember a good night sleep is essential.

Positive Behaviour School News

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

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

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



VIVO REWARDS
Follow the schools
behaviour expectations
and reap the rewards

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

Ask at the Library for your...

- Username
- Passwords
- Prize collection

Rewards Shop supplies:

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

VIVO edge

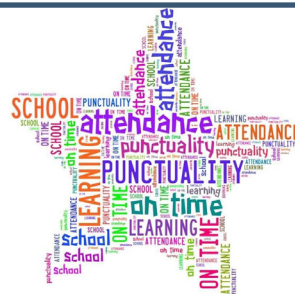


NARROGIN SHS
RESPECT RESPONSIBILITY TOLERANCE

SCHOOL ATTENDANCE

At Narrogin Senior High School, we want your teenager to do their very best. To get the best education, they need to go to school every day.

By working together, our school community can address some of the reasons why teenagers may not want to go to school.



What can you do to help?

- Act early. It is important to understand and work on the underlying reasons why your teenager is not going to school.
- On average, teenagers need eight to nine hours sleep a night to be healthy and alert. Maintaining a daily routine helps. This may include monitoring internet, mobile phone and television use at night to ensure sleep is not disturbed.
- Try not to make appointments or take holidays during school time. This can make it difficult to catch up on missed school-work, and cause anxiety about attending school.
- Don't let your teenager stay home unless they are genuinely sick.
- Don't let your teenager stay home to finish an assignment that is due. Make attendance the number one priority.
- Set a good example – how you meet your commitments impacts on how they will meet theirs.
- Provide evidence of appointments ie medical certificates, appointment cards.
- Have clear expectations about after school jobs. Make sure work does not impact on their ability to get to school each day or interfere with study.
- Encourage extracurricular activities such as sport and creative activities. They can help your teenager develop positive relationships and experience success, helping them feel more motivated.
- Monitor your teenager's attendance and learning at school. Periodically check with Year Leader to find out how things are going.
- Avoid taking over or giving your teenager the impression you are fighting their battles for them. Improving attendance requires the school, parent and student to work together.
- If your teenager delays getting ready for school so they are late, encourage them to still go to school.
- Ask school staff for help if you are struggling to get your teenager to school.

If a child misses...	that equals...	or...	From PP to year 12 that adds up to...	Which is the equivalent of attending until:
1 day per fortnight	20 days per year	1 month per year	nearly 1 ½ years	part-way through year 11
1 day per week	40 days per year	2 months per year	over 2 ½ years	part-way through year 10
2 days per week	80 days per year	4 months per year	over 5 years	the end of year 7
3 days per week	120 days per year	6 months per year	nearly 8 years	the end of year 4

Attendance category
Regular
Indicated
Moderate
Severe



Attendance Matters

Every student. Every day.

Mrs Sharon Ward
Student Services

Year 9 Sports Academy

The Year 9 Sports Academy programs have a new focus of Sports Science.



Pictured are the Netballers whose pre-season program in this lesson, has been on Exercise Physiology by developing agility.

Healthy Relationships

Amanda from WA Child Safety Services presented Healthy Relationships to the Year 11 and 12 students. She covered topics including Consent, Positive Relationships and Support for those who may not be in a healthy relationship.



Year 11 ATAR Biology



Yr 11 ATAR Biology Students investigated bilateral and radial symmetry, which may be used to classify species.



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- Understanding adolescence: a time of reconstructions, redeveloping social landscapes, brainsnaps and body make-overs.
- Understanding your job as parent/carer of a teenager - observer, advisor, negotiator, director.
- A three-option model for decision making...a 'drop down' menu for parents
- Working out how NOT to respond in tricky emotional encounters
- Building your relationship with your teenager
- How to hold difficult conversations more successfully when discussing issues such as internet overuse, sibling conflict, disrespect, truancy,
- going out, schoolwork, helping out, choice of peers... and much more!

Where: Live and interactive webinar (A recording of each live webinar will be provided to each participant)

When: Monday's 8th and 15th March 2021 **Time:** 7.00pm – 8.30pm

Cost: FREE – courtesy of Parenting Connection Wheatbelt

Facilitator: Brad Williams, Behaviour Tonics

To register please contact jpages@wanslea.asn.au

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Wednesday, 24 March 2021, 1-2 pm AEDT

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