



# HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School  
Issue 7 2022

## 2022 Narrogin SHS DUX Chelsea Mulcahy

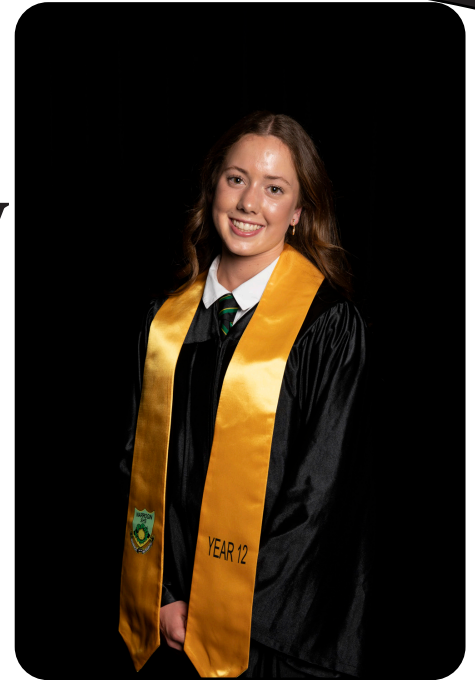
On Friday 21 October 2022, Narrogin Senior High School Year 12 students gathered with staff, special guests, family and friends to celebrate the Class of 2022's achievements and accolades.

The keynote speaker former student, Caitlyn Rintoul spoke of her time at Narrogin Senior High School as a student and boarder at the Residential College and told of her journey to become a senior journalist with The West Australian and Chief of Staff at the Sunday Times. Caitlyn also shared the highs and lows of journalism with the students along with her recognition as the "Walkley Award" winner.

The evening featured several outstanding performances by Year 12 music student Charlotte Barrett and the School Band.

Top students in all courses and qualifications were congratulated, as well as community and school awards.

The Class of 2022 presentation evening ended with the Valedictorian speech by Caitlin Pratt reminding the school community of the experiences that take place at school along with the preparation for life after school.



**Chelsea Mulcahy**  
DUX



**Chloe Bertuola**  
Runner Up Dux



**Olivia Whiteford**  
VET Dux  
with Mr Doug Cook

*Nanette Steer*



**Zahlee Buck**  
Runner Up Vet Dux  
with Mr Doug Cook  
Director of Education - Wheatbelt Region



**Caitlin Pratt**  
Valedictorian



**Amy Mulcahy**  
Citizenship Award  
with Mrs Yvette Harrison  
Coordinator Regional Operations  
Wheatbelt Regions

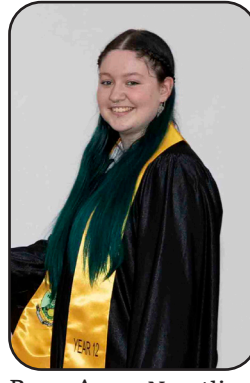
# Award Winners



Grace van de Velde



Daniel Wright



Bree-Anna Neretlis



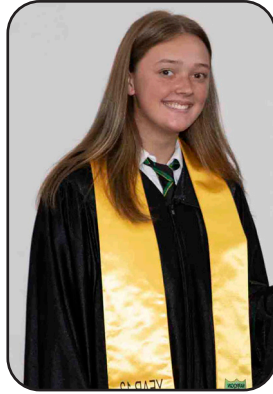
Elyssa Barry



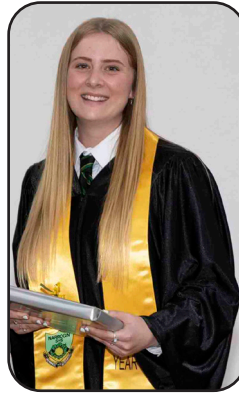
Alexis Morrison



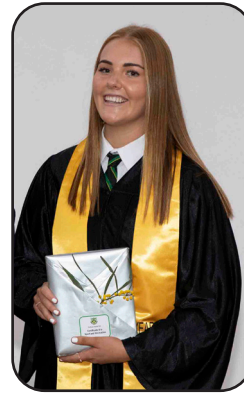
Abbie Smith



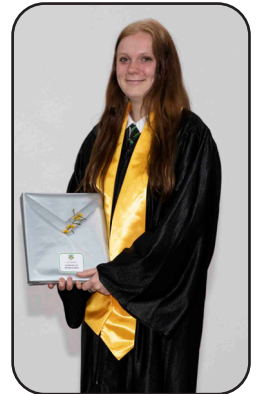
Bailey Craigie



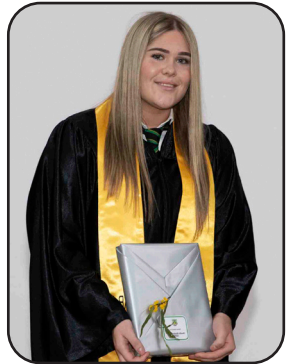
Courtney Dewing



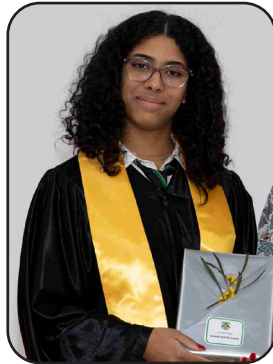
MacKenzie Williams



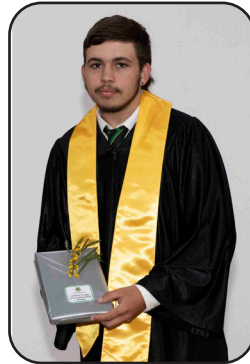
Emelia Bavin



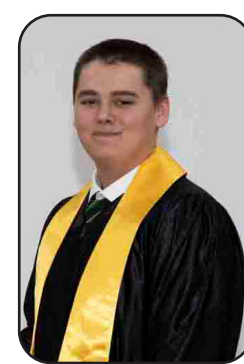
Mia Slawinski



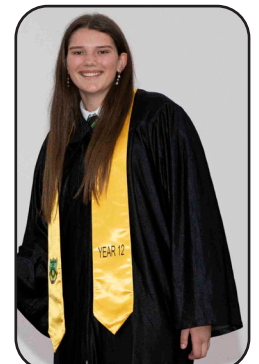
Christina Gibb



Tyson McGuire



Denzel Turner



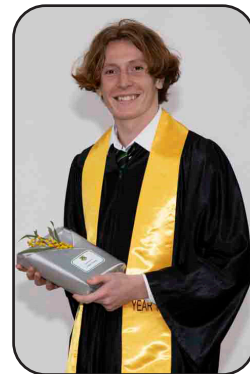
Denica Stoffberg



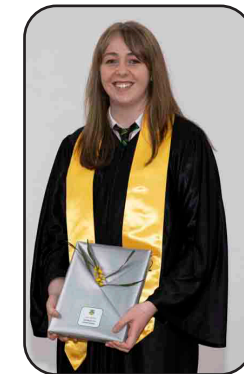
Bi Tran



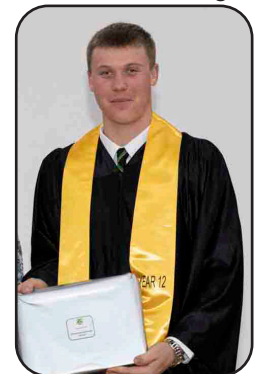
Gypsy Gooley



Brandon Lobb



Aimee Congdon



Anton Hanson



Nicky Brown



Melissa McIntosh



Joel Bradshaw



Jordan Williams

## **The Arts Awards**

Music General - Alexis Morrison  
Visual Arts General - Bree-Anna Neretlis  
Design (Photography) General - Elyssa Barry  
Certificate II in Visual Arts (Graphic Design) - Bree-Anna Neretlis

## **Mathematics Awards**

Mathematics Applications ATAR - Abbie Smith  
Mathematics Methods ATAR - Chelsea Mulcahy  
Mathematics Specialist ATAR (SIDE) - Chelsea Mulcahy  
Mathematics Essential General - Bree-Anna Neretlis  
Mathematics Foundation - Bailey Craigie

## **Humanities Languages and Social Sciences Awards**

Geography ATAR - Courtney Dewing  
Modern History ATAR - Courtney Dewing  
Career and Enterprise General - Kirsty Noonan  
Certificate II in Workplace Skills - Emelia Bavin

## **Health and Physical Education Awards**

Physical Education Studies ATAR - Denica Stoffberg  
Physical Education Studies General - Daniel Wright  
Health Studies ATAR (SIDE) - Mia Slawinski  
Health Studies General - Zahlee Buck  
Certificate II in Sport and Recreation - Mackenzie Williams  
Certificate II in Skills for Work and Vocational Pathways - Tyson McGuire

## **Science Awards**

Biology ATAR - Chloe Bertuola  
Chemistry ATAR - Chelsea Mulcahy  
Human Biology ATAR - Chelsea Mulcahy  
Human Biology General - Christina Gibb  
Physics ATAR - Daniel Wright  
Psychology ATAR - Courtney Dewing

## **Technologies Awards**

Building and Construction General - Anton Hanson  
Food, Science and Technology General - Bree-Anna Neretlis  
Materials, Design and Technology (Metals) General - Denzal Turner  
Materials, Design and Technology (Wood) General - Bi Tran

## **English Awards**

English ATAR - Chloe Bertuola  
English General - Brandon Lobb  
English Foundation - Gypsy Gooley

## **Vocational Education and Training Awards**

Authority Developed Workplace Learning - Zahlee Buck  
School Based Trainee - Jordan Williams  
Certificate II in Animal Studies - Aimee Congdon  
Certificate II in Hospitality - Melissa McIntosh  
Certificate II in Kitchen Operations - Joel Bradshaw  
Certificate III in Early Childhood Education and Care - Zahlee Buck  
Certificate IV in Preparation for Health and Nursing - Grace van de Velde

**Ampol Best All Rounder Award - Awarded to Grace van de Velde**  
**Valedictorian - Awarded to Caitlin Pratt**  
**Citizenship Award - Awarded to Amy Mulcahy**  
**Sportsperson Award - Awarded to Caitlin Pratt**  
**Long Tan Leadership & Teamwork Award - Awarded to Chloe Bertuola**  
**ADF Future Innovators Award - Awarded to Daniel Wright**  
**Hotham Trust Award - Awarded to Nicky Brown**  
**Runner Up Vocational Education and Training Dux - Awarded to Zahlee Buck**  
**Vocational Education and Training Dux - Awarded to Olivia Whiteford**  
**Runner Up Dux - Awarded to Chloe Bertuola**  
**Dux - Awarded to Chelsea Mulcahy**



**Year 12 Graduating Students**

## **Thank You to our Generous Sponsors**

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Mr Brian Hehir  
 Holyoake Wheatbelt Community  
 Hon Darren West MLC  
 Hotham Trust  
 John Parry Medical Centre  
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 Narrogin Chamber of Commerce  
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 Narrogin Packaging & Hire  
 Narrogin Lions  
 Narrogin Motel  
 Narrogin Technology Solutions  
 Nicholls Bus & Coach  
 Niks Electrical & Gas  
 Peter Rundle MLA  
 Rick Wilson MP  
 Royal Automobile Club of WA  
 RSM Australia  
 Hon Shelley Payne MLC  
 Shire of Cuballing  
 Shire of Narrogin  
 Three Farmers Quinoa

# Night At The Museum *Ellie Sheridan*



In Term 3, students were learning about History in Humanities and Social Sciences. Year 7 students learned about Ancient Civilisations, specifically Greece and Egypt, whereas the Year 8s learnt about Medieval Europe. As part of their research students conducted an inquiry into these times, from which they created a museum display. These museum displays were then showcased in the annual Night at the Museum.



On Tuesday 18 October members of the Narrogin community got the opportunity to visit the school library which had been transformed into a museum for the evening. The students hard work was on show and there were many exciting displays created including swords, helmets, shields, spears, tridents, castles and witch burning.



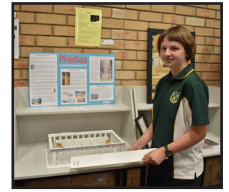
All those who came along on the evening had the opportunity to vote for a 'People's Choice Award' in both the Years 7 and 8 categories. Many are patiently awaiting for the results of the evening, with the award winners being presented at the school



assembly in Week 6.



A big thanks for Amcal Pharmacy for sponsoring the People's Choice Awards.



## INSIGHT Art Exhibition *Zoe Quartermaine*



Thank you to all of our students and families that attended the opening night of our 'Insights' Visual Art and Photography exhibition. It was a fantastic turn out with over 100 community members attending.

Congratulations to Year 12 student Bree-Anna Neretlis for winning our 'Arts All Rounder Award' for demonstrating a high level of skill and creativity across her Visual Art, Photography and Graphic Design work.



Bree-Anna Neretlis  
and Ms Stankovic

Thank you to Lochlan Mickle for doing the Acknowledgement to Country and to Makenna Batt for officially opening the exhibition.

The 'Insights' exhibition is made up of a selection of works submitted by students as part of their Visual Arts and Photography courses. These works and high standard of achievement reflect a challenging and exciting curriculum offered to students at Narrogin SHS.

The exhibition is still running during Week 5 and 6, you can come down and see the fantastic work on display at the Nexis Exhibition Space (next to the town hall) on Wednesday to Saturday 10am-4pm. Don't forget to vote for your favourite artworks in our people's choice competition while you are there.

Congratulations to Arts students and their teachers for a magnificent year.



“An ode to the Gecko Gallery’  
Geckos galloping gracefully  
along the corridor wall,  
Bright colours and all.  
Oh, so playfully!”

Janette Lindsay



# Australian Mathematics Competition Results 2022

The Australian Mathematics Competition is run by the Australian Mathematics Trust for students from year 3 to year 12 in Australia, and their equivalent grades in other countries.

In early August this year, 132 students from Narrogin Senior High School participated in the competition. The school-based competition asks students to solve thirty complex problems in seventy-five minutes and the problems get more challenging as the competition progresses.

Congratulations to all students who participated in this competition. Narrogin Senior High School achieved 6 Distinctions, 27 Credits and 75 Proficiency awards.

Year 11 student Leila Pederick was awarded Best in School in two consecutive years. This was an amazing result. Well done!

Special mention to the following students who were the top Student for their year group at our school:

<b>Year</b>	<b>Name</b>	<b>Year</b>	<b>Name</b>
7	Mateya Browne	9	George Kilpatrick
7	Toby Bertuola	9	Jacob Oats
7	Pippa Van Der Riet	9	Tamzin Pederick
8	Xavier Ballard	9	Tabitha Pederick
8	Darcy Copeland	9	Rohan Shepherd
8	Melia Day	9	Max Slawinski
8	Caitlyn Gill	10	Tobias Coonz
8	Kaylab Maley	10	Abby Dewing
8	Jordee Pike	10	Leah Mulcahy
8	Alissa Sodsai	11	Leila Pederick
8	Scott Tyson	11	Oliver Tinley
9	Kate Corner	11	Anisha Babic
9	Max Drayton	11	Gabrielle Cousins
9	Isabel Koster	12	Chloe Bertuola
9	Lucas Babic	12	Chelsea Mulcahy
9	Charlie Blechynden		
9	Carter English		

# Year 9 Career Taster Program

## Shearing Industry Insight with Rob Carter

Written by Tepora Hotene – Year 11

Today Rob visited our school to perform and teach the Year 9 class about the shearing industry. We were presented with three beautiful Suffolk/Merino cross breeds.



These sheep were nicely shorn by Rob who has been working in this industry for around 20 years. He started by shearing the belly fleece first because it is the closest part to the ground and most likely to have grass seeds, he shored the crutch second removing the dags and urine that damage the grade of the fleece, he then proceeded to move along the back and finally let the sheep back into its pen.

The wool from the ewe (female) had a slight colour difference than the wether (male), this would not be noticed as easily without a classer. In the shearing industry there are many roles that take place, from the farmer to contractor all the way to the shearer, wool handlers, presser and of course the sheep dogs.



The wool gets separated and categorised by the grade of how it is shorn, 100% of the wool can be used, and even the dags can be made into dark stained t-shirts or jumpers. Many of the higher-grade wool can be used to make tailored suits and dresses. The fribs are made from the sweat and wool grease of the sheep and can be used in beauty products such as moisturiser.



Protective gear in the shearing industry is dependent on the weather conditions but enclosed shoes must be worn, the shearers must wear a special type of shoe called moccasins which are made of leather with no soles which protect them from hurting their ankles as well as the sheep themselves.

The typical shearing seasons are often all year round and can be shorn all over the world, but the main seasons are during august to December which are best months to avoid grass seeds. Shearers can shear around 140 sheep per day, but some do more, and some do less, this depends on the sheep and environment.

The technology has changed a lot since the use of clippers, shearers now use the Heiniger Evo shearing plants with an electric safety switch that helps eliminate hand piece lockup.

Students and people who are interested can become learners in the shearing sheds, starting from wool handling and slowly making their way up to shearing full time.



The PBS team are working steadily towards finalising the revised Behaviour Matrix for 2023 and developing PBS lessons for delivery to students through Extended Advocacy classes. We would like to share with you our Term 4 focus and our planning for 2023.

### **PBS: Current Focus**

Our weekly PBS focus is published in our Daily Notices. We use behaviour data to identify our targeted behaviours. Staff behaviour infringement information, collected through Compass entries, suggest that students are using their personal electronic devices in class and around the school, taking the long way to class or roaming during class time, as well as allowing personal, emotional and relationship issues to interfere with their classroom learning.

Our PBS lesson focus in Week 5 of Term 4, will be on teaching students to take toilet breaks at break time, stay in the classroom, focus on learning and put distractions aside. Please support us by checking in with your child to see if any of these issues are behaviours they need to relearn.

### **School Diaries**

At NSHS, all students are encouraged to use a school diary. Diaries are important tools that allow us to keep our information organised. Homework can be recorded here and assessments planned, with due dates noted so work can be completed in time for assignment submission.

In 2023, a copy of the Behaviour Matrix will be included in our official school diary. This will remind students about our school's behavioural expectations. When our school diary is on your child's booklist, please purchase it for them.

### **Behaviour Matrix Available in all Classrooms**

A laminated copy of our Behaviour Matrix is displayed in all classrooms throughout the school. This is our document; we created it - from parent, staff and student feedback. In 2023, our PBS lessons will explore each revised expectation on our revised Behaviour Matrix.

But for now, please remind your child to do the following:

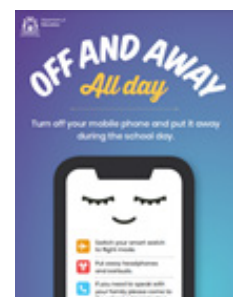
- Personal devices off and away all day
- Take toilet breaks at break time
- Focus on learning and keep distractions aside.

### **VIVO Points**

An end of year Rewards Day is being planned by the Student Services team. Does your child have enough VIVO points to redeem?

Staff are awarding VIVO points to students whose phones are off and away all day; who take toilet breaks at break time and who focus on learning and keep distractions aside. Other behaviours as stated on our Matrix will be rewarded with VIVOS too.

Please encourage your child to regularly demonstrate the desired behaviours of Respect, Responsibility and Tolerance, so that they can earn VIVO points and use them to participate in our reward activities. Student Services will ask students to sign up for their preferred reward activity towards the end of term. Be ready – gather VIVO points!



# Koolongka Health & Wellbeing Expo *Narelle Penny*

On Friday 14 October Narrogin SHS held a Koolongka Health & Wellbeing Expo.

The Expo focused on mental health and wellbeing. Our turn out was fantastic, a total of 18 community-based stall holders, including Youth Focus, SWAMS, Share & Care, Wild Waste & Free, Smiles and a range of others, kindly gave up their day to show case their products. Students learnt about recycling, vaping, menstrual products, Cancer skin checks, Hockey WA, Lifesaving, gardening and much more.

We had a range of guest speakers from Jo Woodruff talking about the within REACH programme, Jo Drayton doing a Wellbeing Tic Tac Toe and Alan Little talking about being an Indigenous boy who couldn't read at school and is now going through Nursing School. All students were a little nervous to see Michelle Corasaniti as she put them through their paces, showing them new skills and getting their bodies moving.



## WAYJO Visit *Dion Gampher*

In Week 10 of Term 3, the Narrogin SHS Music Department was fortunate enough to have a visit by the WA Youth Jazz Orchestra (WAYJO). WAYJO performed for the students, then ran a workshop with the Concert Band. The two groups combined to play through and workshop some of our music and some jazz music provided by WAYJO.



Each student sat next to a WAYJO musician and had the opportunity to ask them questions along the way about the music they were playing, their instruments, and their musical experiences/careers.

The workshop was a hit with the students, and we are very fortunate to have had such an exciting opportunity.



## Year 8 STEM Physics *Annette Wyatt*

All of the Year 8 cohort attended to a STEM Physics task of which they had to design and implement learnt concepts in making a sustainable energy efficient house. A selection of these houses were then placed on public display at the Trade Training Centre as per their initial selection criteria brief.

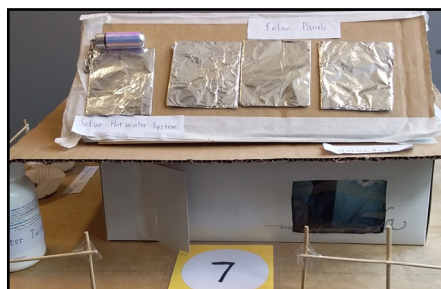
The following photos are of the houses that achieved the highest possible public people choice results, and the students were awarded accordingly.

1st place - Darcy Copeland

2nd Place - tie between : Sky Eaton and Kayib Van Tonder

3rd Place - tie between: Scott Tyson and Hannah Furphy

Congratulations from Year 8 Science Teachers for Term 3. Mrs Carmen Lukaras, Mrs Annette Wyatt and Mrs Nagu Alagusundaram.



## Teaching Abroad *Heather Meldrum*

This year I embarked on a new teaching and learning journey following my acceptance into the LEAP course provided by the Department of Education to study the Indonesian language and teaching pedagogies to extend my capacity as a teacher at Narrogin SHS.



Having this knowledge provided me with the opportunity to apply and be accepted into the Global Teachers Australia program through which I recently returned from a 10-day teaching program in Bali, Indonesia during the Term 3 school holidays. This proved to be a fantastic experience, where I was fully immersed in the Indonesian culture and language.

I attended the program with eight other teachers selected from primary and secondary schooling backgrounds across Australia. We were placed into three local schools with their teachers in Lovina, to work closely with them and assist in the development of their teaching and learning classroom strategies. We also provided an extensive professional development workshop. Engaging in classroom observation, collaboration and participation with the teachers and students, proved to be exciting and rewarding. There were definitely language barriers, but everyone was so friendly and accommodating and we all helped teach each other.



I feel privileged to have been exposed to this experience and would recommend it to my peers and colleagues. I know I will definitely do it again!



## Year 7 Drama *Heather Meldrum*



Year 7 Drama students recently completed a 6 week Circus unit and created a performance for assessment.

Some of the benefits of Circus include: Stimulating imagination and creativity, improving hand-eye coordination, concentration, throwing and catching skills, and ambidexterity, and improving confidence and self-esteem.

Their performances were very entertaining.



## QUIZ Night *Kristy Chapman*

On Thursday 13 October the lower school student councillors ran their first Quiz Night at The Hilltop Café.

This fundraiser raised over \$800 for Telethon, the Year 12 Recycling Project and our Christmas Child Box appeal. We were very lucky to have some amazing prizes donated by The Duke of York Hotel, Cuballing Tavern, Cactus Hair and The Hilltop Café.

These were used as prizes for the quiz, a silent auction and a raffle which was run on the day. The Hilltop Café provided a delicious menu for the night, and student councillors hope this will be the first of many similar fundraising nights to come.

Anyone that attended the night and has any feedback or suggestions for how we could improve next time, please get in touch.



## A Blooming Good Job *Wendy Sargeantson*



Students of the Hilltop Business Centre Office are encouraged to participate in activities to support not for profit organisations. So, when ArtsNarrogin put the call out for help in creating flowers for the Narrogin Agricultural Show and Narrogin Kambarang Spring Open Gardens' display, Year 12 student Nicky Brown was keen to help.

Having collected some of the basic kits, Nicky (with the support of some wonderful EAs) created twenty large blooms together with their leaves.

Nicky and Mrs Warner then went on an excursion to town to hand deliver the flowers to ArtsNarrogin.

Along with flowers prepared by other members of Narrogin's community, two beautiful displays were created and used in the Narrogin Agricultural Show.



## NAIDOC Clay Flower *Narelle Penny*

We are so impressed with the students NAIDOC Clay Flowers.

We have finally finished our art piece and have it hanging on the Student Services wall, just outside of our AEIO room.

Biggest Thanks to Ms Felipe for our finished product.



# Clontarf Awards *Jason Tincknell*

I would like to thank all the Narrogin SHS staff and our Clontarf boys' families who came along to our awards presentation yesterday afternoon. The boys and our academy really do appreciate your support! This was made evident by the fantastic speeches made by our award winners where they took the time to thank those who have been supporting and motivating them along their journeys.

During our awards presentation our new Narrogin Academy Director Aaron Kleinschmidt had the opportunity to introduce himself and chat with some of the Narrogin Senior High School staff and parents. He will be taking over of our program as of Week 5 so please continue to support our program moving forward.

I notified everyone that I will be finishing my time here in Narrogin at the conclusion of Week 5 and relocating to Perth with my partner. My final week will be taking our 2022 Year 12 on their major trip to Sydney. If I do not get to speak with you or catch up before Friday, I would like to thank everyone who has welcomed me and made me feel a part of the community here in Narrogin. It has been a tremendous privilege to start the academy here and work with the boys over the past 2 and a bit years.

Below I have listed all of our awards winners from the Awards night. If you have the opportunity to congratulate them in the coming days please do!

## **90%+ Attendance 2022**

- James Kickett
- Kaylab Maley
- Beau Flood
- Jacob McDonald
- Lochlan Mickle
- Jaxon Derich
- Tyler Kickett
- Noah Bowen-Zoccoli
- Les Eades

## **Overall Highest Attendance 2022**

Beau Flood

## **Employment Award 2022**

Lochlan Mickle

## **Senior Academic Award 2022**

Tyler Kickett

## **Junior Academic Award 2022**

Jacob McDonald

## **Senior Sports Award 2022**

Les Eades

## **Junior Sports Award 2022**

Zechariah Ford

## **Senior Clontarf Spirit 2022**

Jaxon Derich

## **Junior Clontarf Spirit 2022**

James Kickett



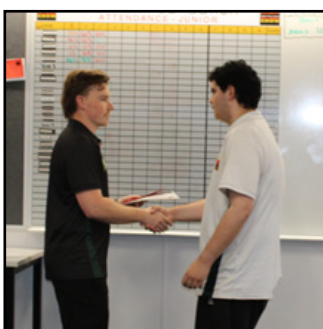
Principal Stankovic & Jacob McDonald



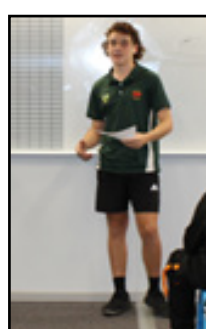
Award Winners



Noah Bowen-Zoccoli



Jason and Tyler Kickett



Beau Flood



Les Eades



Zac Ford



Lochlan Mickle

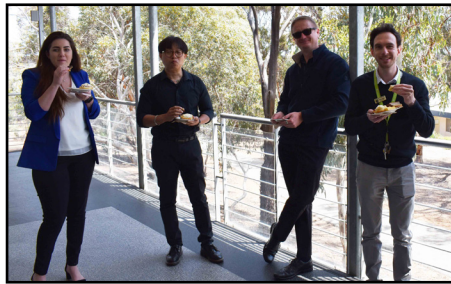
## World Teachers Day *Narelle Penny*

On Friday 28 October we celebrated world Teachers Day.

Our teachers have shown great resilience during challenging times, to give Australian students the best future possible.

Thanks to the lovely ladies at the TTC for catering and our beautiful biscuits and coffee vouchers

Thank you to the Cuballing Nursery for our pretty natives, that everyone in the school got to chose to take one home to plant.



## Girls Football Carnival *Jordan Heil*

On Monday 24 October over 40 girls in years 7-10 expanded on their AFL skills in preparation for Friday's Youth Girls Football Carnival.

The Stephen Michael Foundation ran clinics throughout the day included an umpiring session. The carnival is leading towards the UGS Youth Girls Summer series starting the 10 November.



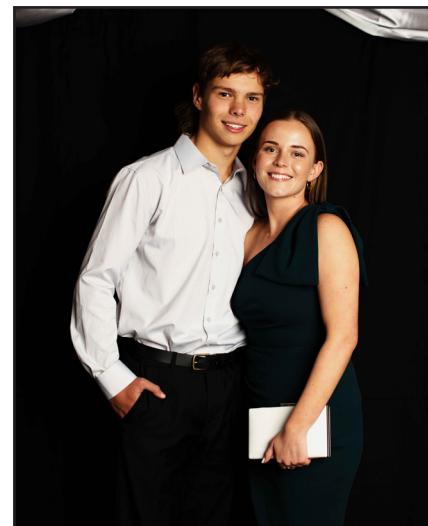
## Year 11 Dinner Dance *Nanette Steer*

On Saturday our Year 11 students attended their Dinner Dance.

It was a night full of laughter, singing and dancing and some very sore feet the next day.

The Hilltop Restaurant was sparkling in black, white and silver. Our Year 10 Councillors sparkled in their silver waistcoats as they served the students a selection of delicious canapes and sweets provided by Miss Marlow and Year 10 Hospitality students.

Thank you to all the staff and parent helpers who helped make the night a success.



# The Facts About Vaping

Do you know what they're vaping?

Narrogin Senior High School, 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 highlighters, 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).



# 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?



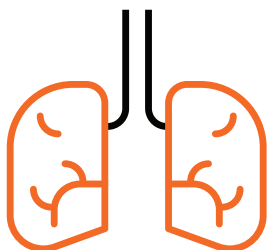
Many vapes contain nicotine making them **very addictive**



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**



# CANTEEN MENU 2023

Please order before 8.45am

RECESS	PRICE
Half Chicken Strip and Salad Wrap	\$4.00
Pizza Slice	\$4.50
Chicken Cheese Mayo Sub	\$3.50
Cheesies	\$1.00
Fruit Salad Cups (GF)	\$4.00
Carrot/Celery/Crackers & Dip (GF)	\$3.50
Spaghetti and Cheesie Sub	\$3.50
Fresh Fruit (GF)	\$1.50
Chicken/Cheese/Avocado Toasted Wrap - Half	\$4.00
Ham/Cheese toasted roll - Half	\$3.50

DRINKS ETC	PRICE
Water	\$2.50
Flavoured Milk Drinks - Small	\$3.00
Flavoured Milk Drinks - Large	\$4.50
Bottle Juice	\$3.50
Juice Box	\$2.00
Juice Bomb	\$3.50
Milk and Sipper Straw	\$2.50
Yogo	\$2.50
Yoghurt	\$2.50
Hot Chocolate <b>TERM 2 and 3 ONLY</b>	\$3.50
BYO CUP Hot Chocolate	\$3.00

LUNCHESES (by order only)	PRICE
(GF) bread avail. on request	\$1.00
<b>Please circle one</b>	
Egg/Chicken/Ham & Salad Bowl (GF)	\$8.00
\$1 extra for extra option	
Ham/Egg/Chicken & Salad Sandwich	\$6.00
Ham/Egg/Chicken & Salad Roll	\$7.00
Chicken & Salad Wrap - Half	\$4.00
Chicken & Salad Wrap - Whole	\$8.00
Chilli Chicken Wrap - Half	\$4.00
Chilli Chicken Wrap - Whole	\$8.00
5 Nuggets & Salad (GF option avail.)	\$6.50
Hamburger	\$8.00
Chicken Burger	\$8.00
Wedges (GF)	\$6.00
Nachos	\$6.00
Hot Chicken Roll	\$6.50
Hotdog	\$5.00
Pizza Slice (GF & Veg option avail.)	\$4.50
Sausage Roll	\$4.50
Cruiser Pie (Good Eating)	\$5.00
Toasted Sandwiches (choose your fillings)	\$6.00
<b>ICECREAMS (Lunch Time Only)</b>	<b>PRICE</b>
Assorted Ice Cream and Icy Poles	50c to \$3.50

**Please come see us if you like to discuss more on any dietary options. We are happy to help!**

Dear Parents/Caregivers,

The Narrogin Senior High School Parents and Citizens Association operates the canteen, which aims to provide lunches and snacks at sensible prices and make a reasonable profit, which is used by the P&C for the benefit of the students. The policy of the canteen is to supply food suitable for the growth and health of the students.

The canteen employs an organiser and assistant's, but is dependent on volunteers to help reduce costs. A good roster enables the canteen to be run more economically and give better and cheaper service to the students. Help is needed between 10.45am and 2.15pm each school day. We would really appreciate your help and if you can possibly assist us, either weekly, once a month or even once a term, please phone the Canteen Manager, **Donna on 0409 887 790.**





# UPPER GREAT SOUTHERN

YOUTH GIRLS SUMMER SERIES

Thursdays 5pm - 7pm  
Clayton Rd oval, Narrogin

**Who:** Girls aged 12 - 18

**What:** Free AFL football competition for all young women in the Upper Great Southern region. Player will have the opportunity to be selected in the South Fremantle FC Regional Squad for 2023.

**When:** November 10, 17 & 24

**What to bring:** Boots/runners, mouthguard, water bottle

**For More Information or to pre-register contact:** Paul Reid at [PREid@wafc.com.au](mailto:PREid@wafc.com.au) or 0419 859 576

