PRINCIPAL’S REPORT
Respect, Responsibility and Care on display
Thank you to all parents and carers who attended our merit assembly on Wednesday. It was very heartening to see many students receiving awards so early in the school year. A special thank you to staff who helped with organisation on the day. A lot of work takes place behind the scenes to ensure our assemblies are successful.

Youth Worker Appointed
Ms Jodie Hodder was successful at interview for the position of youth worker. Holding a degree in Social Work, she has extensive experience as a youth worker in Waterloo and as a Family and Community (DOCS) case worker. It is expected Ms Hodder will commence at the start of Term 2. The position is federally funded for 10 hours per week.

Relieving Aboriginal Education Officer
Mr Mark Smith commenced duties as a relieving Aboriginal Education Officer on Tuesday, replacing Mr Joe Williams who is on leave until the end of the year. Mark is well known in the community because of the many years he spent working with our young people through Barnados. We wish him well in the position.

Well Done SRC
Congratulations to our student representative council on donating $100 to Mrs Sandra Monaghan’s shave for a cause fundraising appeal. It was great to hear she has reached her goal of $5000, which will go towards finding cures for cancer.

Expanding Our Extra Curricula Activities
We are proud of our newly formed chess team. Under the guidance of Mr Vaughan Ellen, they played their first tournament against St Johns last week. While not victorious on the day, they displayed our core values of respect, responsibility and care as they prepared for and enjoyed the day.

Learning Study Skills
On Monday, Mrs Davison and Mrs Sinclair took ten Year 11 students to Charles Stuart University Bathurst, where they received invaluable tips on study skills. The day also provided an opportunity to see the campus many ex-students attend.

Music at Your Local Community High School
Our music department is thriving under the leadership of Mr Mark Prentice, well known in the Dubbo district as a musician. On Tuesday, Year 12 students performed individually for a visiting examiner as part of their half yearly examination.
Fun before Easter
As usual, students thoroughly enjoyed the Term 1 social, held on Wednesday evening. Many thanks to parents and staff whose help with supervision ensured this eagerly awaited event took place.

Annual School Report
The 2012 annual school report will be on the school’s web site next week. It provides a snap shot of the many facets of school life in 2012.

XSEL
The XSEL program, new to our school this year, is enabling Year 8 student Charlie Barber to engage in lessons in English, maths and science aimed at gifted and talented students. Entry to the program, which includes weekly lessons and on site workshops in Dubbo, was via a rigorous selection process. Thank you to Mr Dean Leite who is supporting Charlie.

A Saint Patricks Day Luncheon
Well done to the students in our Multi Categorical class. With the help of Mr Ellen and Mrs Fountain, they hosted a luncheon on Monday 18 March. All the food was green! Students were able to recognise a map of Ireland, point out some significant parts of the country and pass on information about Saint Patrick.

Facilities Upgrade
Portable toilets have been installed while the revamping of the girls and boys toilets takes place. A toilet in the administration building has also been made available to the boys. While hectic at the time, it was good to have painters here last week. Our front office has had a much needed face lift!

Staff Development
Monday 29 and Tuesday 30 April will be student free days while teaching and non-teaching staff participate in training and development activities.

Happy Easter
On behalf of the staff I would like to wish you a very happy Easter and safe travelling for those of you who will be on the road at this busy time.

Angela O’Callaghan
Principal

Newsletter
This is the last newsletter for Term 1. The next newsletter will be the first week of Term 2 and will be mailed out.

Our website
Our website has been undergoing some updates with important dates, some new photos and important information for 2013 Year 12 students. All permission notes are on the website for you to download if required. Our newsletters are also available for viewing on this site. Please contact the school with your email address so that we are able to email the newsletter direct to you – this is a far more efficient way of keeping you informed of events that are happening at our school. We invite you to visit this site www.narromine-h.schools.nsw.edu.au.
Narromine High School P&C

Narromine High School P&C is having a mother’s day raffle. It will be a Pamper Hamper filled with lots of goodies for mum.

We are looking for donations for the hamper such as chocolates, hand or body lotion, luxury soap, CD or DVD, a nice photo frame or anything you think a mum would like. You may already have something in your cupboard, e.g. an unwanted gift or you might like to purchase something to donate. You can drop your donation into Narromine High School’s office.

Every family will receive a book of raffle tickets in next term’s school newsletter which will be posted home.

Thank you in advance for supporting your local high school.

We would also like to inform parents and carers that P&C meetings have now changed to the first Tuesday of the month, next meeting 7 May.

P&C

A Matter of Extreme Importance

It is of critical importance that **aerosol cans** are not brought to school. This is because we have people on site who have severe life threatening reactions to aerosol sprays. Students have been advised of this policy. Failure to comply with it may result in suspension.
STUDY SKILLS TIP FOR MARCH: REVIEWING YOUR WORK ON A DAILY BASIS

Did you know that if you don’t look at what you are learning for a second time within 24 hours you forget 80% of the detail! This is why your teachers encourage you to review what you learn each day when you get home from school.

One of the best habits you can develop is the following: each afternoon, even before you start your homework, spend 10-15 minutes reviewing what you learnt at school that day.

There are lots of different ways you can do this review, here are some ideas (and you can do something different every day):

1. Highlight the key points in each lesson.
2. Write down the top 3 things you learnt in each lesson (you could do this in a separate book or at the bottom of the day’s classwork).
3. Make a mind map about what you have been learning in class.
4. Try and explain what you did in each lesson that day to a family member (or even to the cat).
5. Go on a Google adventure, do some quick research on one interesting thing from each lesson.
6. Write up on a white board one main idea from each lesson (a whiteboard in your room is a great tool for secondary students).
7. Write down for each subject a question you could ask about what you learnt that day.

There will be a fabulous payoff to doing this, more of what you learn at school will stick in your head, you will have less to learn at test time, and it will make your assignments and projects easier when you can recall what you have been learning.

Learn more about the Brain and Advanced Memory Techniques at www.studyskillshandbook.com.au. Our school’s subscription details are -
Username: narrominehs
Password: 161results

STUDY SKILLS: EFFECTIVE STUDY TECHNIQUES

We know that students will create more powerful memories when they use active and effective study techniques as opposed to just reading information over and over. But what do we mean by active and effective study techniques? Following are some ideas students can use to increase their range of study techniques.

Students can:
- Write strongly visual summaries and study notes
- 3Rs – Read, Recite, Recheck
- Write out what you remember in your own words
- Look, cover, check
- Make up rhymes or songs to help you remember
- Have a parent or friend test you
- Write out lists of questions and answer them
- Make and use flashcards or index cards
- Type what you remember without looking at notes
- Put up formulas and rules around the house
- Teach what you have learnt to someone else
- Form discussion / study groups
- Write out info over and over
- Make recordings of the info you need to learn
- Speak out loud the info you’ve read to check recall
- Make lists of key points of part of a topic
- Form pictures in your mind of the information
- Keep adding to your study notes to make things clearer
- Check if you know everything listed in syllabus/outcomes/course

In addition to moving information memory, students also need to be able to apply what they are learning so this means that they also need to do as many different questions and revision sheets and past examination papers as they can.

**Find more about this and lots of other skills for studying in the STUDY SKILLS Website. The school subscribes to this site and it is a great resource for the whole school community.**

The site is **ELES Study Skills**
Login: **narrominehs**
Password: **161results**

**WRITING IN THE SECONDARY SCHOOL – Stage 5 (Years 9 and 10)**

Once students move into Year 9 they are beginning the path to either work or further study. The increasing complexity of the syllabus documents reflect this. Many students find this increased complexity quite challenging. Essay writing becomes an important skill in areas such as HSIE, English and PDHPE and Visual Arts. Students also choose electives, which allow them to further pursue their interests and skills.

Another requirement of writing at this level is the expectation for more detail and the ability to reflect on concepts and ideas. Just recounting information is now a thing of the past.

Students are expected to be able to compose a wide range of texts in a range of ways, including digital texts. They are able to analyse complex topics and make informed choices about their writing and its effectiveness. Awareness of audience is growing to incorporate the wider world, and they are beginning to develop their own personal style. By working through the process of composing a range of texts, students develop skills in planning, researching, drafting, editing and publishing their writing, to enable them to clearly communicate their understanding. They can also reflect on their writing development and apply new strategies to improve their writing.

Good writing doesn’t just ‘happen’. It does take practice, reflection and effort. This is what students are supported to achieve by the end of Stage 5. For some, this will be their exit point of schooling, so the writing skills they develop to this point will be the ones they take with them through life. For others, it is an important stepping stone to the rigor and requirements of the HSC.

**Mathematical Pi Day**

14 March was Pi Day. The mathematical community throughout the world celebrates this day. This was the second year, we have celebrated the day at Narromine High with a competition.

Interested students recite from memory as many places possible of pi. Sophie Walker’s record of 55 places was not broken this year.

Molly Lovemore was this year’s winner with 30 places closely followed by Megan Willoughby and Kim Grinsell.
**Chess Team Travels to Dubbo**
Bradley Evans, Tyler Williams, Harry Moore, Nathan Healey and Tim Little-Hales travelled to Dubbo last Thursday to represent the school in the New South Wales Schools Country Chess Championship. The team played their first ever competition match against very strong opposition from St John’s College, who were runners up last year. St Johns were too strong for Narromine. The most pleasing aspect was that after the competition games, the boys took time to talk to their more seasoned opponents and play some extra games. By doing this, they picked up some extra skills and had the chance to talk a lot about tactics.

The boys were a credit to the school and can look forward to hosting a championship match here at Narromine in second term. Chess Club runs on Tuesdays at lunchtime in the MC classroom. New players are always welcome.

Vaughan Ellen
Chess Co-ordinator

**Happenings in the MC Class**
The students from the MC class took the opportunity to celebrate St Patrick’s Day and everything green last Monday 18 March. Thanks to Mrs Fountain and Ms Jones with a special baking lesson before and some green cupcakes. Isaiah, Emily and Luke were great in the kitchen, so the sweet treats were fabulous. Mrs O’Callaghan, Mrs Bennett, Mrs Reynolds, Mrs Quigg, Ms Seve, and Mrs Bulley were all invited for a very green lunch (including Granny Smith apples, kiwifruit, and green grapes) and its was wonderful to sit down for some relaxing conversation and great laughs. After lunch we got down to some activities with an Irish flavour, including some lovely nail painting by Mrs Fountain, which all the girls loved. The celebration coincided with the students from the MC class completing a number of assessment tasks from their mainstream classes. This was a very pleasing outcome for the MC program, as we are able to ensure the students finished all their work. In Literacy lessons, the students have been studying wartime novel, The Lion the Witch and the Wardrobe by C S Lewis with Ms Jones.

Vaughan Ellen & Jo Fountain
MC Class
CAREERS

Future Moves – Charles Sturt University

Last week students from Years 9-12 took part in workshops with Charles Sturt University. These workshops investigated career options, university courses, time management, budgets and gave students a general overview of what it’s like to live and learn at University.

Skill Fix

Ten year 11 students travelled to Bathurst to attend a Study skills day at Charles Sturt University. Students had the opportunity to determine their different learning styles, develop their research and paragraphing skills, learnt to manage time and stress and picked up some exam and note taking tips. Thank you to Mrs Sinclair for driving some of the students to Bathurst and a big thank you to all those students who attended who displayed our core values of respect, responsibility and care throughout the day. Well done!!

University Roadshow

The University Roadshow was held in Dubbo on 13 March. Year 12 students listened to representatives from Charles Sturt University, University of New England and Southern Cross University. They presented information about the courses they offer, entry programs and campus accommodation. Students made the most of the opportunity to individually speak to these representatives who answered some of their questions about university life. All students found it to be a valuable introduction to university.

UBS Finance Academy 1 – 5 July, 2013

Fifty Year 11 students will be selected from a broadly based cross section of schools in NSW, ACT and Victoria to participate in the UBS Finance Academy. They are looking for the best and brightest Year 11 students from the public school sector and while the focus is on investment banking, there will be opportunities to meet interesting and inspirational people and visit special places in Sydney.

For the students the Academy offers them a chance to explore a previously unknown career opportunity and develop new relationships with their peer group from other schools. An ideal outcome would be that students return to their final year of study with an intellectual and social advantage and an interest in pursuing a career in the world of banking.

The program is residential and participants live at Women’s College, Sydney University. We seek your support in selecting participants for this year’s program.

Any students interested in attending this academy, please see me for more information.

Jan Davison
Careers adviser
**EVERYONE2DAY**

Do you have problems with getting your child to school?

*Here are some suggestions which are based on ‘setting regular routines’*

- Have a set time to be out of bed
- Have a set time to go to bed
- Have uniform and school bag ready the night before
- Make lunches the night before
- Have a set time for starting/ending breakfast. A routine is important.
- Set time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- **Provide lots of positive encouragement**
- Be firm, a birthday is not a holiday
- Time arrival at school to coincide with bell time and leave quickly.

**SPORT**

Narromine High School Cross Country Distances

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<thead>
<tr>
<th>Age</th>
<th>BoysDistance</th>
<th>GirlsDistance</th>
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</thead>
<tbody>
<tr>
<td>12 years</td>
<td>3000 metres</td>
<td>3000 metres</td>
</tr>
<tr>
<td>13 years</td>
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<tr>
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<td>6000 metres</td>
<td>4000 metres</td>
</tr>
<tr>
<td>17 years</td>
<td>6000 metres</td>
<td>4000 metres</td>
</tr>
<tr>
<td>18 + years</td>
<td>8000 metres</td>
<td>6000 metres</td>
</tr>
</tbody>
</table>

Competitors must compete in the age group they turn as of 31 December in the year of competition. Disabled athletes run a distance of 3000 metres.
School Cross Country / Adidas Fun Run
We will be holding an Adidas School Fun-Run as a major fundraising event this year. The event will be held on Thursday 2 May in Rotary Park.

The Adidas School Fun-Run is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

All students have received a sponsorship form to help collect sponsorship on behalf of the school. The funds raised will be used to purchase sporting equipment.

We ask all parents to read the sponsorship form and sign the front page to grant permission for their child to fundraise and participate in this event. Students who raise just $10 or more will receive a reward for effort. In the sponsorship form you will also find many other benefits like the chance to win a family holiday to Disneyland!

Students wanting to train for our event and to receive advice from sporting heroes like Sally Pearson and Jonathan Brown, can do so by logging onto schoolfunrun.com.au/students and clicking on mi adizone.

Finally, we would like to welcome parents and family members to attend the Adidas School Fun-Run event day at the school on Thursday 2 May (1.00 pm) to help cheer on the students.

Thank you, good luck and happy fundraising!

Lance McCabe
PDHPE

Western Region Round Robin Netball
Under 15yrs Girls
On Thursday 14 March, the U15 netball team consisting of Ruby Krueger, Caitlin Bayliss, Brittnay Bayliss, Kaitlin Butcher, Holly Monaghan, Haylea McManus Langman, Abby-lee Quarmby and Zoe Harding played matches against Gilgandra, Peak Hill, Dubbo South Campus, Dubbo Delroy Campus and Nyngan. We won 3 games, lost against South and drew with Nyngan. The day was very hot, but we managed to finish all our games. Due to our ranking and place from the carnival, we qualify to play in Orange, in the Western Region semi-finals. This will take place on 4 April. All the girls played well and encouraged each other, and we all had fun. Thank you to the parents and Miss Althofer who transported us and supported us throughout the carnival, and thank you to Abbey Geyer for scoring our games and Shelley Bayliss for umpiring.

Lily Spackman

Open Girls
On 21 March, Annabelle Powell, Amy Cale, Mollie Anning, Rebecca Sinclair, Amy Daymond, Brittnay Bayliss, Caitlin Bayliss, Kaitlin Butcher, Lily Spackman & Siobhan Gleeson competed at the Western Region Division 1 Netball Round Robin at Dubbo. The girls played 4 games against Boorowa High, Delroy Campus, Gilgandra High & Lake Cargelligo High. They won against Delroy and Boorowa, unfortunately losing to Lake Cargelligo and a narrow loss to Gilgandra. All the girls played exceptionally well, trying their hardest and displaying excellent sportsmanship.

Siobhan Gleeson
## Term 1 - 2013

<table>
<thead>
<tr>
<th>WEEK 9A</th>
<th>MARCH</th>
<th>25 Skills Fix – Yr 11</th>
<th>26</th>
<th>27 Merit Assembly 11.15am</th>
<th>28</th>
<th>29 GOOD FRIDAY</th>
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<tr>
<th>WEEK 10B</th>
<th>APRIL</th>
<th>1 EASTER MONDAY</th>
<th>2 Year 11 Biology/PDHPE Exc to Cronulla</th>
<th>3 Year 11 Biology/PDHPE Exc to Cronulla Autism Awareness Film 6.00 – 8.30</th>
<th>4 Year 11 Biology/PDHPE Exc to Cronulla</th>
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<table>
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<tr>
<th>WEEK 11A</th>
<th>APRIL</th>
<th>8 Yr 12 Exam week CHS Lawn Bowls</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
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## Term 2 – 2013

<table>
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<th>WEEK 1B</th>
<th>APRIL/MAY</th>
<th>29 STAFF DEVELOPMENT DAY</th>
<th>30 STAFF DEVELOPMENT DAY</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
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### SAVE THE DATE

**Sunday 12 May 2013**

- ‘Narromine We Run’ is holding their inaugural run - walk - ride event.

- This year raising awareness, support & much need funds for Motor Neurone Disease (MND).

- 10km Run/Walk or 5km Run/Walk/Ride.

Like us on Facebook for regular updates & more information.

Find us on Facebook

Narromine High School
Respect, Responsibility & Care
Narromine Preschool Shopping Night
Friday 5 April 2013
6:00 p.m. to 9:00 p.m.

Come along for a night of fun and shopping with a range of local stall holders and help raise funds for our preschool.

Drinks and nibbles for just $5 a person with lots of great raffles throughout the night.

Only $20 per stall. Interested stall holders please contact Louise Woods on 0428 898349 or Becc Cullen on 0406 594344.

Narromine Junior Jets has begun training for the 2013 season. The weekly training schedule is as follows:

Under 7s, U8s, U9s, U10s and U11s - Thursday - 4.00pm - 5.00pm

Under 12s and U13s - Thursday - 4.30pm - 5.30pm

Under 14s and U15s - Tues & Thursday - 5.00pm - 6.00pm

Please contact Brett Smith on 0447 219 618 if you have any further queries.

Narromine Little Athletics Club 20012/2013 Presentation Night

Thursday, 4 April 5.30pm at Payten Park

Presentation to all athletes and winners of perpetual trophies.
Free sausage sizzle and normal canteen available.
Please bring along a chair. Wet weather venue is the Golf Club.

Narromine High School
Respect, Responsibility & Care
As the Easter long weekend approaches, thousands of families are set to hit the roads for holiday trips. A concern for everyone across the country is always that of road safety over the long weekend. There are more people using our roads at this time meaning there is a higher risk for accident, injury and even death. Motorists are urged to be extra cautious especially at night and when passing through residential areas, due to the unpredictable actions of pedestrians. Here are some useful driving and passenger tips you can take in to make sure your journey is a safe one.

**As a driver:**
- Plan your trip before you leave and when you want to get there. Sleep well before travelling and avoid driving at night time.
- Always wear your seatbelt and ensure everyone in your car is as well.
- Take a 15 minute break outside your car every two hours.
- Check your medication. Does it warn you not to drive? Then don’t!
- Eat well balanced meals at regular times. You need the energy for brain activity and concentration.
- Keep the inside of your car cool. Use air-conditioning or wind down windows.
- Do not use your mobile phone while driving. Turn off your mobile phone or keep it on silent.
- Obey the legal blood alcohol limit of zero.
- PLEASE DON’T SPEED!!!

**As a passenger:**
- Know what can happen if you travel with an unsafe driver.
- Assist the driver by helping to identify hazards.
- Keep your mobile phone on silent to avoid distracting the driver.
- Keep the radio at a level so any sudden changes in traffic or emergency vehicles can be heard.
- Wear your seatbelt at all times.
- Do not speak loudly with the driver or other passengers in the car.
- Remind the driver to take a rest every two hours. Have a stretch and some water.
- If you notice the driver is getting tired, ask them to pull over. Your safety is at risk too!
- Help put money towards petrol.
- If you don’t feel safe, SAY SO!!!