TWO GOLD MEDALS ONE SILVER MEDAL AT NSW ALL SCHOOLS ATHLETICS CARNIVAL

Aiden and Kaitlin Butcher (pictured) travelled to Olympic Park last week to compete in the NSW all schools athletic carnival. This carnival sees the best athletes from state, catholic and independent high schools compete against each other. This is the best of the best in NSW so competition is extremely tough.

Aiden won both the 13 years boys discus and javelin, throwing massive PB’s in both events. In the discus he won by nearly 3 meters throwing 45.90m. In javelin, Aiden threw 5 meters better than his nearest rival in a distance of 40.42m.

Kaitlin won a silver medal in the girls 16 years javelin with a throw of 38.90 and finished a credible 8th in the discus. These are amazing results for two very dedicated hard working and talented athletes.

Aiden has qualified for All Schools National Championships to be held in Adelaide early December. Unfortunately in Kaitlin’s age group only 1st place qualified for this carnival.

Both have qualified for the Junior National Australian Athletic Championship in February in Sydney.

Congratulations Aiden and Kaitlin. Narromine High is extremely proud of you and we wish you all the best for the National Championship.

Sue Wallace
PRINCIPAL’S REPORT
Term 4 has started well, with students settled and working. The main school focus at the start of this term is “producing quality work”, in particular the completion of assessment tasks in this busy period of the year. The after school homework centre is operating again Wednesday afternoons and Crystal Donnelly will be undertaking a tutoring role with students who require additional help completing their tasks. As of this week, the library will also be open all lunch and recess.

Uniform - As you are no doubt aware, Narromine High School has an everyday uniform (blue and gold polo shirt, blue shorts/pants) and an optional formal uniform (blue trousers/skirt and button up shirt). Last term, the P&C conducted a survey of community, students and staff seeking direction about the formal uniform. There were over 100 responses. Approximately 70% of people believed there should be a separate junior and senior formal uniform. People were asked which colour shirt they prefer for the formal uniform - white or blue. The results are as follows:

<table>
<thead>
<tr>
<th>Student Group</th>
<th>Percentage that prefer white shirts</th>
<th>Percentage that prefer blue shirts</th>
<th>Unsure/no opinion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Boys</td>
<td>35%</td>
<td>46%</td>
<td>19%</td>
</tr>
<tr>
<td>Junior Girls</td>
<td>35%</td>
<td>50%</td>
<td>85%</td>
</tr>
<tr>
<td>Senior Boys</td>
<td>58%</td>
<td>29%</td>
<td>12%</td>
</tr>
<tr>
<td>Senior Girls</td>
<td>46%</td>
<td>45%</td>
<td>9%</td>
</tr>
</tbody>
</table>

The P&C are of the opinion that, above all, there needs to be consistency with regard to the uniform. The P&C has recommended that from 2015 the senior **formal uniform** for boys and girls should consist of a white shirt (and blue pants or skirt) and the junior formal uniform for girls and boys should consist of a pale blue shirt (and blue pants or skirt). Please be clear, this only affects the formal uniform, and has come about due to a desire for consistency in the formal uniform. The **everyday uniform will remain the same in 2015 as 2014**.

Facebook - The Narromine High School Facebook page went live at the end of last term. At this stage the page has 189 likes. **Could you please complete and return the attached permission note which authorises the use of students’ image and or voice in website and Facebook publications.**

**Top performances:**
- Kaitlin Butcher – silver medal in javelin at the NSW All-schools athletics.
- Aiden Butcher - gold medals in discus and javelin at NSW All-schools athletics.
- Blane Corcoran, Mark Coleman, Henry Edwards and Zarrin Galea who were the best players in the Coast to Country Rugby Tournament in Forster last term.

Please give me a call or drop by to discuss anything concerning your child and Narromine High School.

Mick Sloan
Relieving Principal

STANBRIDGE’S SCAVENGER SCRAMBLE
Miss Stanbridge’s Year 8 mathematics class finished Term 3 with a scavenger hunt around Narromine High. Students had to work out algebraic equations to get the next grid co-ordinates on a map, before locating their next clue. Students also had to take photos of a range of things including a ratio of 2:1, as many calculators as they could find and zombies invading the school. A special thank you to Mr Clarke, Mrs Wilkin, Miss Goodhand, Mrs Birkett and Mr Hoyle for handing out clues.
STUDENT POETRY...
Last term Year 9 studied a variety of Australian poetry. They were asked to write their own poem about a ‘special place’. Here are two samples. Look for more in future newsletters.

OUT THERE
Out there --
Clouds of thirst
Go drifting back for more rain
Quiet sunlight descends on Narromine
Out there --
Beyond the river Macquarie
Green-grey-brown gets
More muddy moving down stream.
Out there --
Rusty wind moves quickly past the
Town of Narromine
Making everything blow on the road.
Out there --
The wetland is a
Shiny blue shadow of trees on the water
Out there –
Is my home

By Tracey Piddington

MY LIFE: MY HOME
Before letting their eyes believe
The green hills surrounding our
Small neighbourhood as if
Looking over us protecting us
Like sentinels on duty
Comparable to a dream this land is my
happiness
Eleven years of knowing
The farm filled with fun memories
Only waiting for more to be made
The cracking of the house waking
As I walk upon the veranda
Welcomed by the black tailless cat
Old dogs with souls of nine week old puppies
The longer the stay the harder the goodbye
My head filled with other versions of home
But I only want people to see
What I define land to be...

By Jennifer Bunt

Narromine High School P&C will be running a white elephant stall at the Narromine Public School Fete on Saturday 25 October. Items for the stall can be dropped off to the office from now until the fete.

Wear Western Wednesday 29 October
Support Wear Western Wednesday and Narromine High could feature proudly on the side of the Western trailer as it circumnavigates the largest sporting area in the state. Narromine High and Narromine Public will both be combining week 4 (29 October) for a group photo of all students dressed in red and green. Be part of the fun and dress in the colours of this year’s winning NRL team - oops ... I mean Western Sport!
Lance McCabe

GILGANDRA GALA DAY 2014
Narromine High School will be hosting the Narromine /Gilgandra Years 7 - 10 gala day on Friday 31 October. The day is about participation and fun. A range of sports will be played including touch football, rugby, netball, basketball, table tennis, tennis, and golf. Parents are invited to spectate or offer their assistance.
WHERE ARE THEY NOW?

MURRAY NEWHAM

I graduated from Narromine High in 2002 commencing my Bachelor of Human Movement/Business Studies at Charles Sturt University Bathurst in 2003. After this I moved overseas and lived in London for two years where I worked and travelled throughout Europe.

I started my career in Melbourne when I moved back to Australia. I was fortunate to gain employment with the National Rugby League in a brand new role titled Club and Competition Officer for the Victorian Rugby League. This was based with the Melbourne Storm and was an incredible experience in which I gained a lot of valuable knowledge into the management of a sporting club and a sporting competition.

I am still currently employed by the NRL however I was promoted to Operations Manager of the Western Australian Rugby League based in Perth. I manage the competitions based in Perth and throughout WA, and oversee all the representative programs. Rugby League has grown significantly over the past few years and we are also hopeful of getting an NRL team in Perth so it is an exciting time to be involved.

Career highlight - Working based with the Melbourne Storm in 2012 when they won the NRL Grand Final.

Highlights from NHS - Definitely having the opportunity to be able to spend time every day with your friends. Such a great school and I’m lucky to have been a student there.

CAREERS NEWS

RSA course
The responsible Service of Alcohol course will be run at Narromine High School on 3 December for Year 11 and 12 students. The course costs $150.00 and is a mandatory qualification for many jobs in the hospitality industry. Notes are outside Mrs Davison’s office.

Year 10 work experience
All Year 10 students are required to complete the Work Experience program in Week 9 (December 1 - 5) of Term 4.

Information will be given to all Year 10 students this week outlining how the work experience program is organised.

In summary, the program aims to:

• build a greater awareness of employment possibilities /realities
• enhance the development of social/careers skills
• provide students the skills to negotiate the process of obtaining employment
• assist with the development of work readiness skills
• many Narromine High School students have gained fulltime or part time jobs through work experience.

All Year 10 students should be discussing work experience options with parents.

TAFE Courses
TAFE Western is offering our school the opportunity for Year 9 and 10 students (who turn 15 by 17 November 2014) to participate in a variety of one day training sessions in Week 7 and 8 of this term. These courses will be run at school, free of charge and include:

• White card
This an amazing opportunity to gain skills for further training at school or TAFE and future employment. I encourage all students to participate. Please see Mrs Davison for more details.

**Army tour in Townsville**

Last week – the Australian Defence Force provided me the opportunity to visit the Army base in Townsville. This was an amazing experience and gave me a greater insight into the recruitment process and the diverse opportunities available in the Australian Defence Force.

The first day involved a tour of the Army base which was almost the size of Narromine. We spoke to representatives from Infantry, Artillery, Trades, Transport, Intelligence and Communications. All the soldiers highlighted the flexibility, opportunities, job security, adventure, friendships, sports and travel opportunities that are available in the Defence Force. The next day we spent at the RAAF base which houses the Aviation unit of the Army. We had the opportunity to speak to soldier/officers in various roles including load masters, avionic technicians, pilots, air dispatchers and aeronautical engineers. We were able to jump in the cockpit of a MRH and sit in a Chinook helicopter. We also witnessed the latest avionic technologies including helmets worth a mere $200,000 each!!!!!

If you are interested in a career in the Defence Force – refer to the following website for information [http://www.defencejobs.gov.au](http://www.defencejobs.gov.au) or make an appointment to see Mrs Davison. The Defence Force Recruiting team will be visiting Narromine High on Wednesday 22 October.

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**PBL FOCUS: PRODUCING QUALITY WORK**

Hello and welcome to Term 4 from the PBL team. The focus for the beginning of this term is producing quality work. This is especially important for our new Year 12’s as your efforts now will set the tone for your final senior year of school. For the rest of Narromine High’s students, giving your full attention to producing quality work will help to end the year on a good note and hopefully improve your skills in preparation for next year. We wish you all the best with your studies in the final months of 2014.

**OCTOBER STUDY SKILLS TIP**

**A holistic approach to boost wellbeing as exams approach**

The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including exams is to “fuel up”. It goes without saying that if students are exhausted, tired, stressed, depressed etc. it is very difficult if not impossible to deal with the pressure of exams. “Fuelling Up” is about boosting wellbeing factors in students’ life. Students need to boost the wellbeing factors in their BODY, MIND and EMOTIONS.

Trying to “feel good” or be “positive” when the body is exhausted and depleted is impossible! This is something we all know yet many of us find it difficult to change.

**TIPS FOR STUDENTS FOR WELLBEING**

Here are some things you can do to boost the energy in your BODY:

- **See a doctor** - Visit your doctor and get a check up. It’s important that any medical issues are ruled out because you may try some of the following tips without noticing any benefit while all along there may have been a medical issue that needed attention.
- **Get better sleep** - Feeling good all starts with getting the right amount and type of sleep. Start with a good night time routine. Stop anything that stimulates you such as caffeine, TV, computer, iPad or
phone screens etc. Try a warm drink such as chamomile tea and use essential oils such as lavender oil. Having a soothing bath or shower can also help along with gentle stretching of tight or tense muscles. If you still feel you are not getting a “good” sleep, be sure to see your doctor.

- **Eat in Moderation** - Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities.

- **Exercise Regularly** - Regular exercise, at least three times per week for a minimum of 30 minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress buildup and relax your body and mind to either start or end your day right.

Here are some things you can do to **THINK more positively**:

- **Change your thinking and perceptions** - Write down your top five fears and worries. What’s the worst thing that can happen? Then ask yourself, “IS THAT TRUE”? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it. It is what it is for now!

- **Change your focus** - Have you noticed that what we worry about we make bigger and keep closer to us by the way we think and focus. Try this…make your fears and worries SMALL in size (5 cm in height) DARK in brightness and as far away as possible in DISTANCE. When we change the size, brightness and distance of the things that upset us in our minds it reduces the intensity of the emotion.

Here are some things you can do to **FEEL more positive**:

- **Acts of kindness** - Make a list of five acts of kindness you can do every day. Make them simple acts of kindness that are easy to do such as saying thank you etc. Do these five acts of kindness every day for six weeks. The research shows that people that do this and think of three good things in their life (below) have a dramatic positive boost in their mood.

- **Three good things exercise** - Every day at the start and end of your day think of three good things that happened. Write them down. Then think about either WHY those good things happened or how it MADE YOU FEEL when those good things happened.

**EMPLOYMENT OPPORTUNITIES**

**Dear Career Advisors,**

Defence Force Recruiting is currently recruiting for Driver Specialists in the Army.

A Driver Specialised (DVR SPEC) is a soldier who operates and manages Army vehicles in combat support and combat service support roles, by day and by night, on all forms of roads (including off road or rough roads), carrying a variety of loads including cargo, personnel and dangerous goods (DG). A DVR SPEC can operate a range of vehicles from 4WD to Heavy Rigid Class on all forms of roads and off-road as required. Additionally, a DVR SPEC can tow a single trailer (other than a semi-trailer) up to 20 tonnes.

This job has an Initial Minimum Period of Service (IMPS) of one year.

**General Requirements**
- Applicants must be aged between 17 and 54 years of age inclusive on day of entry.
- Only Australian citizens are permitted to serve in the ADF.
- Completion of Australian Year 10 education (or equivalent) with pass in English and Mathematics.

**Why the Army?**
- The Army is one of Australia’s largest organisations, with a modern, exciting and versatile team. Learn about our rich history and traditions, the hardware, where we work and what we do.
- The Army is more than just a dynamic place to work. You’ll also love our unique culture of adventure, sports and friendships.
- A career in the Army means you’ll earn a competitive salary, from the moment you begin your training.
- Army people love to stay fit and it’s a little wonder: You’re paid to stay in shape and encouraged to take part in all types of sports.

To find out more:
- Go to www.army.gov.au
- Call 13 39 01