PRINCIPAL’S REPORT

Visiting Sydney
This week, our legal studies students are on an excursion to Sydney with Mr Kiernan. They are engaging in a range of activities, including a meeting with a judge to learn more about the legal profession. A visit to parliament for question time is another highlight of their itinerary.

Year 12 Trial Higher School Certificate
Our Year 12 students are busy completing their last examinations prior to the Higher School Certificate. Feedback from teachers on their responses will provide valuable guidance on enhancing their performance.

Motivational Speaker
Last week students enjoyed a highly motivating multimedia presentation aimed at challenging and inspiring teenagers to believe in themselves and to achieve their potential.

Staff News
This week several staff members are attending a professional learning workshop in Orange. A key focus is leadership for now and the future. The course is a part of the Department of Education’s quest to ensure future leaders are well prepared for leadership at faculty/stage and whole school level.

Thank you to Mr Thakur for representing the school at a science teacher’s workshop in Dunedoo and to Mrs Reynolds for giving up her Saturday to attend a workshop for English teachers.

Positive Behaviour for Learning (PBL)
Students were commended at our recent PBL assembly on the significant reduction of entries on the school discipline system for disrespectful language. Our focus for the next three weeks remains on respectful language and showing respect and responsibility at the canteen.

School Captains 2016
Ms Althofer is overseeing the process of election of captains and vice captains for next year. Students have been provided with clear guidelines about the position. The new captains traditionally lead the Year 12 final assembly.

Thank You
Thank you to all parents who ensure students come to school daily in uniform. The care and respect students who are constantly in uniform show for the school is appreciated.

Please Contact Us
Please don’t hesitate to contact the school about any matter of importance to you. Our policy is that we will respond within 24 hours.

WHAT’S COMING UP?

AUGUST
17&18
• Yr 10 subject selection information afternoon

19
• RoSA Info Session for Yr 8 & 9 parents and Yr 9 electives

21
• Yr 10 Geography Excursion – Dubbo

24
• PBL assembly

25
• District SRC meeting

27
• Yr 12 Farewell Social

SEPTEMBER
2
• Snake Tails reptile show

P&C MEETING
TUESDAY
1 September 2015
AT 7.00 PM
ENQUIRIES –
PHIL SIMMONS
6889 8393
Our Next Publication Date
The next newsletter will be published on Wednesday 2 September. In the meantime, keep up to date with news and events via our Facebook page.
Angela O’Callaghan
Principal

JEANS FOR GENES DAY
On the initiative of Emily Abbott, Narromine High School raised funds to help researchers better understand the causes of debilitating childhood illnesses. Plenty of denim was worn and there was the odd sighting of double-denim. Denim of the Day award has to go to Kaylee-Jane Nelson for her TRIPLE denim effort! It is a great achievement and testament to the active citizenship of NHS students and staff that we were able to raise $700.00 in one day! A big thank you to all who contributed to the smooth running of the day: Emily Abbott, Abbey Geyer, Emily Sharwood, Amelia Corcoran, Sam Willoughby, Troy Harding, Cameron Simmons, Mark Coleman, Holly Monaghan and Caitlin Semmler. Thanks also to Di Sinclair for her help in organising the food and students with the BBQ.
Mr Kiernan

UNDER 15’S GIRLS BASKETBALL
Congratulations to the Under 15 girls’ basketball team (pictured) on their selection to play at the next CHS level in Orange. The girls played three games, winning two. Their first game against Gilgandra was a tight game throughout, but they were able to keep those few points ahead for a well deserved win. Well done to Caitlin Bayliss and Hunter Delboux for helping the less experienced players throughout the day with their expertise. The second game was against a very strong established Dubbo College South Campus, where the score did not reflect the effort by the girls. Finally, in the game against Mudgee, our girls proved to be too strong and had a convincing win. A big thank you to the new girls who joined our team. They participated with diligence and commendable sportsmanship: Lakeisha Hull, Abby Benger, Jordayna Smith and Taylah Donnelly. Well done to Danielle Harris and Kaylee-Jane Nelson who have shown great improvement since starting in Year 7. A huge thank you you must also go to Mr Hoyle who organised the day and to Ms Shelly Bayliss who helped throughout the day.
Peggy Jones

UNDER 15 BOYS BASKETBALL
The Under 15 boys team (pictured) took to the court in Dubbo against Mudgee, Dubbo College South Campus and Gilgandra High School. The boys were defeated by Gilgandra and Dubbo South but won a very low scoring defensive game against Mudgee, 9 to 6. Most valuable player for the boys was Carlos Nykolyn, who regardless of his stature, played aggressive defence and drove to the basket.
FROM THE DEPUTY’S DESK

Attendance
Missing school means your child misses out on vital information and maintaining learning routines. This can result in a loss of confidence and missing out on forming vital friendships. Attendance is recorded each day. As a parent or caregiver you are responsible for ensuring your child attends school every day, including sports days unless your child:

- has an unavoidable medical or dental appointment (preferably these should be made after school or during holidays)
- is required to attend a recognised religious holiday
- is required to attend an exceptional or urgent family circumstance (such as attending a funeral)
- is sick, or has an infectious illness.

If you are having difficulty getting your child to attend school regularly, you might like to talk to the school principal or the school counsellor.

If your child has to be absent from school for any reason, including arriving late or leaving early, make sure you send in a note, use the app or call the school to explain your child’s absence within seven days. Every day at school counts.

IS YOUR CHILD AT SCHOOL TODAY?

Record of School Achievement (RoSA) Information Session
In recent years, the School Certificate has been replaced with the Record of School Achievement or RoSA. We are holding an information session to assist parents to understand the eligibility criteria for the awarding of this credential. Parents and students in Years 8 and 9 are most welcome to join us in the learning centre, known as the POD and located in the administration building, at 5.30pm on Wednesday 19 August.

Information will be provided on electives for 2016 and the subject selection process. If you are unable to attend this evening please feel free to contact me at the school to discuss options for your child.

Lisa Bennett
Deputy Principal

FEES REMINDER
This is just a friendly reminder to all parents and carers of students in Food Technology and Hospitality to please pay outstanding fees for these subjects. These payments, which can be paid in installments of $5.00 a week, cover the cost of consumables such as ingredients.

It would be appreciated if Year 12 students could pay all outstanding fees by the end of term.

Simone Googe
Class teacher

LIKE NARRMINE HIGH SCHOOL ON FACEBOOK AND STAY UP TO DATE WITH WHAT’S HAPPENING!
YEAR 5 & 6 SPORT DAY
Last week 150 Year 5 & 6 students from Narromine Christian School, Narromine Public School and Saint Augustine’s Parish School came to Narromine High to play a range of sports. The students were mixed into ten groups and moved around the school. Our Year 7, 10 and 11 students delivered the sport sessions including netball, touch football, indoor soccer, table tennis, badminton, handball, t-ball and Newcomb ball. The day was about having fun and making new friends, with a touch of competition. All of the primary students enjoyed the day, and our students did a great job of running the sessions.

PBL UPDATE
Mid-term greetings from the PBL team. Narromine High School held yet another successful PBL assembly last week. Congratulations to our award recipients! The winners for our latest PBL draw were Clayton Laneyrie (Yr7), Cye Beer (Yr10) and Jacob Seymour (Yr10). Well done to these lucky individuals. Their success should continue to provide incentive for other Narromine High students to enter the draw by earning their RRC tickets through displays of Respect, Responsibility and Care.
Respectful Language remains the PBL focus for the next three weeks. In addition, we are also focusing on canteen etiquette. This means students are to ensure they queue in the appropriate waiting lines whilst also heeding the instructions of the teacher on duty.
Tim Walker – PBL Coordinator

WHAT IS HAPPENING IN SCIENCE THIS WEEK?
Students are busily working on their Student Research Project at home and are being supported with this task during science lessons at school. A reminder to parents and students that this assignment is due Thursday 13 August 2015. The task is worth 60% of students semester mark. All students are encouraged to work hard to submit a final product by this date.

DON’T FORGET ABOUT SNAKE TAILS!!!
Snake Tails, a hands on reptile program run by Bob Whitey, is coming to Narromine High School on Wednesday 2 September. Snake Tails Bob is a herpetologist and has 25 years experience in breeding and displaying reptiles. He has been keeping reptiles for over 50 years. This is an opportunity for students to interact with turtles, lizards and non-poisonous snakes while receiving positive messages on reptiles. Students also get the opportunity for visual recognition only (no touching) of the four deadly snakes we find in NSW (in tamper proof boxes). As an experienced herpetologist, Bob also busts several myths that exist about reptiles specifically snakes. Students are reminded to get their notes and money ($7.00 per person) into the office to be sure not to miss this opportunity.
Science Department
CAREERS

Year 10 Barista Course
Last Friday twelve Year 10 students learnt the art of
coffee making. TAFE delivered the program and
all students gained a Certificate in Expresso Coffee
Operations and Safe Food Handling. The students
were quick to grasp the skills involved with coffee making and had a fun
day. All students need to be commended on their attitude and behaviour.
The Work Studies students will be putting their skills into practice each
Thursday when they open a school coffee shop. Staff are VERY excited!!!

Local Government Week
As part of Local Government Week the
Year 10 Work Studies class was invited
to attend Council Chambers and learn
about the role of council in our local
community. Belinda Hollingworth gave
some great tips on job applications and
resumes. Former Narramine High
students Jordan Richardson and Aimee
Hilder spoke about their employment
with council. Students gained a greater
understanding of the different levels of
government. Thank you to Suzanne
Tink and the Council representatives for
providing this opportunity.

Year 10
- There will be a Year 10 subject selection information afternoon on Monday 17 and
  Tuesday 18 August, 2015. This will be held in the Language Centre from 3.30 –
  5.30 pm. The purpose of the afternoon is to discuss the elective choices for Stage 6
  2015, outline the requirements for the HSC and to answer any questions you may
  have. All Year 10 students and their parents/caregivers are invited to attend this
  meeting, as we prepare for 2016. If you are unable to attend or need more information
  please contact Jan Davison to discuss or organise an alternative time.

- School Based Traineeship- If any Year 10 students are interested in a School Based
  Traineeship in the finance industry- please see Mrs Davison

- IPROWD- T/VET
  The Australian Government, the NSW Police Force, TAFE NSW and Charles Sturt
  University are working in partnership to offer IPROWD training programs across NSW
  which will assist Aboriginal people to gain entry into the NSW Police Force. This course is
  now delivered as a T/VET course which is being offered to Year 11 students in 2016. If you
  would like more information – please contact Jan Davison

- Work Experience- All Year 10 students should be deciding on their work experience
  placement which will be occurring in weeks 7 and 8 Term 4. This is an extremely
  worthwhile experience and I encourage all Year 10 students to participate. If any
  student is interested in completing work experience with the Navy - please see
  Mrs Davison ASAP.
Year 12
Year 12 students who have expressed an interest in applying to university should be reading the UAC guide. Some key dates:

- 3 August - University of Wollongong Early Entry Opens
- 5 August - UAC applications open ($32 processing charge) as well as the Student Recommendation Scheme (early entry)
- 28 August - University of Wollongong early entry closes
- 30 September - Student Recommendation Scheme closes/ UAC on time applications close

Most Universities have Open Days in August. Please see Mrs Davison if you are interested in attending.

A MATTER OF EXTREME IMPORTANCE
Aerosol cans are not to be 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
Students and Sleep
How much sleep do I need?
- Different people need a different amount of sleep in order to function optimally during the day.
  Whilst most adults need about 8 hours sleep a night, teenagers need more like 9 hours and 15 minutes sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.
- Getting a good sleep is important for your mind and body. Sleep lets your body rest and repair, it helps maintain a healthy immune system and sleep is needed so your body has the energy it needs during the day for activity and concentration. Sleeping well helps you to stay mentally healthy too.
- Signs that perhaps you aren’t getting enough sleep or enough good quality sleep include irregular sleep patterns, feeling tired and drowsy during the day, falling asleep at school or in the afternoon, trouble falling asleep or staying asleep, loud snoring, sleepwalking or night terrors and difficulties with concentration and memory.

Top Tips for getting to sleep / sleep routine / falling asleep
- Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it’s time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
- Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
- Avoid technology in the hour before bed, including TV, computers and phones.
- Exercise during the day so that your body is ready for rest at night.
- Don’t eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.
- Limit your caffeine during the day and don’t drink any caffeine in the afternoon or evening.
- Don’t have too much liquid in the evening … and if you are drinking, consider a herbal tea like chamomile.
- Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
- Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.

**Staying Asleep**
- Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.
- Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent “white noise” can be helpful. Earplugs may also work for some people.
- A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides the right amount of support for your neck.
- Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help.
- Make sure you go to the toilet just before you get into bed.

**Good quality sleep**
- Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.
- Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours in your room.
- Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door. This may mean putting your bed on an angle.

**Feeling refreshed after sleep**
- First thing in the morning, drink a glass of water to help you wake up and rehydrate.
- Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.
- Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.

**Where to go for help or more information**
- If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason.
Encouragement

Encouragement is key to building confidence and a strong sense of self and helps parents to promote cooperation and reduce conflict. Many successful people remember the encouragement of apparent, teacher, or other adult. Consistent encouragement helps youth feel good about themselves and gives them confidence to

- Try new activities
- Tackle difficult tasks
- Develop new friendships
- Explore their creativity
- Display things they have made and recognitions they receive from school or the community

Encouragement promotes a strong sense of self because it sends three main messages to your child:

You can do it! Youth believe they can do things if parents
- Help them break a problem down into smaller parts
- Remind them of their strengths and past successes
- Encourage them by sharing how they have dealt with challenges

You have good ideas! Youth believe they are important if parents
- Ask them to share their opinions and feelings
- Listen to what they have to say
- Ask them for input concerning family plans and events
- Ask them for ideas to solve family problems

You are important! Youth know they are important if parents
- Remember what they have told you
- Make time for them each day
- Attend school and extracurricular activities
- Let them know that you are thinking about them when you can’t be with them
- Remind your child of past failures

Practices that are Discouraging

- Being sarcastic or negative about a child’s ability to be successful
- Comparing a child to brothers and sisters
- Taking over when a child’s progress is slow
- Reminding your child of past failures

Examples of Encouraging Words

- “I know that wasn’t easy.”
- “You did such an awesome job!”
- “Keep on trying.”
- “You are very good at that.”
- “You are learning a lot.”
- “I like the way you did that.”
- “I can tell you’ve been practicing.”
- “It’s great to see you working so hard!”
- “I’m so proud of you.”