PRINCIPAL’S REPORT

Gonski Funds Supporting Our School
This week, schools across NSW are acknowledging the great things Gonski funding is providing for students. In 2015, we have employed two extra teachers and support staff to assist students in the classroom. Funds have also been used to purchase resources.

Higher School Certificate
Well done to Mrs Reynolds who is spending this week marking HSC English papers. Results of the HSC will be provided to students in the last week of term.

Student Safety Enhanced
Many thanks to Tony Witts for his work in securing the purchase of a second hand bus (pictured) to replace our current one that is approximately twenty years old. The new one has come with seatbelts. We are planning to install air conditioning in the coming weeks. The old bus will be advertised for sale in the Narromine News.

Community Links
Community members (pictured) have been enjoying a cooking program entitled Marang Dhali Eating Well. The focus is on preparation of healthy meals at minimal cost.
Exam Timetables Years 7 - 10
Students have received their examination timetables. Please encourage your child to spend time revising and studying in preparation for exams.

Technology Update
We are awaiting the arrival of ten computers which will be installed in the library. Their acquisition will represent a significant improvement in the technology resources available to students.

Junior AECG
Several members of the junior AECG attended a camp last week, accompanied by Mr Kiernan. While there, they engaged in a range of academic activities, including a visit to Parkes Radio Telescope. Many thanks to Mr Kiernan and the local AECG for providing this opportunity for our students.

Gilgandra Gala Day
A large number of students will be participating in the Gilgandra gala day on Friday. These days are always enjoyable and were introduced at the request of P&C as an opportunity to enjoy friendly competition with a local school.

Thank You
It was a pleasure to welcome a large number of parents to our Year 6 information evening. Our highly successful transition program, led by Mr Hoyle, is continuing this term.

School Shirts on Sale
Lowes in Dubbo has reduced the price of polo shirts to $25. Once they have sold their supplies of polo shirts Lowes will no longer stock them. Macquarie clothing will become the local supplier.

Publication Date
Our next newsletter will be published in the week commencing 23 November. Our Facebook page and school app will be kept up to date with current school news.

Top Achievers
- Aiden Butcher: Gold medal in discus with a throw of 52.16 m and Bronze medal in javelin at the NSW All Schools Track and Field Championships. Aiden is pictured with Melinda Gainsford Taylor who presented his medals
- Taylor Donnelly who sang at the Opera House recently as part of the Moorambilla Outback choir. The Prime Minister, Mr Malcolm Turnbull was in attendance
- Tasma O’Brien who is travelling to New Zealand next week to participate in the IKA karate competition
- Samantha Tighe, Frances Sinclair, Myah Proberts and Cordehlya Hefren who provided the musical entertainment at interval during the primary school concert
- Dalton Turner, Ryan Stanley, Troy Harding, Washington Itoya, Jarrod Hennessey, Cye Beer, Jacob Seymour and Jake Barnes for their contribution to the school grounds beautification project.

Angela O’Callaghan
Principal

SCHOOL SPORT
At the end of last term, about twenty students were taken to Flipout Dubbo. These students consistently displayed the schools core values of Respect Responsibility and Care during Wednesday sport. The trampolines provided more than enough fun and challenge, as the students bounced and flipped continuously until they couldn’t bounce any more.
Term 4 sports include badminton, table tennis, basketball, tennis, indoor soccer, volleyball, lawn bowls and handball. Archery has also been offered to those students who consistently display positive behavior. Swimming will be offered weeks 6 - 11. As it heats up this term, it is very important students bring along a hat (broad rimmed or bucket hat recommended) and a water bottle.

TEACHER-BUDDY PROGRAM FOR SENIOR STUDENTS AT NARROMINE HIGH SCHOOL
This year we are introducing a Teacher/Student Buddy Program for students in Years 11 and 12. It is designed to help senior students achieve their best. Their buddy will meet with them frequently, discuss upcoming assessment tasks and provide any support required to help students experience success.
The primary aim of the program is to minimise N-award letters and to have students complete any outstanding assessment tasks, within a given time frame. This will help reduce student anxiety experienced when mandatory N-award letters are received.
Through the program, students are provided with opportunities to build positive relationships with their peers and staff.
Every student in Year 11 and 12 is required to participate in the program by nominating a staff member as their buddy. It is anticipated the buddy will be a point of contact between home and school.
I look forward to providing you with updates about the program in future newsletters.
Parkash Thakur
Senior Mentor

PARENTS ARE REQUESTED TO PLEASE NOTIFY THE SCHOOL WHEN THEY CHANGE ADDRESS AND/OR PHONE CONTACT NUMBERS
THANK YOU

ESSA NEWS
From this year onwards the ESSA test will be called VALID which stands for Validation of Assessment4 Learning & Individual Development.
This examination is compulsory and is on the same pattern as that of ESSA.
The examination will be completed using computers and will require 80 minutes to complete all sections. It consists of 80 multiple choice questions and three extended response questions.
The structure and delivery of this test will be similar to ESSAonline 2014. Students will require earphones on the day to listen to the online stimulus resources.
VALID Science10
On 2016, we will be introducing VALID Science10 to Year 10 students. Both tests will be completed in Term 4 every year.
The results of these tests will be sent to
the students in February, the following year. These tests are designed by High Performance & Accountability Directorate, Sydney.

**Past Results**

Students at Narromine High have shown a consistent growth for their ESSA/VALID results. They have achieved some of the best outcomes in the state. The following graph is a testimony to their achievements.

Parkash Thakur  
School Test Administrator (VALID)
FIELD WORK FUN!
The Year 7 HSIE classes have had a lot of fun completing field work at Rotary Park. This involved using a compass to find objects and completing vegetation and animal surveys with Miss Stanbridge. Students were amazed at the number of ants on the ground (and thankful they were not in their pants). Students recorded written results and sketched their findings.

ULTIMATE FRISBEE GALA
Eighteen students from Narromine High competed in the Ultimate Frisbee Gala day in Dubbo recently. We started off with some skills and drills, which saw students practise their passing and receiving on the run, defending, long throws, forehands and passing under pressure. Once they were warmed up, the mixed teams of seven took to the field. NHS won against Macquarie Anglican Grammar, fought hard but lost against the very skilled Temora side, beat Dubbo South and played a ‘friendly’ with the MAGS junior team. Men of the matches were Jacob Seymour, most defensive was Owen Kennedy, and most improved was Jarrod Hennessey.

YEAR 7 DUBBO ZOO EXCURSION
Last term, Year 7 completed ecosystems and classification as a part of their Term 3 program. They learned about habitats, food chains, food webs, classification keys, animal kingdoms and the interactions among various organisms. As a part of this program students visited Dubbo Zoo for a day excursion. They spent time with wild life and learnt about the lives of most of the animals. Students attended a session at the zoo’s educational centre where they had the opportunity to touch and pat a few animals and learn about their life styles and behaviour. The trainer at the educational centre was very pleased by the responses the students gave him. After the lesson, a work sheet was given to every student which they completed while going around the zoo. Weather was on our side and we all had a fantastic day!
Mr Thakur
Excursion organiser
NSW TEACHERS FEDERATION SUPPORTING OUR SCHOOL
Narromine High School has been successful in receiving a $400 grant from NSW Teachers Federation. This will be used to purchase native plants for the new raised garden beds built by eight Year 10 boys earlier this term, under the direction of Mark Wright Landscaping. Pictured are Mrs Sallie McGaw and Mrs Jan Davison from the “NHS Green Team” presenting the cheque to Mrs Angela O’Callaghan.

TAFE COURSES
TAFE Western Tourism & Hospitality Section are running two short courses at the end of this term called the SOA in Hospitality Essentials. Course dates are as follows:-

**Course 1 - Week beginning 23rd November**
- Monday – coffee/hygiene
- Wednesday - RSA
- Thursday - RCG
- Friday - non-alcoholic drinks/hygiene

**Course 2 - Week beginning 30th November**
- Monday – coffee/hygiene
- Wednesday - RSA
- Thursday - RCG
- Friday – non-alcoholic/hygiene

Please contact Jan Davison for more information ASAP.

JAKE AND JACOB’S TRIP TO PAPUA NEW GUINEA
Year 10 students Jake Barnes and Jacob Seymour (pictured) received the opportunity of a lifetime when they were selected for the NSW Country Rugby League Young Achievers Tour of Papua New Guinea. The seventeen man team was made up of U16 players from across Country NSW. The boys played the PNG U16 National side as a curtain raiser for the Australian PM’s XIII vs PNG in Port Moresby on September 26 and won 14 - 12. They trained with the PM’s XIII side and meet some of the big names of the NRL. The boys also walked the Kokoda Trail with their team mates and the PNG team, an experience they described as extremely physically demanding. Congratulations boys on representing your country and your successful tour!
RED CROSS BLOOD BANK

Narromine High School is part of the Dubbo Schools Red25 challenge. This promotes and encourages members of an organisation to donate and save lives as a group. If you nominate NHS as your chosen organisation - your donation will count towards our tally. Currently NHS is coming a close third behind two very large Dubbo schools. Well done to all donors and keep up the great work! Follow the link below to join Narromine High’s Club25 challenge.


STUDY SKILLS - DEALING WITH EXAM PRESSURE

Top ten things you need to do/remember about dealing with exam pressure:

1. Know your material
2. Practise, practise, practise
3. Fuel your body and your mind
4. Manage the physical signs of stress
5. Have a good breakfast and get to school on time
6. Visualise success
7. Involve your parents in your schoolwork
8. Talk to your parents about realistic goals
10. Ask for help

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
Communication

Good communication between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behaviour, and stay aware of what is happening in their children’s lives.

Before you begin...

- Be sure it’s a good time to talk and you can focus 100% on communicating with your child
- Have a plan
- Gather your thoughts before you approach your child
- Be calm and patient
- Limit distractions

Key communication skills include:

**Questioning** — The kind of information you receive depends a lot on how you ask the question.

- **Show interest/concern.** Don’t blame/accuse. For example, instead of “how do you get yourself into these situations?” say “That sounds like a difficult situation. Were you confused?”
- **Encourage problem-solving/thinking.** For example: Instead of “What did you think was going to happen when you don’t think?” say “So, what do you think would have been a better way to handle that?”

**Listening and observing** — Youth feel more comfortable bringing issues and situations to their parents when they know they will be listened to and not accused.

Reducing Emotion

Sometimes talking with children brings up strong feelings that interfere with clear thinking. Following the CALM steps can help a parent keep the conversation moving in the right direction.

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<th>C</th>
<th>Control your thoughts and your actions</th>
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<tr>
<td>A</td>
<td>Assess and decide if you are too upset to continue.</td>
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<tr>
<td>L</td>
<td>Leave the situation if you are feeling too upset.</td>
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<td>M</td>
<td>Make a plan to deal with the situation within 24 hours</td>
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**Extra Tips**

- Be present and tuned in.
- Show understanding.
- Listen with respect.
- Be interested.
- Avoid negative emotions.
- Give encouragement.