PRINCIPAL’S REPORT

Captains
Congratulations to William Coleman and Lily Spackman who are the 2016 school captains, and to Brad Simmons and Maddilen Brennan who have been appointed vice captains. We are fortunate to have students of their calibre to hold our student leadership positions.
I would like to thank our 2015 captains Sam Willoughby and Kaitlin Butcher and vice-captain Kristen Poulsen for their contribution to the school during the year.

Farewelling Year 12
As the term is drawing to a close, we are preparing to farewell Year 12. Their final assembly will be held in the multi-purpose centre at 11.30am on Thursday 17 September, followed by their formal to be held at 6pm at the U.S.M.C. Our best wishes are extended to Year 12 as they prepare for the Higher School Certificate.

Higher School Certificate Marking
Congratulations to our Year 12 students on their major projects for Industrial Technology Timber. Sam Willoughby’s pool table reflects a high level of skill and is a product of which he can be proud. Jesse Griffiths has made a very attractive table that will seat eight. Cody Neve’s bed and table will enhance the bedroom of any small child. If you enjoy water sports, you may be fortunate to enjoy a ride in Adam Housden’s canoe. Thank you to their teacher Mr Phil Rufus who has given up many hours on weekends and in the school holidays to support the students. External markers recently visited the school to mark the finished products.
Best wishes to Year 12 music students, Cody Neve, Jayden Potter and Kaitlin Butcher. Their practical work will be marked on Tuesday 8 September. We have been most appreciative of the many contributions made by these students to our assemblies and other school activities during the year. Thank you to Mr Prentice for his dedication and commitment.

Community Service
Well done to our food technology students who are supporting the cake judging at Narromine Show. It is also heartening to have senior students assisting the P&C with the collection of entry fees at the show gates. These students are demonstrating our core values of responsibility and care.

2016 Subject Selection
We are in the process of finalising subject lines for Year 11 2016 in response to student choices. Please don’t hesitate to contact us if you have any questions about a course your son or daughter may be considering.
Extra Curricula Activities
Our students have engaged in a range of activities since our last newsletter. These include cattle parading at local shows, viewing the play “Hamlet”, enjoying two days of activities including kayaking as part of the Crossroads course, a geography excursion to Dubbo, a district student representative meeting, a visiting reptiles show, basketball in Orange and a very successful school social. Later this week students will be involved in a chess competition in Dubbo.

A Reminder
Best wishes for the school holidays. Term 4 commences for students and staff on Tuesday 6 October.
Angela O’Callaghan
Principal

DELFITFUL DESIGNS
Miss Stanbridge’s Year 7 design class have had a lot of fun planning and making masks, logos and advertisements. They finished the term with fun and inventive challenges including building towers out of marshmallows, making a paper city and finding the best way to catapult cotton wool.

SCIENCE REPORT
Year 8 has been busy this term working on ‘The Body Systems and Human Resources’ topic. Students have enjoyed creating a life-sized poster of their digestive systems, witnessing a nervous Miss Goodhand perform a demonstration dissection of a pig’s pluck (consisting of lungs, oesophagus, heart and liver) and participating in practical dissections of their own. They have dissected lamb hearts and ox kidneys in an effort to have a firsthand experience of the structures and functions of the organs in the human body.
A big thank you to our local community butchers; Narromine Butchery (Richard Duff) who has supplied the school with dissection samples for many years and Shorts Butchery who donated the ox kidneys this term for students to dissect. These hands-on experiences would not be possible for our students without the help of these two great local businesses.
Science Dept.

CAREERS
Important dates:
4 September – Auscott Scholarship applications close (Year 12)
8 September - T/VET Information session (Year 10). Melissa Baxter (Dubbo T/Vet Co-ordinator will speak to Year 10 about the courses on offer at TAFE in 2016)
1 September - Defence Force Information Sessions - Year 9/10 (1-1.30pm), Year 11/12(2.10-2.40)
18 September - T/VET enrolments close (Year 10)
30 September – Student Recommendation Scheme closes/ UAC on time applications close
FOOD NEWS
Year 10 Food Technology practical assessment tasks were due this week with the students given freedom to design a new food product that they believe is currently missing from the marketplace. Some of the fantastic creations included; red velvet centred chocolate, macaroni cheese with vegetables, chilli wedges, pizza sandwich and sweet pizza.

Year 11 have been improving their hospitality skills each fortnight in practical lessons. They took on risotto this week and all did an exceptional job. Pictured are delicious lemon cake with passionfruit syrup and a chicken, bacon and mushroom risotto. Students have also have prepared sticky date pudding with butterscotch sauce.

LEADERSHIP CAMP
A leadership camp will be held in term 4 week 10 (three days) at Lake Burrendong Sport and Recreation facility. It will be a great time with lots of engaging activities that are sure to build leadership and teamwork qualities in our students. Our students will join twelve other schools from the Lachlan District, so it will be a great opportunity to get to socialise and network. Not only are SRC students encouraged to attend, but any student who has aspirations to be part of the SRC for 2016 and beyond. Unfortunately, it coincides with the Great Aussie Bush Camp, so Year 7 students won’t be able to attend. Notes will be handed-out to students in the next week.
Mr Kiernan

YEAR 8 BLACKOUT POETRY
Year 8 have recently completed their study of the representations of Refugees in their unit ‘Displaced Voices’. Congratulations to Year 8 for the way they have engaged in the unit and the quality of their presentations and research. As a concluding activity students were involved in creating Blackout poems on the issue.
MC CLASS
The MC Class from Narromine Public School recently came on a visit to the high school. We have done this on a few occasions this year and it is beautiful when a group of students ranging from Year 2 up to Year 10 are enjoying some time together.
On this occasion, we all wandered down to the Field Centre to visit the animals, especially the day old lambs. There was also great excitement with a visit to Esmeralda our resident sow and the washing of Dinmore, the calf to make sure he was clean for his visit to the Parkes Show.
In the past, the two classes have met at the town library and shared in a class party in the MC classroom at Narromine Public School. It is always a very enjoyable time and the students from both classes look forward to these events.
Mr Vaughan Ellen
Ms Peggy Jones
Mrs Jo-anne Fountain

YEAR 8 ENGLISH - MS ALTHOFER
Year 8 English have just completed a unit called ‘Displaced Voices’. The unit focused on refugees and had strong links with values education. Students engaged with stories based on real life experiences faced by some displaced people.
The class had three options for their assessment tasks and it wonderful to see that the majority of the class selected to perform the speech. The students should be congratulated on performing wonderful speeches, being well prepared with palm cards and engaging with the audience. During the evaluation students indicated that it “changed the way I see refugees”, “how lucky we’re in Australia”, “what awful things some people had to go through”, “learnt that it was important to help” and “how one person can affect others”. The class should be very proud of the way they matured and were able to accept others’ opinions during the course of this unit.

HAMLET EXCURSION
Eight students travelled to Dubbo on the 19 August to watch Hamlet by the Bell’s Shakespeare group. It was a wonderful experience for all students. Bell’s Shakespeare is a company based in Sydney and we were very fortunate to be able to access such a high quality performance.

NETBALL
Susan Pratley- Dubbo Netball Clinic –
Monday 21 September
11-14 year olds.
Time: 10:30-12:30
Cost: $40 (includes coaching and a goodies bag)
Bring: water bottle, and comfortable clothes.
For registrations, please go to
www.spnetball.com/clinics
Registrations close 16 September. Places are limited
Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn’t make the assignment go away, or the deadline change, it just gives you less time to get the work done. To manage this, try the following:

1. **Become aware of the excuses you use** - make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like “is this the best use of my time at the moment?” and “am I doing this as a way of avoiding what I really should be doing?”.

2. **Reduce or eliminate distractions** - creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It’s easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the Home Study Environment unit and Dealing with Distractions unit.

3. **Make a prioritised list** - before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the Time Management Skills unit on techniques for prioritising.

4. **Break down projects into chunks** - if you have a big task that you have to do, or something that you really don’t want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it’s easier to commence.

5. **Just start** - stop focusing on getting it done perfectly, or even well, just make a start, even if it’s just for a few minutes. Starting the task makes you realise it’s not as daunting as you originally thought and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.

6. **Reward yourself** - set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you’ve done the work and to give you the reward! Learn more about this in the Goal Setting unit.

7. **“Twofer Concept”** - when you are working on a difficult or boring task, break it up by having a more interesting or easy task that you work on in the same study block. You get 2 lots of homework done, but when you are losing focus on the difficult one you can switch to the easier one for a bit of a break.

8. **Create routines** - establishing a routine can help you avoid procrastination as you get into the rhythm of working for a set time each day at a set time of the day. Making this routine known to your family and friends also helps keep you accountable and stops them interrupting you during your work time.

9. **Find a study buddy** - perhaps starting that difficult work will be easier if you have someone to work with. This could be a school friend or a sibling. You could share resources and help each other to get started with similar work.

10. **Schedule in breaks** - breaks give you time to think and process information that you have been working on and give you an opportunity to do the things you really enjoy. Plan them as much as you plan your work. You can learn more about how to optimise your performance as a student in the Overcoming Procrastination unit at www.studyskillshandbook.com.au by logging in with these details:
    Username: narrominehs
    Password: 161success

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LIKE NARROMINE HIGH SCHOOL ON FACEBOOK
AND STAY UP TO DATE WITH WHAT'S HAPPENING!
YEAR 12 CROSSROADS
Thursday and Friday (20 and 21 August) saw fourteen Year 12 students participate in a Crossroads course run by Mr McCabe and Mr Hoyle on the Macquarie river at “Seven Mile” reserve. Students met at school and participated in theory lessons concerning such topics as sexual health, mental health, driver safety, safe partying, alcohol abuse and domestic violence. All students were encouraged to participate in discussions, activities and problem solving tasks. A few students demonstrated excellent leadership qualities, co-ordinating their groups and directing them through some challenging activities. The two days finished with a paddle up river, which again meant working as a group, swapping craft and partners, to ensure everyone arrived together. A few rescues were needed, a few paddlers were submerged, but in the end everyone had a great time and showed each other the respect and care which has typified this year group.

NARROMINE NETBALL CLUB
TRIVIA NIGHT
WHERE: NARROMINE BOWLING CLUB
WHEN: TUESDAY 15 SEPTEMBER
TIME: 7PM
COST: $10 PER PERSON
SUPPER PROVIDED FOR A GOLD COIN DONATION
CONTACT: NARROMINE BOWLING CLUB – 6889 1164
TO BOOK TABLE
FOUR OR MORE PER TEAM
OR COME ALONG AND JOIN A TEAM
FUNDRAISER FOR PREZLEA BROUGGY

WHEN – SATURDAY 19 SEPTEMBER 2015
TIME – 6.00 P.M.
WHERE – MITCHELL INN GEURIE

MUSIC, RAFFLES AND KARAOKE
$10.00 MENU AVAILABLE WITH $2.00 FROM EVERY MEAL
GOING TO PREZLEA’S FUNDRAISER
CONTACT KARIN ON 0400 815 961 FOR FURTHER INFORMATION

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
Knowing Your Child’s Friends

Childhood is a period of major growth and change. Youth tend to be uncertain about themselves and how they “fit in” and at times they can feel overwhelmed by a need to please and impress their friends. These feelings can leave children open to peer pressure. Knowing your child’s friends and peers helps parents improve communication, reduce conflict, and teach responsibility.

You can help your child and increase your influence by

Knowing your child’s friends in the neighbourhood and at school:
- Communicate with friends and their parents whenever possible
- Go to school – observe behaviour and who you child spends time with
- Observe behaviours, speech, and attitude and acknowledge and encourage positive behaviour

Staying involved in your child’s activities:
- Help your child understand his/her feelings
- Discuss your child’s new ideas
- Be responsible for sex and drug information
- Share you values and beliefs; it gives your child a base to work from

Talking to your child when a concern comes up, such as
- Spending time with friends you don’t know
- Changes in speech and attitude
- Changes in schoolwork
- Lying and sneaking around

Peer Influence

Youth do not always make wise choices in picking friends. Help them see what qualities they should value in friends – such as honesty, school, involvement, respect.
To decrease negative peer influence, spend time together and try these ideas:
- Play board/outdoor games
- Read with your child or tell family stories
- Encourage your child’s interests (drawing, scientific curiosity, music, cooking...)
- Include your child in social/cultural events in the community
- Include your child’s friends in family activities

Extra Tips
- Keep lines of communication open
- Be patient and observe; don’t react – it may pass

NIDA NATIONAL INSTITUTE ON DRUG ABUSE
TERM 3 SOCIAL
CLASSY OR BOGANS