WHAT’S COMING UP?

FEBRUARY

18
• Meet the Teacher BBQ 4.30 – 6.00 pm ALL WELCOME

24
• School Photographs

27
• My Day (CSU) – Wagga Wagga campus

THE GREAT AUSSIE BUSH CAMP

P&C AGM
TUESDAY 3 MARCH
AT 7.00 PM
IN THE COMMON ROOM
ENQUIRIES – PHIL SIMMONS
6889 8393
PRINCIPAL’S REPORT
I appreciate the warm welcome I received on returning to my position as Principal. I would like to acknowledge the work and achievements of students and staff in 2014.
Our strategic directions for 2015-2017 are

- develop supportive partnerships.
- creating successful learners
- building staff capacity.

Positive Behaviour for Learning: PBL will remain a major focus for 2015. On Monday, student leaders conducted an assembly in the multi-purpose centre. The main purpose was to remind students of the positive behaviours we are focusing on for the first few weeks. They are:

- being in the right place
- having the right equipment
- punctuality

Staff Changes for 2015: Mrs Robyn Finemore has commenced as our new School Administration Manager, replacing Mrs Colleen Barlow who officially retired on 7 February. Mr Cal Reid, former Head Teacher TAS at Dubbo College South Campus, is relieving for Mr Clarke, who is on leave for several weeks. Mr Joshua Woodland and Ms Lainie Verinder have joined the maths department. Mr Darren Scholes, a highly experienced chemistry teacher, is filling a temporary position in the science faculty. Ms Simone Googe is filling Mrs Wallace’s long service leave position for the year. Mrs Geyer has joined our staff in a temporary capacity for 2015. She will be spending several periods in our learning centre (POD). Mrs Judy Piddington is teaching classes in the English department as Mrs Reynolds is on long service leave for the term. Student numbers will be submitted to the department next week. We will then be advised of our final staffing allocation for the year.

Year 7 students have made a positive start to the year. They were welcomed to high school with a lunch time barbeque last Wednesday, organised by members of the student representative council.

Congratulations to Jonathan Simmons on being awarded the Auscott scholarship for the Macquarie Valley. Annabelle Powell is also to be congratulated on being awarded the Bruce and Robyn Loder Education scholarship. Bruce Loder, who passed away in 2012, was Chairman of Auscott. Both scholarships are awarded after a rigorous application and interview process. Valued up to $11,500 per year they will be a great help to students at university.

Several students from last year have gained entry into university courses. Charles Stuart University at Wagga Wagga is a popular choice for the class of 2014.

Mr Kiernan has kindly agreed to lead SRC this year. A new constitution was developed in 2014 which has seen some significant changes. The main goal for this year is for students to become more involved in decision making. We are hoping to join with neighbouring schools for some development days.

Contacting the School
Please don’t hesitate to contact the school about any matter of importance to you. No matter is too small to bring to our attention. If your child is in Year 7, 8 or 9 you should ask to meet with junior mentors, Mrs Davison or Mr Hoyle. If your child is in Years 10 or 11, Ms Althofer or Mrs McCutcheon is your first port of call. Mr Thakur is the teacher responsible for Year 12.

Top Performances
Kyle Flakelar - HSC student in 2013, has gained entry into medicine at the University of NSW
Aiden Butcher - 1st place at NSW Junior & Youth Athletics Championships in 15 years boys’ javelin and discus
Kaitlin Butcher - 3rd place at NSW Junior and Youth Athletics Championship under 18 javelin
Mollie Anning - school captain 2014, was named Young Citizen of the Year at the Narromine Australia Day Awards.

Tasma O’Brien - Year 10, received the Junior Sports Award at the Narromine Australia Day Awards in recognition of her many successes in karate in 2014.

Caitlin Bayliss - Year 10 was a member of the All State Dingoes netball team which competed at the Indigenous National Championships. Caitlin will also play in the trans-Tasman titles in July.

Year 7 who have made a very positive start to high school and are displaying our core values of respect, responsibility and care.

Mr Ellen who gave up his time in January to take our chess team to Orange

Angela O’Callaghan
Principal

OUR VISION STATEMENT
Please find below our vision statement which was developed by the whole school community and finalised in 2012 –

At Narromine High School, we provide a stimulating and safe learning environment with innovative and responsive teaching across the curriculum. We aim to maximize individual potential and ensure all students are empowered to meet the challenges of education, work and life in a rapidly changing global environment.

STUDENT SAFETY
To ensure student safety parents and caregivers are advised that primary school children are required to be collected from their own school at the end of the school day.

FEES AND LEVIES
Your ongoing support of our school by paying the curriculum levy enabled us to purchase text books and equipment last year for your children. We understand that some families find it hard to pay the $90.00 levy. Should that be the case, a smaller donation will always be appreciated. The $15.00 sports levy is used to help pay the council fee for use of the sporting complex. Mandatory subject fees have been kept as low as possible for 2015.

We are happy to accept payments by instalments. Payments can be made by cash, cheque, credit card or Eftpos at the office between 8.30 am and 3.20 pm on school days or by direct deposit at your convenience. Direct deposit details are as follows:

Narromine High School Administration Account – BSB – 032-001 Account No 139 959

ARRIVAL TIME FOR STUDENTS
Playground supervision commences at 8.30 am. Students are asked not to arrive before that time. Once students alight from a bus, they are considered to be at school. Hence, they must enter the school gate immediately.

ELECTRONIC DEVICES
Students who bring electronic devices to school must leave them at the office before period one and collect them at the end of the day. Failure to comply with this request will result in placement on Step 2.

ZERO TOLERANCE TO BULLYING
Our school does not tolerate bullying in any form. Please contact the school should you believe your child is the victim of bullying.

AN IMPORTANT SAFETY MESSAGE
Bus students only leave through the gate at the bus bay. Other students are required to leave through the front gate.
THE GREAT AUSSIE BUSH CAMP
At the end of Term 4 2014, half of the Year 7 cohort ventured to the Great Aussie Bush Camp at Tea Gardens. After a long bus trip, the students hopped off and were straight into the mud! The lost island challenge saw students dragging themselves inside drains, crawling through mud, sliding across balance beams, and negotiating a variety of wet muddy obstacles.

The next morning’s activity was the teams challenge high ropes course. The course demanded teamwork, cooperation and balance as students worked their way around an elevated series of challenges including the grapevine, the catwalk and cable walk. Most groups improved their cooperation each time they went around the course. Effective communication and cooperation was pivotal to the success of the kayakers! In pairs, the students hopped into double kayaks and paddled down the local river, some more successfully than others. Friendships and patience were tested! After chasing water dragons, playing kayak polo and dodging misled boats, the paddlers headed back to shore with tired arms and shoulders.

After lunch, we walked along beautiful Jimmy’s Beach. The students then relaxed, swam, snorkelled and made sand sculptures. A delicious beach barbeque followed.

That night, the students had fun in the games hall. This included arcade, jumping castle, basketball, cafe, wheel of fortune and sumo wrestling! The next day, the most anticipated activity became a reality, the giant swing. The whole group hoisted the helpless victims up to the top of the cable. The ‘swinger’ then had to self-release the cable to commence the sudden drop to swing in a massive gut-dropping arc back and forth. Despite being scared at first, almost the entire group went to the top! The archery course tested the finer skills of the students as they all competed for the ‘bulls eye’. If the Year 7 group had to survive from their arching skills, we all would have gone hungry. It was fun none the less.

The next activity was a breeze, literally. The dual flying fox was an opportunity to hang out over the ledge and glide over the lake and island. The indoor rock climbing looked easier than it was. The students worked together as climbers, were belayed by their buddies and given directions from the ground. Tired arms, tight legs and sore fingers helped most students reach the top.

The final day was a test of the students’ initiative and teamwork as they faced obstacles that required planning, cooperation and determination if they were to succeed. After several attempts, they overcame every challenge! The group then enjoyed the brand new
high ropes course, which again challenged their balance, strength and coordination as they negotiated obstacles whilst five metres off the ground. However, the most challenging (and rewarding) individual activity was yet to come, the leap of faith. Viewing the tall isolated wooden post from the bottom looked daunting, even before climbing it. Some students courageously climbed the post, stood up and jumped from the post, desperately reaching for the hanging trapeze. Well done to those who attempted the leap of faith! All of the students are to be commended on how well they represented Narromine High School.

Mr Hoyle
Junior Mentor

GREAT AUSSIE BUSH CAMP FOR YEAR 7 STUDENTS OF 2015
An information letter regarding the Great Aussie Bush Camp has been distributed to all Year 7 students. Deposits of $50 must be submitted to the office before Friday 6 March. Further information regarding exact costs, timing, program, logistics and other relevant information will be distributed after 6 March. All Year 7 students who demonstrate Narromine High School’s core values of Respect, Responsibility and Care are invited to attend the camp in Term 4, Week 10, Tuesday 8 December 2015 - Friday 11 December 2015.

WELCOME YEAR 7 STUDENTS
Narromine High wishes to extend a warm welcome to a great group of Year 7 students to the school. Our Year 7 students have settled into their new classes and the school yard comfortably. It’s not always smooth sailing though, as the first term of high school can be a challenging time of transition from primary school to high school. Our regular Year meetings are an opportunity for students to raise any issues, concerns and questions with their Junior Mentors. The 2015 parent information package also contains useful information that should assist caregivers in organising and supporting their child. If you have any further queries regarding your child’s transition, please call the Junior Mentors, Mr Josiah Hoyle or Mrs Jan Davison at the school (6889 1499). The Department’s internet site http://www.schoolatoz.nsw.edu.au also contains a wealth of information to support new students and their parents.

MEET THE TEACHER BBQ
Wednesday 18 February 2015 from 4.30 to 6.00 pm
All parent/caregivers are welcome to come and have a casual meeting with staff
Please contact the office (6889 1499) if you are attending to help with catering
Children are welcome to attend
YEAR 7 PE
At the start of this term Year 7 are developing their cricket skills. To learn the important skill of using ‘soft hands’, students donned a plastic bag and started to throw some eggs to see who had the best catching skills. An eggtastic time was had by all students. We look forward to the great cricket matches to come this term.
Mr Crammond

CAREER NEWS
Auscott Scholarship
Congratulations to Jonathan Simmons and Annabelle Powel – the recipients of the 2014 Auscott Scholarship and the Bruce and Robyn Loder Scholarship respectively. In 2014 students in the Macquarie valley were offered two scholarships from Auscott and credit must be given to the 2014 HSC class as both scholarships were awarded to students from Narromine. At the official ceremony, Auscott representatives spoke highly of all our candidates and commented on the passion that Annabelle and Jonathan displayed in their chosen courses.
The Auscott Scholarship is offered each year to students from Trangie, Warren and Narromine High School and is valued at $11,500 per annum. The application process commences in August. They are looking for students who display motivation, academic performance, community involvement and maturity. I encourage current Year 12 students to become involved in activities both in and out of school – eg. member of a Youth group, sport, volunteer work, coaching etc.

Red Cross Youth Ambassador
One in three Australians will need donated blood in their lives, yet only one in thirty donates. By becoming a Youth Ambassador for Narromine High School gives you an opportunity to make a real difference by promoting blood donations in the school. As a Youth Ambassador, you’ll learn leadership, planning, communication, organisation, project management, marketing and it also helps meet volunteer and community service requirements for university/scholarship applications.
Narromine High is looking for two students from Year 11 or 12 to become the 2015 Red Cross Youth Ambassador. There is a one day training workshop held in Dubbo. If interested – please see Mrs Davison ASAP.

University of Western Sydney Indigenous Student visit - First aid to Medicine
Indigenous Year 11 and 12 students who are interested in continuing their studies in health science/nursing or medicine, are invited to a four day live-in camp (meals and accommodation included) to give them a greater insight into these courses and university life in general. For more information refer to ppcp@uws.edu.au or 1800 222 423. Applications close 13 March, 2015

Up and coming career events –

**February 27**
My Day (CSU) - *Exercise Sports Science* at Bathurst campus
Biomedical sciences/radiology and nursing at Wagga campus
Teaching, Social work, nursing at Dubbo campus - applications close 20 February

**March 20**
My Day (CSU) - Arts, Psychology and Social work at Wagga campus

P&C / CANTEEN NEWS
• The P&C and canteen wish to advise parents and students that lunch orders will need to be in before the end of recess to guarantee the availability of food. There will still be a small selection of...
hot food available at lunch for students without an order however it will be limited and greatly reduced from what is currently on offer. This is to help reduce waste and keep food costs down. This will be phased in over the next month and come into full effect on Monday 16 March.

• The Narromine High School P&C AGM will be held on Tuesday 3 March in the staff common room at 7.00 pm. All positions will be declared vacant. All interested parents, carers and community members are encouraged to attend and will be warmly welcomed.

TERM 1 SCHOOL SPORT
Congratulations to our new House Captains for 2015 -
Nurrewin - Jayden Potter and Lily Spackman
Wyamba - Jacob Seymour and Emily Abbott
Doongara - Bradley Simmons and Kaitlin Butcher
Girralang - Isaac Thompson and Tayme Lever

We wish all the best to each house as they battle it out throughout the year.

Carnival dates 2015:
□ Athletics Carnival: Payten Oval, Week 8 Term 1, Wednesday 18 March.
□ Cross Country Running: Rotary Park, Week 5 Term 2, Wednesday 20 May.

Thank you to those parents who have returned the Sport and walking note for their child to the office. Please be reminded that this note must be signed and returned to the office as soon as possible.

Combined High School Sports:
This year, Narromine High School will be competing in the following CHS sports: Australian Rules Football, Basketball, Rugby League, Rugby Union, Soccer, Tennis, Touch Football, Netball, and Table Tennis. Students are encouraged to check the PDHPE notice board for knockout and coaching information.

Trial dates:
The Western School Sports Association will be conducting trials for a range of sports in the coming months. For more information please visit the DET Sports Unit Trial/Championship site: http://www.sports.det.nsw.edu.au/western/trial_chp_info/index.htm

WHERE ARE THEY NOW?     KYALL FLAKELAR

I graduated from NHS in 2013 and commenced studying a Bachelor of Nursing at CSU Wagga Wagga campus in 2014. Working alongside a team of doctors and nurses was incredibly interesting and has inspired me to become a rural doctor to help people in rural and remote communities. 2015 will see me commence my first of six years of Bachelor of Medical Studies/Doctor of Medicine program at University of NSW (UNSW).

Towards the end of 2014, I applied to attend the UNSW pre-programs for the faculty of Medicine held over a period of four weeks. I studied some of the content from first year Medicine including assessment tasks and a final exam covering topics such as biology, anatomy, physiology, pharmacology, microbiology and medical ethics. I found this program to be both challenging and encouraging.
Successful pre-medicine applicants are selected based upon criteria ranging from social interactions with others in the program to academic performance with the assessments and the final examination. At the end of the program I was offered a place to study Medicine at UNSW. I now look forward to completing my studies so I can work in rural communities where there is a great need for health services and practitioners.

I was the recipient of the Puggy Hunter Scholarship in 2014 and this will now transfer with me to UNSW to assist me financially through my medical degree.

My senior years at Narromine High School offered me the opportunity to attend numerous university and careers expos suggesting many options for life after school. Without Narromine High, I wouldn’t be where I am today.

NEW JUNIOR FOOTBALL JERSEYS

The new Junior Football jerseys have arrived and don’t they look awesome!! We look forward to seeing these jerseys on the Boys and Girls in the coming months.

SCIENCE

The science faculty welcomes Mr Darren Scholes (pictured with Year 7 students) to science this term. Mr Scholes specialises in teaching chemistry and physics as well as junior sciences. He has taught in Dubbo and surrounding areas for many years. His wealth of knowledge will be greatly received by the faculty and students.

Science is already in full swing with our first research assessment task on Famous Australian Scientists underway for the Year 7 students. Year 11 biology have a field excursion in week 7 to Warrumbungle National Park where the class will camp the night and investigate the local ecosystem with a series of abiotic and biotic testings.

A reminder for students and parents, that it is compulsory that students wear fully enclosed, all leather shoes when completing practical lessons in science. This is department policy so please ensure your child has the correct shoes.

To give parents an idea of what students will be studying this term, topic names and a brief description are listed below:

**Year 7** – An introduction to science: students are discovering the world of science, the various branches, safety in the lab and how to conduct an experiment.

**Year 8** – Chemical collisions: students are learning about atoms, elements, compounds and mixtures, this week creating compounds with molecular model kits.

**Year 9** – Is it contagious? Year 9 dive into the biological sciences looking at the five senses, the human body and diseases.

**Year 10** – Chemical reactions: students are revisiting the periodic table, looking at the pH scale and chemical reactions in the likes of combustion, decompositions, titrations and more.

**Year 11 biology** – Local ecosystem: students are learning about the details of an ecosystem and...
the focus is on Narromine and surrounding areas. Students are creating food webs and trophic pyramids.

**Year 11 chemistry** – Chemical Earth: As an introduction to the chemistry preliminary studies, students are discovering that chemistry is found just about everywhere on Earth.

**Year 11 physics** – The world communicates: students are learning about how electromagnetic waves are used to communicate in our modern society through mobile telephones, televisions and radio.

**Year 12 biology** – Maintaining a balance: students are learning of the balance that the body must maintain to function at a healthy status. This week students performed a kidney dissection which reaffirmed the importance of the urinary system in maintaining a healthy body.

**CHS U15’S NETBALL**
On Friday 6 February, ten girls participated in rounds two and three of the CHS knockout competition. This was following on from when the girls played Nyngan last year in the first round. The first game was against Cobar and the girls had a strong win 38 - 15. The team then had to back up and play another four quarter game against Dubbo South Campus. The girls were competitive against a team that consisted of mostly representative players. Dubbo South Campus now goes on to play the next round of the CHS U15’s netball. Thank you to Shelley Bayliss who was our umpire for the two games. Also thanks to Brittney Bayliss for stepping in and umpiring for Cobar High School. The girls demonstrated good sportsmanship throughout the two games.

Team List: Dannielle Harris, Taylah Donnelly, Emma Housden, Larissa Kennedy, Melissa Healey, Tamika Knight-Murphy, Frances Sinclair, Brittney Haddon, Hunter Delboux, Caitlin Bayliss

**YEARS 7, 11 AND 12 IMMUNISATIONS**
Each year NSW Ministry of Health (in conjunction with NSW Department of Education & Communities) offers vaccines recommended by the National Health and Medical Research Council for adolescents as part of the school based vaccination program.** In 2015 the following vaccines will be offered -**

**Year 7 male and female:**
- Diptheria/tetanus & whooping cough
- Human Papillomavirus - three doses
- Varicella(Chickenpox)

**Year 11 and 12 male and female**
- MMR - measles, mumps and rubella

A vaccination clinic will take place at Narromine High School on Friday 13 March for Year 7 - HPV1 and dTpa.

*Information packs and Consent forms have been sent out to parents. Please return completed consent forms to the office by Wednesday 4 March.*

Jan Davison *(Vaccination Co-ordinator)*

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**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
HOW PARENTS CAN HELP THEIR SECONDARY SCHOOL STUDENT WITH THEIR LEARNING

Whilst parents are often involved in their teenager’s sporting, musical or dramatic activities, parental support on the sidelines of their adolescent child’s studies can also be beneficial, particularly to academic performance. Research shows that children are more likely to succeed if parents are involved in their learning. Henderson and Mapp (2002) found that ‘the more families support their children’s learning and educational progress, the more their children tend to do well in school and continue their education’.

Strategies for Parents to help their secondary school aged students achieve their potential:

- **WORK ENVIRONMENT**
The obvious logistical support is providing a quiet, open space with few distractions for working at home. Involve your student in creating this space. Workspace tools for effective learning include a desk, ergonomic chair, a noticeboard and good lighting, as well as a shelf or drawers for folders, reference books and non-essential work. Spending time to discuss options, alternatives and reasons for establishing a dedicated work area is valuable.

- **BREAKFAST**
Importantly students need to start the day with a nutritional breakfast, as this will increase energy, attention, concentration and memory, particularly if the breakfast includes grains, fibre, protein and is low in sugar. Parents can facilitate this good start to the day as part of the daily routine. Similarly, nutritious snacks and lunch will enable the student to remain more focused throughout the day.

- **ORGANISATION**
A calendar for each term should be created and displayed near your student’s desk and in prominent thoroughfares in the home, such as the kitchen. The calendar or term planner should include: all co-curricular and social activities, as well as assignment, assessment or test dates. This helps the student see the big picture of commitments and not simply a weekly or daily vision as school diaries or digital devices usually allow. The student, and parent, can clearly see when heavy workload periods occur, and social activities can be tailored to ensure work has a priority. It’s a good idea to sit down with your student every couple of days to discuss the schedule ahead, when the work can be slotted in, and how a parent could help by reducing family commitments, or by setting boundaries with social engagements. Regularly sitting down to discuss workloads and tasks due, reviewing activities and schedules can help students learn to be more productive and organized.

- **FILING SYSTEMS**
Master folders should be set up for each subject at home, so after each topic is completed the notes can be placed in appropriate categories. This also gives students somewhere to file completed tests and assignments. Most students carry their current notes to school each day, but naturally as the term and year progresses it’s impossible (and risky if misplaced) to have all worknotes in one folder. Students may also need help organising the files on their computers and devices (although it is likely that many students know more about this than their parents!).

- **ROUTINES**
Helping your student to establish routines can add an element of calm to each day. Simple routines such as having the school bag packed and uniform ready before going to bed each night, can eliminate unnecessary angst in the morning. A useful addition to the evening schedule is to determine the next afternoon’s program: when homework and daily revision will be done around co-curricular activities, dinner etc. This can give a clear direction when your student comes home each day. Some students find that having regular times set aside for schoolwork each day helps them to develop a routine of working. Other students will need to make a plan each afternoon as their schedule changes each day.

- **TIMETABLE**
Know your student’s timetable, so it’s easy and relevant to ask “What were you doing in Science today?” A specific question can often open a conversation where your student not only shares but,
in doing so, reinforces what was learned which increases memory (and understanding) of the lesson.

- **SUBJECTS**
  Know your student’s subjects, and become aware of the topics covered each year in those subjects. ‘Improved educational outcomes result from a genuine interest and active engagement from parents’ (OECD 2011), so knowing the topics could allow parents to expose students to different dimensions of the subject through film, books, contemporary issues, the Internet, exhibitions, travel etc. Students appreciate, perhaps subconsciously, that the parent is truly interested in their learning and *what* they are learning. Some schools will give students a course outline and the state’s educational body will also have a website where parents should be able to access the syllabus (what will be taught) for each subject.

- **ASSIGNMENTS**
  A helpful strategy is to keep abreast of when assignments are given. Talking to your student about assignment expectations, drawing out their understanding of the topic, criteria and parts of the assignment can instill a deeper appreciation. It’s good to probe and ask more about the assignment topic with questions, as this could give your student other perspectives, and once more, help the student feel the parent has a real interest in learning. When planning the workload for an assignment, parents can help break the work into chunks or parts. This can reduce the sense of the overwhelming enormity of the task and the task can be broken into manageable parts, which are then scheduled to be done into the calendar or diary.

- **TESTS**
  Similarly, parents can help students prepare for tests by quizzing them, asking for concepts to be explained or helping write practice tests. Explain to your student that memory and understanding can increase if the brain is using multiple processes to use information, such as writing, reading, speaking, drawing or singing! When tests are returned, focus on what was achieved and note concepts to revise. If students know parents are not solely focused on the grade, but also on the process, and that tests (and assignments) are tools to learn, intrinsic motivation can develop.

- **CO-CURRICULAR ACTIVITIES**
  There comes a time in secondary school when some co-curricular activities need to be cut for a period of time, as academic demands increase or the student is juggling too much. It’s unlikely students will initiate severing an activity so it’s generally up to parents. Students, like adults, can give more to an activity when there is time, and academic work needs to be one of the main priorities during the school terms. Parents will often be the first to notice when their student is over-loaded (and it varies for each individual), when school work is rushed or dismissed, when their student is tired or out-of-sorts, when they have no “downtime” on weeknights. Everyone needs some downtime, even if it is only for an hour of escapist freedom.

- **TECHNOLOGY**
  Parents need to be the “bad cop” when it comes to limiting computer games, or other digital device activity. It is advisable that devices are not in bedrooms when students go to bed. However, rather than dictating the rule, parents should talk about the need for solid, sufficient sleep for the brain to re-wire neural pathways to consolidate the day’s learning. Lack of sleep can lead to reduced concentration and attention span, delayed response time, and decreased short-term memory. Rules for technology (including TV viewing) should be developed together if possible so there is agreement about the approach.

- **COMMUNICATION WITH THE SCHOOL**
  It’s now fully acknowledged that together, parents and teachers play a dual role in educating students, so it’s vital to maintain open communication with the school. It’s important for parents to keep abreast of school information conveyed to through newsletters, school portals, emails and so on, as it’s not uncommon for a student to miss information at school. This allows parents to flag or discuss with their student what the school is offering, advising or sharing. For
example: a newsletter may alert parents to additional “maths tutorials” offered before school, or “homework help sessions” after school. This reinforces again that the parent is interested in their student’s learning. It is equally important for parents to advise the school of extraneous issues happening at home, as this would give teachers an understanding of atypical behaviour, work ethic, concentration etc. An illness or death in the family (including a family pet), parent absence for more than a fortnight, or challenging issues on the home front, are examples of when parents should contact the school. Moderated assignments, extensions on homework, or relaxed detentions could result, and allow the student to resume their learning journey without additional stress. However secondary school students also need to gain skills and strategies to deal with life’s variables, and to become independent, confident problem solvers. So it’s also important for parents to give students opportunities to manage issues at school themselves. Parents should not approach the school to “fix” every minor problem, such as a student missing a page in an exam which lowered his grade, or a student feeling they had been maligned by a peer. Both these instances are life-lessons to learn from or solve, so parents should encourage students to ask for help or approach teachers themselves when needed.

A REMINDER TO PARENTS TO NOTIFY THE SCHOOL ABOUT YOUR CHILD’S HEALTH

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops. Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last twelve months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

OUR WEBSITE

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 our school site at - www.narromine-h.schools.nsw.edu.au.

Do you have a smartphone? If the answer is YES, did you know you can download the School App? You can find out important dates and information on your phone straight away. The app also allows important messages to be sent to your phone, for example changes to excursion return times.

ATTENTION: all students
Please ensure you bring your Student ID cards to school each day for scanning if you are signing in late
SHOE REQUIREMENTS

To be compliant with the Department of Education Safe Laboratory requirements, students are not permitted to participate in scientific experiments if wearing unsafe footwear. **ALL** students are required to wear leather/vinyl enclosed shoes (without a mesh tongue under the laces) to practical lessons. Mesh sport shoes will not be suitable. Shoes must cover the top of the foot. This will mean that some students may need to bring a change of footwear. Students are encouraged to bring the appropriate footwear to science and store them in the laboratory cupboards in a labelled bag. Students not in correct footwear will be given theoretical work instead to ensure their safety. Science is a mandatory subject in Years 7-10. Approximately 50% of the subject is designated to practical type activities. Having the correct footwear is essential in order to meet science requirements.

![ACCEPTABLE SHOES](image1)

![NOT ACCEPTABLE SHOES](image2)

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**First Aid for Parents**

This is a 2-Day Workshop covering all aspects of First Aid. These are important skills for any parent, especially those with children who have an eye for adventure. Parents who are ready to re-enter the workforce find this a great qualification to add to their resume. Jobs hidden here in the community, rural community events and activities for children these skills are essential to help you keep your precious children safe and cared for.

**Date:** 30th & 31st March 2015  
**Time:** 9.30am to 4.30pm  
**Venue:** Community Centre—Adventist Church  
**Cost:** FREE  
**Bookings:** Bookings are essential

**Divisions:** Unfortunately no childcare can be provided as this is a Red Cross requirement. Contact with the course is highly traumatic for children.
Narromine Netball Club
Registration Dates for players aged 5 and upwards

Wednesday 18 February – 4.00 to 6 pm at Narromine USMC
Saturday 21 February – 10.00 am to 1.00 pm at Narromine USMC

ALL players must attend a registration day to sign papers and have a shirt fitted. New players will need to bring a copy of their birth certificate to registration. Registration will not be accepted without full payment of registration fees.

For Further information please email: narrominenetballclub@hotmail.com

NARROMINE BASKETBALL ASSOCIATION INC
REGISTRATION DAYS
At Narromine Sports and Fitness Centre

Miniball - Children aged between 5 and 12 at primary (Competition day will be on a Wednesday) Starting in the second school term, running for 6 weeks.

Wed, 18th of Feb 2015 6 - 7pm
Miniball cost still to be finalised.

Junior - Teens in High school (Competition day will be a Wednesday)
Wed, 18th of Feb 6 – 7pm

COST
All Players: $70

ADULTS
Come nominate your team or register as an individual:
Men & Women
Wed, 18th of Feb 6 – 7pm
COST
All Players: $90

(All registrations include 12 months rego with NSW Basketball and Sports Injury Insurance)

Adult and teens comp start on the 25 February

All enquiries to Jodie Semmler
Phone: 0411 628 294
Email: semmler99@gmail.com

CLAIM THE DATE
COOLAH CENTRAL SCHOOL HORSE SPORTS
Term 4
Friday 16 October 2015
All enquiries: Coolah Central 6377 1101

How to install our app

On Apple
● On your iPhone open the app store
● Search for our schools name
● Press install
● Enter your iTunes password
● It will commence downloading immediately

On Android
● On Your Smartphone open the Android/Google Play market
● Search for our school name
● Press install
● Your app will start installing instantly

To Open Our App
● Look for our schools app icon on your phone screen
● Press the icon once
● It will open automatically
● When prompted select yes to receive notifications and use your location (this will make sure the google maps and pop-up alerts work for you)

Having Trouble?
● Shut down the app and or your phone to refresh the phones memory
● Uninstall your app and reinstall it
● Contact support@activeschoolapps.com.au for help within 24 hours

Great for Schools ... Even better for Parents
SKI CAMP AT
BURRENDOONG DAM

Year 7 to 17 years
27 February – 1 March 2015
For skiers of all levels, wake boarders, tubers
or just those wanting to ride in a boat

WHERE – Burrendong Dam, Ridgecrest Camping facility
DATE – Friday 27 February to Sunday 1 March
COST – Skiing Camper $150 - Leader $120 (18 years and over)

REGISTRATION CLOSES – Friday 20 February 2015

Information can be obtained through -
ridgecrest.org.au on Facebook (only through home computer)
or contact
Kathy Orr – dubbobap@bigpond.net.au
phone 6884 2320 (Mon-Fri 10 am – 3 pm) or 0422 377 612
Ruth Simmons – ruthsimmons@outlook.com
phone 6889 8393

SCHOOL PHOTOGRAPHES
Photos will be taken Tuesday 24 February 2015
Family photo packages are available
for purchase from the office
A REMINDER FOR ALL STUDENTS
PLEASE DRESS IN FULL SCHOOL UNIFORM
UP TO DATE FAMILY DETAILS

Please ensure the school office has your email address, up to date phone numbers and names of people to phone in case of an emergency when you are unable to be contacted. It is sometimes very hard to contact parents when information is out of date.

NOTIFICATION OF CHANGE OF ADDRESS

Student/s Name: …………………………………………………………………………

Date………………………………………… Year………………

Parent/Carer’s Name: …………………………………………………………………

New Address: ……………………………………………………………………………

………………………………………………………………………………

Previous Address: …………………………………………………………………

………………………………………………………………………………

EMAIL ADDRESS: ………………………………………………………………………

Other changes -

Telephone ……………………………………………………………………………

Emergency contact name/s ……………………………………………………………

Emergency telephone no’s ……………………………………………………………