WHAT’S COMING UP?

MAY

14
• NAPLAN
• Soccer players leave for Broken Hill

15
• Open boys Soccer vs Broken Hill

19
• U/13 & 15 Country Cup (League) @ Dubbo

20
• Cross Country
• 7’s girls rugby @ Dubbo

21
• District SRC

22
• Distance Ed Music Camp – Yr 12 Music
• Chess @ Trundle
• Fundraising BBQ for Prezlea Brouggy

26
• CWA Public Speaking

P&C MEETING
TUESDAY
2 JUNE 2015
AT 7.00 PM
ENQUIRIES – PHIL SIMMONS
6889 8393
PRINCIPAL’S REPORT

Celebrating Our Achievements
Our school has recently received data that reflects well on the achievements of our students when compared to similar schools. Well done to students and staff!

NAPLAN: A Snapshot
Students in Years 7 and 9 this week are busy doing their national literacy and numeracy tests. Parents and caregivers are urged to remember the tests provide a snapshot of a child’s performance on one day. Many other assessment tools are used during the year to help develop a clear understanding of the skills and knowledge of our students.

Appointment of a Head Teacher
Last week, Mr Chris Schubert, currently Head Teacher Maths at Delroy campus of Dubbo College, was successful at interview for the position of Head Teacher Maths/HSIE at our school. It is hoped he will be able to start later in the year. Mr Sean Crammond will continue acting in the role of Head Teacher until then. Many thanks to the members of the merit selection panel: Mrs Fiona Walker (P&C) Mrs Sharron Bulley (AECG) Mrs Michelle Lyons (staff) Mr Phil Rufus (representing Director of Schools.)

Preparation for Semester Examinations
Students in Years 7-10 will soon be doing their semester examinations. It is expected they will be spending time at home revising their work to ensure their best possible performance.

Outstanding Achievement
Yet another of our students has been successful at national level in their chosen sport. Congratulations to Samantha Tighe!

Thank You
Many thanks to everyone who attended our Parent/Teacher evening last week. Staff welcomed an opportunity to chat about student progress and to receive information from parents and caregivers.

Please Contact Us
Please don’t hesitate to contact the school about any matter of importance to you. Nothing is ever too small to bring to our attention.

Angela O’Callaghan
Principal

SAM’S SUCCESS
Congratulations to Samantha Tighe (pictured right) who competed at the Paint Horse Nationals in Tamworth earlier this month. Sam competed in a variety of events ranging from led classes, reigning, showmanship and working horse class. Sam won the overall youth champion.

LIKE NARROMINE HIGH SCHOOL ON FACEBOOK AND STAY UP TO DATE WITH WHAT’S HAPPENING!

Samantha competing with her horse “Blue Gum Mystical Dancer”
MEET OUR NEW STAFF
Our School Administrative Manager (SAM), Robyn Finemore, moved to Narromine after she and her husband purchased a property close to town in December 2014. They previously lived on a sheep and cattle property in Mendooran with their three children. Robyn was previously employed at Mendooran Central School as their SAM.
Robyn grew up at Walgett on a sheep/cattle and farming property. Robyn has worked at Walgett Primary School, Walgett Distance Education Centre and was Administrative Manager at Tooraweenah Public School before gaining the position at Mendooran Central School.
Robyn enjoys working in the school system and being part of a small community.

CAREERS NEWS
Tertiary Day
Year 12 students travelled to Dubbo to attend the Tertiary Day. The first session involved a presentation from UAC (University Admissions Centre). Students learnt valuable information about university applications, early entry, cut off dates, scholarships and how the Australian Tertiary Admission Rank (ATAR) is calculated. They then had the opportunity to speak to representatives from universities, TAFE and various organisations including the Defence Force, Fletchers and mining companies.

Shine Sistas
The Shine Sistas program is continuing this term. The girls program is facilitated by Kristy Knight (Aboriginal Community Liaison Officer) and Anne-Louise Stonestreet (Narromine Community Skills Project Inc). Last week the girls learnt about nutrition and healthy eating options with Jessica Melmoth a dietician from Western NSW Medicare, and baked vegetable muffins.
P.A.R.T.Y - Prevention of Alcohol and Risk-Related Trauma in Youth Program.
On Monday 11 May, thirteen Year 10 students participated in the P.A.R.T.Y program. This trauma prevention program is run by Royal North Shore Trauma Service and was held at Dubbo Base Hospital.
Attending this program enabled our students to see first-hand the consequences of risk taking behaviours in everyday life. Throughout the day students heard from doctors, police, allied health staff and paramedics on the harsh reality of poor choices. Students then spent time in interactive sessions in the Emergency Room, Intensive Care and Rehabilitation Units to further understand how it feels to have a severe disability. The students heard from a 26 year old man who had dived into the shallow end of a pool whilst in Year 12. Jake was left a quadriplegic and told the students how this severe disability has changed his life forever.
I am very proud of the way our Year 10 students conducted themselves throughout the day. Many of them found the experience confronting and an eye-opener. The staff at Dubbo Base Hospital and the facilitator Maura Desmond went out of their way to make our students feel supported and gave them every opportunity to debrief and ask questions. This program was very informative and relevant to young people.

Jan Davison
Careers Adviser

UP AND COMING EVENTS
5&6 June - HSC Seminars
10-18 July - Outdoor recreation course (returning Yr 12’s)
5 August - UAC applications Open

IT’S ALL ABOUT ATTITUDE
When students start secondary school, they are usually very positive and optimistic about school. Then things can start to get harder, a bit more challenging, maybe they get a bad mark and become discouraged, or maybe their friends start to influence their attitude. Some students are able to overcome these challenges, while others let it affect their attitude and application to school.

Take the time to determine reasons to put in effort into your schoolwork.
Think about which of the following reasons might be motivating for you:
- To achieve the best mark you are capable of at school.
- To give you lots of options for what subjects you can choose in the senior years.
- To give you lots of options of what you can choose to do when you leave school.
- To have a personal sense of satisfaction about doing your best.
- To show your gratitude to your parents for giving you an education.
To avoid getting in trouble from your teachers and parents
To avoid getting a detention or other negative consequences from not working.
To avoid disappointing your parents.

So you don’t feel bad about wasting your parent’s time and money giving you an education.

We often talk about ‘carrot’ and ‘stick’ people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or whack it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences.

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

**ADIDAS CROSS COUNTRY FUN RUN**

We will be holding an *Adidas Cross Country Fun-Run* as a fundraising event this year. The event will be held in conjunction with our Inter-house Cross Country Run at Rotary Park on **Wednesday 20 May 2015**.

The *School Fun-Run* is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

All students have received a sponsorship form to help collect sponsorship on behalf of the school. The funds raised will be used to purchase new sporting equipment that the SRC has selected.

We ask all parents to read the sponsorship form and sign the front page to grant permission for their child to fundraise and participate in this event. Students who raise just $10 or more will receive a reward for effort. In the sponsorship form you will also find many other benefits such as the chance to win a family holiday to Disneyland!

You can also help us win an extra $1000 for our school, by participating in the Bupa Family Challenge. We’re encouraging all of our student families to register for the Fun Run Challenge at [www.bupafamilychallenge.com.au](http://www.bupafamilychallenge.com.au). The Fun Run Challenge has been designed to help you and your child work together to prepare for the fun run. You will have access to fantastic training exercises, nutrition tips, recipes and health guides to help you get ready for your fun run and develop some healthy habits as a family. The school with the most registrations will win $1000 so every family counts! Remember to enter our school name and the FUN RUN promo code when you register.

Students wanting to track their progress, and use online fundraising, can do so by logging onto [schoolfunrun.com.au/students](http://schoolfunrun.com.au/students) and creating a Student Profile Page.

Finally, we would like to welcome parents and family members to attend the *Adidas Cross Country Fun-Run* event day at Rotary Park on **Wednesday 20 May 2015** to help cheer on the students.

If you would like to volunteer and help out on the day please contact the school on 6889 1499.

Thank you, good luck and happy fundraising!

**GREAT AUSSIE BUSH CAMP**

Thank you to those Year 7 caregivers who have been paying regular amounts towards the Great Aussie Bush Camp. Please continue to regularly pay small amounts by dropping into the office or paying online. This will avoid a last minute ‘dash for cash’ in term 4. Please contact the Junior Mentors if you have any questions.
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 and failure to comply with it may result in suspension.

UTS: ENGINEERING & IT
IN COLLABORATION WITH JUMBUNNA
INDIGENOUS HOUSE OF LEARNING

GALUWA ENGINEERING & IT EXPERIENCE
Galuwa means ‘to climb’ in the Gadigal language, and that’s exactly what we want Aboriginal and Torres Strait Islander high school students to do through this experience.

When
> Monday to Friday, first week of the July

Where
> UTS City Campus

How
> UTS organises all travel, food and accommodation near to the University, all at no cost to the student.

Register by Friday last week of May.

Uts.ac/UTSGaluwa
Schools Expo and Family Fun Day
Venue: Dundas Park (Next to the pool)
If raining Narromine Christian School
When: 28 May 2015
Start time: 10am-1pm

For more information:
Phone or visit Christy Newell or Karen Hamilton at CentaCare Wilcannia-Forbes
12 Dandaloo Street
PO Box 411
Narromine NSW 2821
P: 02 6889 4932

Narromine Library, AECG, Hear Our Heart Bus, WACHS and Rotary
## NARROMINE HIGH SCHOOL
### Canteen Price List

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat Pie – Brenno’s</td>
<td>$3.90</td>
<td>Salad Roll</td>
<td>$3.50</td>
</tr>
<tr>
<td>Meat Pie – Mrs Macs</td>
<td>$3.50</td>
<td>Ham/Cheese Toasted S/wich</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sausage Rolls – Mrs Macs</td>
<td>$3.00</td>
<td>Half Lavash – meat &amp; salad</td>
<td>$2.25</td>
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<tr>
<td>Beef Lasagne</td>
<td>$3.50</td>
<td>Extra filling</td>
<td>$0.50 @</td>
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<tr>
<td>Beef &amp; Gravy Roll</td>
<td>$3.50</td>
<td>Flame Grilled Chicken Burger – patty only</td>
<td>$1.50</td>
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<tr>
<td>Chicken Burger with salad</td>
<td>$4.50</td>
<td>Pizza Bread</td>
<td>$1.60</td>
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<tr>
<td>Roast Chicken &amp; Salad in box</td>
<td>$4.50</td>
<td>Chips</td>
<td>$1.50</td>
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<tr>
<td>Pizza Rounder</td>
<td>$2.50</td>
<td>JJ’s</td>
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<tr>
<td>Pizza Single</td>
<td>$2.50</td>
<td>Finger Bun</td>
<td>$1.50</td>
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<tr>
<td>Flame Grilled Chicken Burger</td>
<td>$4.00</td>
<td>Eucalyptus lollies</td>
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<tr>
<td>Hot Dog</td>
<td>$2.50</td>
<td>Ice Blocks – assorted</td>
<td>$0.50 -</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>$2.00</td>
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<tr>
<td>Hot Dog with cheese</td>
<td>$3.00</td>
<td>Small Moove – Choc/Straw</td>
<td>$2.00</td>
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<tr>
<td>Cheeseburger</td>
<td>$3.00</td>
<td>Large Moove – Choc/Iced Coffee/Straw</td>
<td>$3.00</td>
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<tr>
<td>Torpedo (sweet chilli chicken wrap)</td>
<td>$3.00</td>
<td>Nippy – Choc/Iced Coffee/Straw</td>
<td>$2.20</td>
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<tr>
<td>Chicken Nuggets</td>
<td>$0.50 @</td>
<td>Juice – Small – Orange/Passionfruit</td>
<td>$1.50</td>
</tr>
<tr>
<td>Chicken Chilli Tenders</td>
<td>$1.00</td>
<td>Juice – Large – Orange/Apple/Mango/Passionfruit</td>
<td>$2.50</td>
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<tr>
<td>Noodle Cup – Beef or Chicken</td>
<td>$2.60</td>
<td>Milkshakes – Small – Large</td>
<td>$2.00</td>
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<tr>
<td></td>
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<td></td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Chicken &amp; Gravy Roll</td>
<td>$3.50</td>
<td>Bottle of Water</td>
<td>$1.50</td>
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<tr>
<td>Ham/Salad Roll/Wrap</td>
<td>$4.50</td>
<td>Kyneton – Large Apple &amp; Raspberry, Lime, Orange, Lemon</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken/Salad Roll/Wrap</td>
<td>$4.50</td>
<td>Kyneton – Small Apple &amp; Raspberry, Cola</td>
<td>$2.00</td>
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</tbody>
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