WHAT’S COMING UP?

JUNE
10
• Western Cross Country @ Geurie

11
• Police Liaison Visit – Years 7 & 8

15
• 2015 NSW Premier’s Secondary School Sport Challenge commences

16
• Merit Assembly – 11 am

P&C MEETING
TUESDAY
4 August 2015
AT 7.00 PM
ENQUIRIES – PHIL SIMMONS
6889 8393

LACHLAN DISTRICT SRC MEMBERS
Isaac in the middle of things!  Abbey keeping an eye on procedures

QUESTACON QUIDDITIES!

Term 2  Week 8  Issue 7  Wednesday 10 June 2015
PRINCIPAL’S REPORT

A Warm Welcome
Next week will see our school host final year university students as part of the annual Beyond the Line program. Its purpose is to introduce participants to country schools and encourage them to seek employment outside the city after graduation. Thank you to Mr Crammond for overseeing this program.

Staff News
A sincere thank you to Mr Cal Reid, former Head Teacher of Technological and Applied Studies (TAS) at Dubbo College South campus for his work over the last two terms. He originally came for a fortnight and extended his time when we were unable to fill the position. Mr Reid brought deep knowledge, highly developed skills and enormous patience and care for students to the position. Next term will see him back in Newcastle with his wife and numerous grandchildren, who no doubt will be delighted to have him at home. We are in the process of filling the position for next semester.

Mr Kerry Piper, a retired Head Teacher of science from Dubbo College, will be leaving us at the end of this term. We have been very fortunate to have a teacher of his calibre on staff to share his knowledge of science, including senior chemistry, with our students. Mr Piper’s passion for his subject and his caring, respectful manner has earned him the high regard of staff and students. Our best wishes go with him.

Mrs Sharron Bulley will be on leave for the last two weeks of term. CJ Smyth will be working as an acting Aboriginal Education Officer during that time. We welcome him to the position.

School Plan and School Review: Progress Made
This week the leadership team will be reviewing progress made towards achieving goals set for the semester as part of the school plan. We will also evaluate progress made towards achieving mandatory recommendations made as a result of the school review at the end of 2013.

P&C Supporting Our School
The June P&C meeting was held last Tuesday. A small band of members braved the cold evening to attend. The warmth of the staff common room, the venue for the meeting, ensured all present were comfortable. It was agreed to provide a generous donation to the school to assist with the costs of operating our breakfast program. The ongoing support of P&C for our school is greatly appreciated.

NAIDOC Day
Please keep Friday 3 July free. We would love to have you join us for NAIDOC Day which we are celebrating with Narromine Public School. Further details are provided later in this newsletter.

Help Please!
P&C will soon be drawing up a roster to man the gates at the Narromine Show. This is the major fundraiser for the year. It is also an opportunity for you to contribute to P&C if unable to attend meetings.

Connecting to Country
Congratulations to Kerrie Walden and her team of helpers on a very successful two day cultural awareness program, “Connecting to Country,” held at the Keeping Place in Dandaloo Street last week. Topics covered were varied. They included Aboriginal language, programs available to schools, Aboriginal dance, issues faced by young Aboriginal students and their families and a visit to the museum that tells the story of key aspects of local Aboriginal history. Several staff members from the local public schools attended. It was a privilege to be one of them. Members of the state AECG also attended and shared their knowledge and experiences with those in attendance.

A Major Upgrade
Our computer network will undertake major changes in early August as part of a state-wide program. It will bring significant improvement to our system.
Success on the Football Field
June is traditionally a very busy time on the football field. This year is testimony to that. Recent trips to Nyngan, Orange and Parkes have kept our teams, coaches and parents busy. Many thanks to everyone who has helped make these trips possible. Well done to all players!

Year 10 subject selection
Planning will soon commence for 2016. In Year 10 students are asked to select subjects for Years 11 and 12. Here are some tips to help your teen choose well.

Top Achievers

- Year 8 students, AJ McNaught and Carlos Nykolyn on the Aboriginal dance they presented at the Connecting to Country course. Trained by Aboriginal Education Officer, Mark Smith, the boys displayed the school’s core values of respect, responsibility and care.
- Mrs Sharron Bulley, Mrs Sandy Flinn and Mrs Deb Penson for donating their time from 8.50am to ensure the breakfast club operates each morning and provides a nutritious start to the day for many of our students
- Mrs Fiona Walker who has given up her time on her regular day off work to represent the P&C on numerous panels this semester.

The next newsletter will be mailed to you at the start of term two.
Angela O’Callaghan
Principal

LACHLAN DISTRICT SRC
Abbey Geyer, Holly Monaghan and Isaac Craft represented NHS at the Lachlan District SRC Meeting in Parkes recently. The day was actually hosted by our SRC. This meant we had to set the agenda, run meetings and workshops. Abbey, as always, put her hand up to help out. She delivered a workshop on how to run an SRC, and the roles and responsibilities of all the members. This also included which type of SRC model bests suits the culture of your school. The SRC at NHS has gone through a change of structure and constitution, and we are now seen as having a more successful and effective SRC model. It was great to share ideas with all the schools and learn from each other. Abbey also co-chaired the student-run meeting, which was extremely successful.
The students discussed charities to support, themes to develop, a motto and mascot, and a proposed camp in Term 4. A big thank you to the three students who participated! NHS appreciates your efforts. (See photos front page)
Mr Kiernan
SRC Adviser

MORE STUDENTS, MORE ACTIVE, MORE OFTEN!
Our school is participating in the 2015 NSW Premier’s Secondary School Sport Challenge. The purpose of the Challenge is to encourage students to participate in sport, games and physical activity and to have more students, more active, more often! All youth aged 5 - 18years should do 60 minutes a day of moderate to vigorous activity and limit sedentary behaviour.
Over a ten week period (commencing Monday 15 June), our sport houses, Doongara, Wyamba, Girralang and Nurrewin will be monitoring physical activity we do during class time, at recess and lunch as well as during sport. School holidays can be included in the period. What we do outside school hours will also count towards the Challenge award for our house. We’d especially like to encourage all our families to support us in encouraging students’ healthy use of leisure time and to experience the joy of being active together.
Each student will be issued with a Challenge log book to record their physical activity. Students are also encouraged to download the free PSC app for smart phones or desktop, to aide in recording and monitoring their physical activity levels. Students completing the Challenge will receive a personalised certificate from the Premier of New South Wales.

**Diamond: 80minutes  Gold: 60minutes  Silver: 45minutes  Bronze: 30minutes**

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mr Hoyle, who will be pleased to talk further with you. For more information on the NSW Premier’s Sporting Challenge please visit [www.online.det.nsw.edu.au/psc](http://www.online.det.nsw.edu.au/psc)

I know our students are really looking forward to participating in the NSW Premier’s Secondary School Sport Challenge and having fun along the way!

**TAS PROJECTS**
During term 2, Year 5 and 6 students from Narromine Public School and Narromine Christian School have been getting their hands dusty! As part of middle year activities at Narromine High School, the students have planned the construction their own wooden pencil case. The four practical lessons are being delivered by Mr Phil Rufus, Head Teacher TAS in the wood workshop. Some of the skills the students are learning include calculating and measuring, sawing, gluing, joining, nailing, sanding and finishing. We look forward to seeing the finished projects!

*Pictured – students form Narromine Public and Christian School in the wood workshop.*
PARENT AND CARER INFORMATION: ATTENDANCE INTERVIEWS
During Terms 2 and 3 interviews will be held with students whose attendance data is of concern. These will be conducted by the Home School Liaison Officers (HSLO) from Dubbo during school hours.
Michelle Lyons (Attendance team)

QUESTACON
The time had finally come! Seventy four students from Narromine High School were blown away by a spectacular show of science at their very own school. Questacon the National Science and Technology Centre in Canberra had made the trip out west to give students from regional schools a taste of the Questacon experience. Students were amazed by a vacuum cleaner rocket, soft can implosions, liquid nitrogen experiments and many others. Many of the students were even daring enough to volunteer to take part in demonstrations. Thanks to the staff and students who attended the show and the team from Questacon. (See photos front page)
Miss Goodhand
Science faculty

STUDY TIPS
Top Tips for Moving Information into Long Term Memory
The following are some tips which may help you to move information from short to long term memory.

1. BE ENGAGED: If you are interested in what you are learning you are more likely to remember it. Ask questions, pre-read information, make summaries and follow up on things you don’t understand.

2. USE REPETITION: Repetition is key to transferring information from short term to long term memory. The more often you practice a technique, or revise your information the better it will transfer to long term memory.

3. RECORD INFO: Don’t just write down everything your teacher says, or copy straight from a textbook or the Internet. Think about what is being communicated and create notes that are accurate, meaningful to you and build connections. Mind maps are a helpful tool for this.

4. ORGANISE INFO: When you are studying for a topic, make sure you organise the information into small, distinct chunks.

5. VISUALISE INFO: Build a mental picture of what you are trying to remember, like the parts of a plant or a battle in history.

6. BUILD ASSOCIATIONS: This might mean developing some kind of sensory cue which enables you to remember information such as smell or sound. Try turning your notes into a song or poem.

7. SHAKE THINGS UP: Write in a crazy font, use lots of colours, use your left hand to write instead of your right…anything that makes your brain have to engage more actively with what it is you are trying to learn.

8. FUEL YOUR BRAIN: If you want your brain to work well for you, you also need to work well for your brain. Eating foods rich in Omega 3 and essential fatty acids (such as fish, nuts, legumes and leafy green vegetables) will help your brain to function optimally. Drink lots of water so that your brain doesn’t dehydrate. Keep away from too much caffeine which may impair brain function.

9. REST YOUR BRAIN: Getting fresh air and exercise helps your brain to process information, as does sleep. Most students need 8-10 hours of sleep a night. The last stage of memory consolidation takes place while you are sleeping so ensure you get enough sleep each night.
TRIVIA NIGHT
Hosted by – Narromine Lions Club
Where – Narromine Bowling Club
When – Tuesday 16 June
Time – 7.00 p.m.
Supper will be available for a gold coin donation
Please come along and support the club that supports the Narromine Community.

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