



IT'S NEWS TO ME

Nowra High School

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Principal: Ms Angela Byron

Deputy Principal: Mr Gerald Buckley

Deputy Principal: Ms Kate Forbes

PRINCIPAL'S MESSAGE

This week our Year 12 students will sit for the final Higher School Certificate examinations. Congratulations to all of our students who have conducted themselves with great maturity and dedication during the exam period. The Year 12 Formal is on Friday night at the Shoalhaven Entertainment Centre, and I am looking forward to seeing these wonderful young men and women all dressed up for their special evening. I would also like to once again thank Mrs Debbie Raitelli for her commitment to Year 12 as their Year Adviser. She has done a remarkable job and I know her students will miss her very much as they move on to the next phase of their lives.

Mrs Raitelli was acknowledged last week at the Australian College of Educators Awards for her outstanding classroom teaching and her role as Year Adviser. At this ceremony Ms Sarah Barrott also received an award acknowledging her as an outstanding and dedicated educator. Both Mrs Raitelli and Ms Barrott are highly deserving of this recognition at such a prestigious event. Nowra High School is lucky to have such wonderful teachers and we are all incredibly proud of you!

As we head towards assessment and reporting time for our junior students, I encourage all students to maintain the high standard they have reached throughout the year in terms of both their work effort and behaviour. All students who have not been on a Stage to manage their behaviour, and who had their swimming assessed recently during Beach Week, are eligible to attend the end of year Reward Excursion to Jamberoo Action Park. This will be a great fun day for everyone involved, and I hope to see a large majority of students on the excursion.

I would also like to remind all families of the importance of school attendance. All students are required to attend school every day unless they have a justifiable reason for absence. If you have any concerns about your child's attendance, please contact their Year Adviser or Mr Scott Blakeney, our Attendance Officer. Mr Blakeney has been working on some positive initiatives to reward students with excellent attendance, so watch this space for more information.

Have a great week
Angela Byron
Principal

Calendar

Coming Events for TERM 4 - Weeks 5 and 6

WEEK 5 - ALPHA

Monday 3rd November:

- ⇒ HSC exams continue
- ⇒ Year 8 exams - all week
- ⇒ Year 8 English exam

Tuesday 4th November:

- ⇒ HSC exams continue
- ⇒ Year 8 English exam

Wednesday 5th November:

- ⇒ HSC exams continue
- ⇒ Year 8 English exam
- ⇒ Year 8 Maths exam
- ⇒ Year 10 English assessment task
- ⇒ Year 7-9 Illawarra Coal Science Fair - UoW
- ⇒ Year 11 Creswell Base visit
- ⇒ Davidson Shield Cricket

Thursday 6th November:

- ⇒ Year 10 English assessment task

Friday 7th November:

- ⇒ Year 10 - In2Uni Experience - UoW Shoalhaven Campus

WEEK 6 - BETA

Monday 10th November:

- ⇒ Year 10 exams - all week
- ⇒ Year 11 Construction workshop - all week

Tuesday 11th November:

- ⇒ Year 10 History and Geography - yearly exam
- ⇒ Year 10 Maths Moderator

Wednesday 12th November:

- ⇒ Lessons continue



Thursday 13th November:

- ⇒ Year 10 Maths Level Assessment

Friday 14th November:

- ⇒ Lessons continue

HOURS FOR THE UNIFORM SHOP

Thursdays only

8.00am - 11.30am

1.00pm - 5.00pm



Here's a Thought!



Better to ask twice than to lose your way once.

Wellbeing Matters

Wellbeing Matters 3

As a Mind Matters school, we are committed to supporting student mental health, as a whole school focus. Our vision is as follows:

The Nowra High School Wellbeing Action Team will promote a safe and positive environment that encourages a sense of belonging, to improve wellbeing for students, staff and the community.

Term 4 has started with a flourish. The junior Year Advisers have been working on developing more resources to use in their Year Adviser Programs. This term Year 7 will be working through the Belonging Module, Year 8 will be focusing on Self-Worth and Year 9 will be looking at Resilience through humour. I'm very proud of the work our Year Advisers are doing with the students at Nowra High. The trusting relationships between students and staff are evidenced by the willingness of students to seek help for themselves or their friends, from their teachers.

The NHS Students Against Racism, Sexism and Homophobia (SARSH) group will be working collaboratively with Headspace to promote the new Nowra Queer Straight Alliance. This is a group which aims to promote equality and stop discrimination against LGBTI youth. At Nowra High we aim to celebrate our diversity and act to stop any racist, sexist or homophobic behaviour. If any student suffers from this kind of discrimination they need to "Speak Out", as detailed in our Anti-Bullying Policy and seek help from their Year Adviser, Mr. Murphy or Mrs. Newton.

I have added an interesting article on Building Deep Relationships With Kids and a fact-sheet on learning assertiveness. I hope you find these valuable.

Mrs Kylie Newton
Deputy Principal
Student Wellbeing

ASSERTIVENESS

Assertiveness is a skill that children and young people can learn.

An assertive response helps them to stick up for their rights and avoid being teased or bullied.

Assertiveness involves the use of a firm voice and strong body language, including body positioning and eye contact. Assertiveness indicates control and implies an expectation of compliance. Aggression, on the other hand, shows lack of control and involves a raised voice, the use of insults and body language which can inflame a situation, inviting further aggression or provocation.

WHEN A CHILD OR YOUNG PERSON IS UNDER PROVOCATION, BEING BULLIED OR TEASED, HE OR SHE SHOULD:

- Make eye contact; stand in a balanced, comfortable position about a metre from the person provoking the aggression
- Using a firm voice, ask the other person to stop what he or she is doing. Use the person's name if possible.
- Repeat the response if the behaviour doesn't stop.
- If the provocation continues he or she should walk away, ignoring the aggressor or seek an adult if they feel in danger.

WHEN A CHILD OR YOUNG PERSON NEEDS TO STAND UP FOR HIS OR HER RIGHTS, TO ASK FOR SOMETHING, TO MAKE A STATEMENT OR BE LISTENED TO, RATHER THAN IGNORED, HE OR SHE SHOULD:

- Attract the person's full attention
- Be polite and use the person's name
- Make good eye contact and use a strong stance
- State the request or statement using a firm voice
- Give the other person an opportunity to respond if appropriate. Ask questions to clarify the other person's position.
- Be polite but firm, and avoid personal insults or using a whining voice.

Encourage your child to practise assertiveness in low risk situations - in front of the family or even in front of a mirror.

Wellbeing Matters

Building Deep Relationships with Kids

Building a strong relationship with his or her children is every parent's dream. Here are some time-honoured ways of doing this ... if you can stick to them.

Every parent I know wants a great relationship with his or her children.

An effective way of promoting such relationships is through rituals and traditions. Rituals and traditions build close families.

For example, most strong families I know are underpinned by a strong food culture. In these families, every kid, no matter what his or her age, is expected to come to the meal table. Kids in these families are generally also expected to participate in other rituals and traditions.

This can require some parenting spine, but these rituals build wide relationships - that is, they gather the tribe together creating a wide relationship circle.

Individual parent-child relationships provide leverage. They also survive the potential storms of adolescence, during which relationships can become stormy and intense.

Certainly some ages are more amenable to positive relationship building than others. Developmentally, it's easiest to build deep relationships in the opportunity years of latency: five through to ten years of age.

The easiest way to build a deep relationship between yourself and each one of your kids is to spend regular one-on-one time together.

- Go somewhere for a whole day with a child.
- Go away for a weekend with just one child. Do thing you enjoy.
- If possible, go camping.
- Talk. Cook. Mooch.

These shared experiences can have a magic impact on relationships. They can sometimes lead to vast improvements in children's behaviour.

Another way to build deep relationships is to share an interest with a child. Having something in common, whether it's a shared love of sport, books or a hobby, creates an individual bond that goes deep. A shared interest also creates 'natural' opportunities for one-on-one time.

Make it happen

- One-on-one time needs to be organised.
- It generally won't happen by accident.
- It takes time. It takes energy. It takes a support mechanism to make it happen. Most of all it takes permission.
- But one-on-one time is so worth the effort.
- One-on-one time is the coat hook upon which each of your children will hang their memories of you.

FROM THE DEPUTIES

Recently, a change has been made to whole assessment practices. The change involves the amount of time provided for notification of assessment. There is no specific period of time *regulated* for notification of an assessment task. In the past, students were notified of tasks 2 weeks prior to the event, that notification time has been reduced to "at least 5 school days". This change currently affects students who have begun their HSC studies for 2015; that is, Year 11 moving into Year 12. From 2015, all assessment activities for all years will operate under the change.

Assessment can take many forms; due consideration will be given to the type of assessment activity with many tasks receiving much more than 5 days notice. Assessment books have already been emailed to Year 12 students and, when available, booklets for all other years will be emailed to students. Assessment Booklets are also available on the website. These booklets clearly outline when assessment activities are scheduled, so all students will have the opportunity to plan their preparation for tasks, based on the information provided in the booklets.

In the last newsletter, the sale of chocolates and other confectionary was mentioned. We would like to remind the school community that fund raising activities involving the sale of confectionary are banned at NHS. Many of the products sold for very worthy causes contain food substances such as nuts that might expose at risk Nowra High School students to harm. The school appreciates your assistance in this important student wellbeing matter.

The use of obscene and offensive language by students continues to be of concern. Disrespectful students expose teaching, administrative and support staff, together with students of all ages to highly offensive language on a regular basis. We would like to remind students that such improper language attracts a consequence under the school's code of conduct. This negative behaviour reflects poorly on the school and on the many students who choose to speak in a respectful and controlled manner.

Arrangements are nearly finalised for Year 11/12 to begin Flexible attendance, and students are reminded that their right to flexible attendance is directly linked to their compliance with the school's code of conduct. Any student in Year 12 who fails to meet the school's expectations puts their right to flexible attendance at risk, either temporarily or permanently.

Vandalism of the school's property has become a significant issue; recently, repairs to toilets and student seating have been required. The cost of repairs can be quite significant. The school appreciates those students who pay due regard to the facilities provided at the school and who respect the needs of others. If school property is damaged or defaced, students should report the damage to the Deputies or the teacher on playground duty as soon as it is noticed.

Nowra High School has two long breaks during the school day; 35 minutes at recess and 45 minutes at lunch time. An increasingly large number of students are choosing to go to the toilet after the bell goes for the beginning of periods 1, 3 and 5, and also between lessons. Any student who needs to go to the toilet during lesson time is required to go to class and obtain a toilet pass from their teacher.

Hygiene is an important issue in a high school as large as Nowra High School, which has over 1000 students enrolled. Visitors to the school will notice the large number of bright yellow wheelie bins scattered around the playground into which students are expected to place their rubbish. Despite this, staff are required to regularly remind students to place their rubbish in the bins provided.

With so many students on site it is fortunate that Nowra High School has a significantly sized playground area compared to other schools. Each year group has an allocated playground area and staff are allocated to supervise each area before school and during breaks. Unfortunately, some students move themselves to out of bounds areas that are unsupervised. Students are reminded that being out of bounds attracts a consequence under the school's code of conduct.

Of particular concern at present is the area surrounding the Library and Blocks A-D on the Moss Street side. The HSC is being conducted in both the Library and A block; our seniors need the consideration of other students in maintaining a quiet and calm exam environment in which they can achieve the best results possible. These areas are permanently out of bounds.

Several weeks ago students were reminded that as the weather becomes warmer, snakes become visible on the school grounds. Any sighting of snakes on the school grounds needs to be reported immediately to the Deputies who will arrange for safe removal of the reptile.

ICAS Mathematics 2014

Year 12

Credit

Cameron Campbell

Merit

Taylah Cousins

Year 11

Distinction

Chris Thurbon

Credit

Kyle Douglas

Caitlyn Pond

Year 10

Credit

Marissa Kielly

Year 9

Distinction

Nathan Anderson

Credit

Emma Horner

Jessica Ibrahim

Brooke Beehag

Merit

Rhiannon Smith

Tye Martin

Year 8

Credit

Zoe Sillato

Brianna Harris

Brin McKinnon

Haydyn Bathurst

Taylor McCoy

Amelia Wakefield

Bronte Lee

Merit

Jackson Forrester

Year 7

Distinction

Mikayla Check

Alec Landstra

Jacob Malby

Credit

Jarred Holbrow

Olivia De Strang

Hayley Mazengarb

Merit

Lisa Horner

Principal's Award

Chris Thurbon

AMC Mathematics 2014

Year 11

Certificate of Credit

Christopher Thurbon

Year 10

Certificate of Distinction

Kaitlyn Hush

Certificate of Credit

Cade Flannery

Marissa Kielly

Andrew Vintener

Certificate of Proficiency

Nicholas James

Miles Quinell

Jesse Richards

Year 8

Certificate of Proficiency

Brin McKinnon

Year 7

Distinction

Alec Landstra

Certificate of Credit

Mikayla Check

Olivia De Strang

Leigh Hutcheson

Jacob Malby

Certificate of Proficiency

Cara Haupt

Wil Hollinger

Lucy Johnstone

Jasper Meyer

Hayley Mazengarb

Australasian Problem Solving Mathematics Olympiads 2014

1st Alec Landstra

2nd Mikayla Check

3rd Jacob Malby

Encouragement Award

7S Annette Peace

7Y Holly Finch

Education Perfect Maths Championships

Bronze Award

Olivia De Strang





Health
Illawarra Shoalhaven
Local Health District

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Clinical Coordinator)
*Family and Carer Mental Health Program,
Illawarra Shoalhaven Local Health District presents:*

A new intervention for FAMILIES AND CARERS *“Staying Connected When Emotions Run High”*

This FREE workshop will be extremely relevant if you support someone who:

- Has relationship difficulties
- Demonstrates changing emotions & strong overwhelming feelings
- Displays impulsive & destructive behaviour e.g. cutting
- Has a diagnosis of Personality Disorder

Date & Time:

Thursday
20 November 2014
9:15 registration
9:30am – 3:30pm

Venue

The Salvation Army
Shoalhaven
Corner of Salisbury
Drive & St Anns St
Nowra

Morning tea and lunch will be provided by The Salvation Army

RSVP: Toni Garretty :

toni.garretty@sesiahs.health.nsw.gov.au



Our students competing at NSW ALL Schools Athletics Championships.



Athletics Age Champions

Congratulations to the following students that have been announced as Age Champions for our School Athletics Carnival. This is awarded to a student in each age group that has placed in a range of events at the school carnival. Well done to these students on receiving their certificates at Assembly.



K. Little

NOWRA **QUEER** **STRAIGHT** **ALLIANCE**

MEMBERS WANTED

If you:

- ◆ **enjoy food, fun, new people, gaining skills + experience**
- ◆ **are aged 16-25yrs**
- ◆ **want to plan local events that celebrate LGBTI young people**

We want you to join us!

For more info contact headspace on 4421 5388, fill out an 'interest form' at the headspace Nowra website– or look us up on Facebook!

YOU WILL GAIN:

EXPERIENCE & TRAINING

media skills
event planning
stuff for your resume
professional references
Leadership skills
professional meetings

FUN STUFF

plan and run events
talk about LGBTI issues
make friends
eat food
make a difference
casual, social, fun



2014-2015 NSW Family Energy Rebate



\$150*
TOWARDS
ENERGY
BILLS



**APPLY
ONLINE
NOW!**



**Apply before
Midnight
16 June 2015**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply

FOR MORE INFORMATION & ASSISTANCE

PHONE - Service NSW 13 77 88

EMAIL - fer.program@trade.nsw.gov.au

WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate



Do you have a spare bed?

Can you welcome an exchange student into your home as a volunteer host family with AFS?



Can you host Airi from Japan?

Age: 16
English: Fair
Interests: Tennis, Playing the piano, skiing and playing the flute

"I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself."



Can you host Rafael from Brazil?

Age: 15
English: Good
Interests: Traveling, photography, trekking, swimming, walking

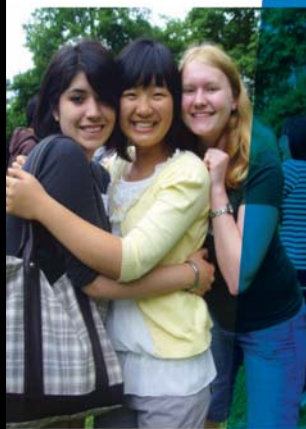
"I'm very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it."



Can you host Hanna from Germany?

Age: 17
English: Good
Interests: Music, dragon boating, swimming, Zumba and cooking

"I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English."



Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

Can your family host one of the above students? If so, we'd love to hear from you!

For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:

Phone: 1800 023 982 Email: aus.hosting@afs.org
Website: www.afs.org.au/host

HIGH SCHOOL TUTORING

- First year Bachelor of Arts (Psychology) Bachelor of Laws student, commencing 2015.
- Juniors, Years 7—10
English
Mathematics
History
- Seniors, Years 11—12:
Standard, Advanced, Extension 1 and Extension 2 English
General Mathematics
Modern History
French Beginners
Legal Studies
- Competitive rate: only \$40.00 per 1 hour session
- Recently completed the HSC and have resources for each subject above.
- All skill levels welcome, study skills, essay writing or other classwork of your choice.
- Negotiable times and days available.

Contact: Jasmyn Newton
Text or Call - 0422 249 859

ANNUAL OPEN GARDEN A TASTE OF CHRISTMAS

Saturday 15th November 2014
at 82 Terara Road, TERARA

Come along and browse the stalls and then enjoy the Christmas themed High Tea.



All funds support Shoalhaven Employers of Christian Education Teachers in our local school - for more information please contact Sue 4421 6321 or Jill 4421 2661.



SOUTH COAST LEARN TO DRIVE SCHOOL
 ABN 78 502 089 734
Call Now: 0459 691 530 or 0459 691 531

- Located in Sussex Inlet
- Servicing areas Nowra to Ulladulla
- Structured Lessons 3hrs for 1*
- Discounted Lessons*
- Fully Insured with ADTA

* Conditions apply

Melissa Weber
 Driving Instructor
 Licence No. 013161
 Class C

Email: southcoastlearntodrive@gmail.com


You are invited to:

30 Year Anniversary Dinner

Date: Saturday 15th November 2014

Venue: Bomaderry Bowling Club

Time: 6.30pm ~ pre dinner drinks

Cost: \$70 single / \$650 Table x 10 (please reserve)

Dress: Smart attire

Tickets and reservations: Bomaderry Bowling Club 44212733

Shoalhaven Lioness Club

NOVEMBER SPRING VARIETY FAIR



November 15, 2014

8.00am to 3.00pm

Cambewarra School of Arts Hall and grounds, Main Road, Cambewarra.

All new items - prices starting from 50c to \$5.00

Sailors with disabilities

Sailors with disabilities (SWD) is a non profit organisation that runs free programs for people with disability, disadvantaged youth and carers. SWD programs help to create optimism and allow people to focus on their abilities, what they can do, rather than their disability. SWD would like to **invite groups of Carers** to join us for a relaxing day on board Kayle, our 54 foot Yacht.

SWD Carers' Days are a chance for the amazing mums, dads, grandparents, guardians, brothers, sisters, friends and others who care for people with disability and disadvantaged people, to take a bit of time out for themselves.

FREE Carers Day sails are held on Sundays, departing from the Cruising Yacht Club of Australia at Rushcutters Bay at 12noon and returning at approx 4pm. These sessions must be booked as a group, we can accommodate a maximum of 15 people per session and a minimum of 10.



Limited free Carers Days are now available from November through to March.

Details: www.sailorswithdisabilities.com, email info@sailorswithdisabilities.com or Phone 02 8079 5997

HammondCare - Seeking Volunteers

HammondCare has over 13 years experience in supporting people in their homes.

At HammondCare we are passionate about improving the quality of life for people in need. Being a volunteer provides an opportunity for you to engage with people, many of whom are lonely or socially isolated.

Call 4424 7009 and start **giving** by becoming a volunteer with HammondAtHome Shoalhaven.

"We make a living by what we get, but we make a life by what we give." - Winston Churchill



P&C Christmas Party

Tuscany Restaurant

Kinghorne Street,
Nowra

Tuesday 25 November
2014

6.30pm

Bookings essential:

Please call Emily Williams

0421 172 336

BEFORE FRIDAY 14 NOVEMBER

