



PRINCIPAL'S MESSAGE

Unsung Hero

Many staff members at Nowra High go well beyond the regular hours of work to enrich the lives of our students. I would like to take a moment to praise the astounding efforts of a quiet achiever; Mr Peter Ryan, our Agriculture teacher. He regularly undertakes the massive effort of training students in the care and preparation of animals and produce in order to compete at a high level in agricultural events over weekends and training after school. Currently our students are participating in the "Steer spectacular". Thank you so much Mr Ryan for all you do and all you share with our school. We are extremely lucky to have you.

Safe driving around our school

Parents and students are once again advised not to utilise the staff carpark on Moss St to drop off and pick up students from school. There is a safer alternative provided for that purpose in the carpark next to our basketball courts. A great number of staff are entering the school carpark for work each morning and if parents and students are driving out of this space at the same time as staff are trying to enter it a great deal of congestion is caused on Moss St.

Environment

The current school curriculum strongly emphasises the need to care for our environment to ensure a sustainable future. Students are often well versed in strategies for environmental planning and the "Reduce, re-use, recycle" mantra. The contrast of this knowledge against the evidence that there are so many who choose not to use the numerous bins provided in our playgrounds is quite shocking. Caring for our future starts with the very basics. Our school has answered the concerns about birds pulling rubbish from the bins and the wind blowing it around by providing lidded bins, and yet the problem continues. I call to each of you to support us in emphasising to your children how utterly unacceptable littering is, we can only shift this "rubbish mentality" with a team approach.

Student ID cards

Year 7 and 11 students who had their school photos taken this year were issued student photo ID cards with their school photos last week. These cards are used for many purposes including: library loans, the issue and return of school text books, and signing in and out of the school electronically. Please encourage your child to keep this card in an easily accessible place with them at school every day, such as a wallet or special part of a school bag. If they are lost at any time, the cost of a replacement card is \$5, plus postage, and you will need to order them directly from www.theschoolphotographer.com.au.

Sporting success

Dylan Lang in year 7 has been selected to represent the Illawarra South Coast in the under 13's state hockey championships at Grafton in July.

Noah Martin in year 11 played on the South Coast team in the New South Wales Combined High School's basketball competition last week- and they placed 4th in the competition.

And lastly, former student Kaleb Phillips, who left Nowra High last year, has been named in the ACT/NSW country male under 19 academy squad for the upcoming cricket season.

Darling Harbor Ambassadors

Last week the Support unit had a 3 day trip to Darling Harbour. Amongst the highlights of their trip was a visit to Madame Tussaud's. Students were again commended on their exemplary behaviour as ambassadors for Nowra High.

Mr Glen Kingsley,
Principal

Calendar - 2019

Coming Events for Term 2 - Weeks 3 & 4

- Monday 13th May: Week 3 - ALPHA**
- Year 8 Science assessment half yearly exam - in class - 8A, 8C, 8K, 8P, 8O
- Tuesday 14th May:**
- Year 7 & 9 NAPLAN - Language conventions test & writing test - MPH Periods 1-4
 - Year 8 Enrichment Canberra Excursion - Ms Farquhar, Mr Cork, Mr Gardiner
 - Dance Festival rehearsal - all day
- Wednesday 15th May:**
- Year 7 & 9 - NAPLAN - Reading test - MPH Period 1-4
 - Year 8 Enrichment Canberra Excursion - Ms Farquhar, Mr Cork, Mr Gardiner
 - Year 8 Maths exam
 - AIME - Indigenous Mentor Program - Bring your assessments or homework
- Thursday 16th May:**
- Year 7 & 9 - NAPLAN - Numeracy test - MPH Period 1-4
 - Puma Cup Round 3 at Sharman Park
- Friday 17th May:**
- Year 7 & 9 - NAPLAN - catch up day - MPH Period 1-4
 - Year 10 Dance task 2 - Periods 3 & 4 Tackle Indigenous
 - Tackle Indigenous Smoking Workshops - Years 7 & 9 - Period 1 - Ms Webster, Mr Evans, Ms Wellington
- Monday 20th May: Week 4 - BETA**
- Regional SRC camp, Batemans Bay - 2 students
 - Year 9 half yearly Science exam assessment task - Period 1 - 9SCO, 9SCW, 9SACR, Period 2 - 9SCN, 9SCA & 9SCH
 - Year 10 - Taste of TAFE - all day - Ms Fuz
 - Year 10 Moderate exam
 - Year 11 French assessment task 2
- Tuesday 21st May:**
- Regional SRC camp, Batemans Bay - 2 students
 - Year 11 French assessment task 2
 - Nowra High P&C meeting
- Wednesday 22nd May:**
- Year 11 & 12 sport coaching & PDHPE - provide First Aid Course
 - South Coast Volleyball - Bomaderry Stadium - boys team Yr 11 & 12 (10 students), girls team Yr 10 (8 students)
 - Regional SRC camp, Batemans Bay - 2 students
 - Year 11 Maths Minimum Standard test - in class - Periods 3/4
 - Year 9 Moderate exam
 - AIME - Indigenous Mentor Program - Bring your assessments or homework
- Thursday 23rd May:**
- Regional SRC camp, Batemans Bay - 2 students
 - Year 9 English half yearly
 - Year 11 CAFS task 2
 - Year 10 English half yearly
- Friday 24th May:**
- NHS Athletics Carnival - whole school - NHS oval
 - Regional SRC camp, Batemans Bay - 2 students

Congratulations



Dylan Lang (Year 7 student) plays hockey for Kiama Hockey Club and has been selected to represent the Illawarra South Coast at the U13 State Hockey Championships in Grafton in July. Fantastic news Dylan.

NSW Education & Communities
Public Schools NSW

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Dear parent or carer

Personal Development, Health and Physical Education (PDHPE) is one of the key learning areas for students in Year 7 to 10. Our school's PDHPE program aims to provide opportunities for students to learn about, and practise ways of, adopting and maintaining a healthy, productive and active life. It also involves students learning through movement experiences that are both challenging and enjoyable, and improving their capacity to move with skill and confidence in a variety of contexts. It promotes the value of physical activity in their lives.

Our school's PDHPE program provides the opportunity for students to explore issues that are likely to impact on the health and wellbeing of themselves and others, now and in the future. These issues include physical activity, mental health, drug use, road safety, sexuality and sexual health, nutrition, respectful relationships, personal safety, diversity, gender roles and discrimination.

Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to you about the program.

The PDHPE program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong. The school program will be implemented in a manner that supports the role of parents and carers, and reflects the ethos of the school community.

An overview of some of the content of the PDHPE program that may be considered sensitive is provided below.

Stage 4 (Year 7 and 8)	Stage 5 (Year 9 and 10)
Relationships <ul style="list-style-type: none"> Adolescence and change Managing changes during puberty Recognising abuse Bullying and harassment Mental Health 	Relationships <ul style="list-style-type: none"> Valuing difference and diversity Recognising and responding to abusive situations including family violence and date violence

NAPLAN on paper – information for parents and carers

NAPLAN
National Assessment Program
Literacy and Numeracy

2019

Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life.

Students in Years 2, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

What is assessed?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

See example NAPLAN questions at nsw.edu.au

How can I help my child prepare?

Help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to arrive on time for school. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN on the use of services by coaching providers.

Will my child sit NAPLAN on paper or online?

In 2019, your child will sit NAPLAN paper tests.

However, children in other regions across Australia will sit the NAPLAN online tests this year. Federal, state and territory education ministers have agreed that all schools will move online by 2020. State and territory education authorities will determine when their schools move online.

As students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the test online or on paper, results for both formats can be reported on the same NAPLAN assessment scale. To find out more about NAPLAN Online, visit nsw.edu.au

How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers this year. Federal, state and territory education ministers have agreed that all schools will move online by 2020. State and territory education authorities will determine when their schools move online.
- Schools use results to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to students.
- The community can see average school NAPLAN results at nsw.edu.au

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nsw.edu.au
- visit nsw.edu.au

For information about how personal information for NAPLAN is handled by ACARA, please visit nsw.edu.au

NAP **acara**

Drug Use <ul style="list-style-type: none"> Effect of drugs on health and wellbeing Legal and economic consequences of drug use Effect of other people's drug use 	Drug Use <ul style="list-style-type: none"> Effect on relationships Influence of cannabis use and other illicit drugs
Sexual Health <ul style="list-style-type: none"> Understanding sexual feelings Gender expectations Rights and responsibilities in sexual relationships Sexually transmitted infections and blood borne viruses 	Sexual Health <ul style="list-style-type: none"> Identifying and evaluating safe sexual health practices, including methods of contraception Sexual choices and their consequences Planning and managing sexual and reproductive health

Should you wish to discuss any aspect of the course or would like more information, please contact the school.

Yours sincerely

Principal

What if my child is absent from school on assessment days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 17 May 2019.

NAPLAN 2019 timetable

	Tuesday 16 May	Wednesday 17 May	Thursday 18 May
Year 2	language conventions reading writing all children	reading all children	numeracy all children
Year 5	language conventions reading writing all children	reading 60 minutes all children	numeracy 60 minutes all children
Year 7	language conventions reading writing all children	reading 60 minutes all children	numeracy 60 minutes all children
Year 9	language conventions reading writing all children	reading 60 minutes all children	numeracy 60 minutes all children

How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each test. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in their year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not receive a report, you should contact your child's school.

NAP **acara**

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2019 Nowra High School Athletics Carnival

Dear Parent/Guardian,

The 2019 Nowra High School Athletics Carnival will be conducted on Friday 24th May 2019 Week 4 Term 2 at Nowra High School (back-up date Friday 31st May 2019 Week 5 Term 2).

On the day, all students will attend roll call as normal. Following roll call, students will walk to the back oval and meet in age groups. The Year 12 cohort will be operating a BBQ and drinks will also be for sale at the oval on the day. At completion of the carnival, students will assemble in their year areas until 3.20pm. Any student wishing to leave the school during the day will be required to collect an early leaver's pass in the morning as usual. Permission over the phone will not be acceptable.

Students are required to provide their own sunhat, sunscreen and water bottle. Please leave valuables at home as no responsibility will be taken for lost or stolen property.

If bad weather arises, check the school's Facebook page and tune into 94.9 Power FM on the morning of the carnival. If the carnival needs to be postponed, school will run as normal.

The first two students from each event in each age group will be eligible to attend the Zone Athletics Carnival at Shoalhaven High School on Friday 14th June 2019 Week 7 Term 2.

Students are encouraged to dress in house colours and will earn points for their participation in each event.

Surname	House	Colour
A - H	Blue	Blue
I - Q	Orange	Orange
L - P	Oxley	Yellow
Q - Z	Sturt	Green

The athletics carnival is a whole school event, therefore, attendance is compulsory.

Please contact the PDHPE staff if you have any queries.

K. Cohen
Sports Organiser

S. Blakemore
PDHPE Head Teacher

G. Kingery
Principal

LEARNING RESPECT RESPONSIBILITY SAFETY

Woolworths Earn & Learn program

Nowra High is excited to be taking part in the 2019 Woolworths Earn & Learn program.

During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From now until June 25, 2019 you can collect stickers at Woolworths that go towards Earn & Learn points. For every \$10 you spend (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker.

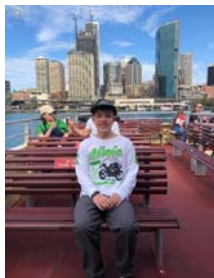
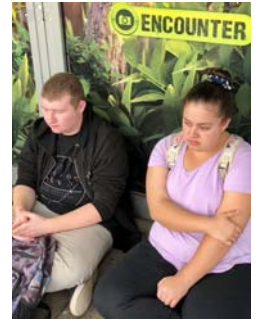
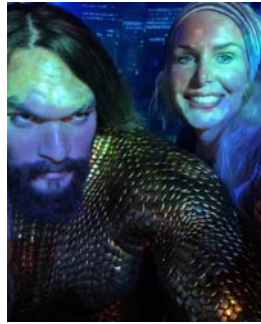
Simply bring the stickers to school and deposit them in the collection boxes located in the library, outside Mrs Wellington's office or the front office (near where the runner sits). Alternatively, drop them into the NHS collection boxes at either the Stocklands Woolworths or the town store.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including Mathematics and English resources, art and craft materials and much, much more!

We are grateful for your support and look forward to a very successful program.

Thank you.

Students from our support unit enjoy excursion to Sydney



The Support Unit started the term off with an excursion to Madame Tussaud's Wax Museum at Darling Harbour.

Thank you to Mr O'Connor, Miss Rowley and our dedicated SLSOs Carlie, Janelle and Robyn who made the day possible.

22 support students and 2 SRC students, Aurora and Amily had a wonderful day on Sydney Harbour with Ms Biayazeid, trains, ferries and sunshine!

Thank you to our students who were perfectly behaved!

P&C meeting dates

TERM 2 - 2019

Week 4 - Tuesday 21st May

Week 8 - Tuesday 18th June

TERM 3 - 2019

Week 4 - Tuesday 13th August

Week 8 - Tuesday 10th September

TERM 4 - 2019

Week 4 - Tuesday 5th November

Week 8 - Tuesday 3rd December

All welcome in the library starting at 6.30pm

Term 2 challenge for our Year 12 Food Technology



Year 12 Food Technology students are required to develop a food product from design brief concept, through to marketing and distribution. Students are developing various pies and they recently tried their hand at making melt in the mouth butter shortcrust pastry for a pie case. The cases were chilled, blind baked and filled with a delicious beef mixture, topped with potato mash and cheese for their Cumberland pie.

The difference between the Cumberland pie, a Shepherds pie (lamb) and a Cottage pie (beef) is that the Cumberland pie traditionally has a case.

