



PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Welcome back

I am so excited to welcome you all back to full time classroom learning on Monday. We have all been missing classroom contact with your bright happy faces.

I would like to thank our Nowra High School community for the amazing support during our Phase 0 and Phase 1 management of the COVID-19 response. Your hard work in assisting us to help our students learn online, and your flexibility as we resolved technical challenges were invaluable in making it the successful enterprise that it became.

I would like to publicly acknowledge our professional team of Nowra High School support staff and educators for the enormous effort they each applied to creating such a swift and smooth transition to this learning environment. We were very fortunate in being such a technologically advanced school.

Where to Next?

On Monday all students will move to their usual roll call rooms to receive a new copy of their current timetable. We will resume regular school routines as we move to Phase 2, Alpha week (A Week) timetable will apply as of Monday 25 May.

Bring your own device

At Nowra High we are actively enriching the online resources we provide for our students to support their classroom learning. Bring Your Own Electronic learning device policy will continue at our school once on-site learning resumes. Please return all loaned laptops to school on Monday with the charger, laptop bag and dongle (if you have borrowed one). These will be processed back into the school system. Deposits we have taken will then be credited against fees in advance or refunded if necessary. If you require a refund please complete the refund request form at the front office.

Water is the best drink at school.

Please note "energy drinks" are not welcome at Nowra High School. They are unsafe and can have serious impacts on the health of students. All students are required to bring their own water bottle from home which they can safely refill at the water station outside the canteen as many times as they need to. If students would like to purchase a drink other than water, our canteen has a range of healthy options available each day.

Uniforms

The "Nowra High Way" of learning promotes exceptionally high standards in behaviour and presentation of our students. We take great pride in all students coming to school in their correct school uniform which in turn supports them to feel connected to our community. This will be particularly important over coming weeks, as we develop our understanding of the "new normal" in the Nowra High Way.

Kind regards

Mr Glen Kingsley
Principal

Calendar - 2020

Coming Events for Term 2 - Week 5 & 6

Week 5 - ALPHA and Week 6 - BETA

- All students return to school
- You will receive a new timetable in roll call

Have you tried the new canteen?

Simplify your school life.

We have partnered with Flexischools, to make school lunches even easier.

- Order online at anytime
- Enjoy cashless convenience
- Pay with Visa, Mastercard, PayPal or direct deposit

Set up your account

- 1 Download the Flexischools App**
Note: for iPhone and iPad please select 'Allow' notifications.
- 2 Login/Register**
 - **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
 - **New Flexischools user** – Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.
- 3 Top Up Your Account**
To make ordering fast and simple, you can set up automatic top ups in your 'User Profile'.

Order

- 1 Place your Order**
On the app home screen, scroll down to view your school services such as canteen and uniforms. Then **swipe left and right** to view all available services.
- 2 Make your Selection**
Find the service and press 'Order', then select the items you wish to order.
- 3 Make Payment**
Select your payment option and complete payment to place your order.

- 10 years supporting the school community
- Committed to healthy eating
- Over 1,500 happy schools

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21 May, 2020

Dear Parents / Carers,

Further to the NSW Premier's announcement and as per the NSW Department of Education direction, schools in NSW will be returning to fulltime face-to-face learning from Monday 25th May 2020.

Nowra HS will be returning to their usual timetabled lessons with some exceptions.

- Roll Call, Recess and Lunch will return to normal.
- Sport will be modified and will run at their allocated time.
- There will be no SRE (Special Religious Education) periods, excursions, incursions with external providers, assemblies, camps and any other close contact activities.
- Buses will be running to their usual timetable.

It is the Department of Education's (DoE) direction that there are *"no physical distancing requirements for students"*, as such *all* students have been advised to return to school and normal leave absence protocols will be in place. Medical certificates will be required for absent students and/or for students remaining at home considered to be at-risk (please see attached document released by DoE for further information). If students are not feeling well, they must remain home until they are fully recovered. Students presenting at school who are not well, will be sent home.

Where possible students are advised to Bring their Own Device (BYOD – see attached documentation for specifications), their own learning materials, full school uniform and their own drink bottles.

Nowra HS has established hand sanitising stations throughout the school and all staff have been provided with sanitising equipment. Students may also bring their own hand sanitiser if they wish, as we will be enforcing safe hygiene practices.

Thank you for your support during this difficult time as we seek out the best possible outcomes for our students, in as safe a manner as possible. As you may be aware decisions and changes happen quickly and abruptly, as a result the above is subject to change and we will advise accordingly.

Stay safe and thank you again.

Kind regards.

Glen Kingsley

Principal

Personal Technology Device (PTD) Program Device Specification - Hardware Specification



Personal Technology Devices need to meet *all* of the following requirements

Form Factor	Desktop, laptop, tablet device or convertible device.
Operating System	Microsoft Windows 10. (Windows) Mac OSX Sierra or later (Apple) ChromeOS (Chromebook)
Hard Drive Capacity	Minimum of 50gb of AVAILABLE storage

Additional Considerations:

The following are not *requirements* of the Personal Technology Device program, but are considerations which you should direct your attention to:

Recommendations	<ul style="list-style-type: none"> - Minimum RAM: 8GB - Disk configuration: Solid State disk (SSD) - A tablet device should have a physical keyboard attachment with separate keys for A – Z and 0 – 9.
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Software Specification:

Additionally, the devices need to meet all of the following functional requirements pertaining to software:

Web browser	Chrome
Word Processor	Compatible word processor (Microsoft Office 365 is available as a free download to students. Versions available for both Windows and Mac operating systems)
Spreadsheet Package	Compatible spreadsheet package (Microsoft Excel comes as part of the free student download)
Security Software	Windows: Windows Defender Mac OSX: AVG free for Mac OSX

A guide to NSW school students returning to face-to-face learning

This guide is for parents and carers

Information has been updated as at 19 May 2020, until further notice.

Schools are safe and open for full time face-to-face learning

All schools are returning to full on-campus learning from Monday 25 May. All school activities and operations will be in line with Australian Health Protection Principal Committee (AHPPC) and NSW Health guidelines as applicable.

School students do not need to follow physical distancing guidelines, but should follow good hygiene practices like:

- Regularly washing hands
- Avoiding sharing drinks or food
- Coughing or sneezing into your elbow, or a tissue which should be discarded immediately.

School attendance

All students should be at school unless:

- They have a medical certificate which states that they are unable to return to school due to an ongoing medical condition
- They are currently unwell.

Students who have a medical certificate to stay at home will be supported to learn from home in line with regular procedures if they are able to. These regular procedures are different to what was offered during the learning from home period. If you require work to be provided to your child whilst they are at home due to an underlying health condition, you should contact the school for assistance.

Please note, students who live with a family member in one of the categories identified as being at increased risk by the AHPPC, should attend school unless a medical practitioner advises otherwise in writing.

If your child is unwell, do not send them to school. If they are unwell at school you or your nominated emergency contact will need to collect them immediately. Please make sure your contact details are up to date.

If a student is absent without a medical reason for more than three days, this will be recorded as an unauthorised absence and followed up by the school.

If you need any support to get your child back to school, please contact your school.

Reporting and assessment

Your child has been assessed during the learning from home period and will receive additional assessment on their return to school.

You will receive your child's semester 1 report before the end of August (week 6, Term 3).

This may be a simplified version of the report you normally receive. Schools are encouraged to discuss your child's progress with you before the written report is issued.

School activities

Teachers will continue to follow the same school curriculum with the exception of some activities that can't go ahead for now.

What children can do:

- Use the school library
- Engage in non-contact sporting activities
- Year 11 and 12 students may attend classes/activities relating to subjects available on other campuses
- VET work placement for Year 12 students is able to proceed from 1 June 2020. Year 10 and 11 work-placement is able to proceed from Term 3 2020.
- School based apprenticeships and traineeships can recommence once the relevant workplaces are back in operation
- Trade Training Centres can operate on school sites.

What students can't do:

- School assemblies (unless for critical information)
- School incursions and excursions including camps
- Work experience
- Inter-school activities (debating, inter-school sport)
- In-school activities requiring parent or other volunteers
- Use hydrotherapy pools
- Drink from a water bubbler – bring a water bottle instead
- Students cannot attend TAFE for study but may continue to learn online.

School cleaning and hygiene supplies

Your school will receive additional cleaning in line with the AHPPC guidelines and advice from NSW Health. Targeted areas include high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas. There will also be additional cleaning of toilets and bubblers and topping up of supplies like soap.

Your school has received supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment. The school is able to order more as needed.

School grounds

There should be no visitors to school sites unless they are essential. Your school can provide guidance as to who is considered essential.

Your school will provide advice on drop off and pick up procedures.

Wherever possible, P&C and parent/carer/teacher meetings should be conducted virtually.

Canteens and uniform shops can open at the discretion of the principal.

Out of school hours care can continue to operate.

Community use of school facilities will recommence only for uses that are necessary for continuation of education and with principal's approval.

Responding to COVID-19 cases

There is a clear plan in place for schools to respond to any suspected or confirmed cases of COVID-19 in our schools. We are working closely with NSW Health and will communicate with parents if a situation was to arise

YOUR FUTURE MATTERS

INDIGENOUS ADMISSIONS PROGRAM

The IAP offers an admissions pathway for Aboriginal and Torres Strait Islander people seeking entry into the University of Wollongong's undergraduate programs.



JULY IAP (ONLINE) 3 DATES TO CHOOSE FROM: 8, 9 or 10 July 2020
CLOSING DATE: 5 June 2020 at 5.00pm

Assessments can be done anywhere you have access to a computer and internet.



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Woolyungah Indigenous Centre



UNIVERSITY OF WOLLONGONG AUSTRALIA

IAP ASSESSMENT PROCESS

- 1 **PRE-SCREENING PHONE INTERVIEW**
To determine your readiness to commence University and understand your preferred course of study.
- 2 **CAREER CONSULTATION**
To ensure your chosen course matches your interests and career goals.
- 3 **ONLINE ACADEMIC ASSESSMENTS**
To assess your ability to perform well in your preferred course of study.
- 4 **ZOOM FACULTY INTERVIEWS**
Interview with faculty representative to determine your suitability.
- 5 **STRENGTHS AND NEEDS ASSESSMENT**
To identify individual strengths and needs, and map your support plan appropriately.

What energy drinks do to your body

ROTTEN TEETH
{ CAFFEINE ADDICTION }

SHAKES NAUSEA VOMITING FITS

HEART PALPITATIONS INCREASED HEART RATE
HEART

STRAIN ON YOUR HEART, BLOOD VESSELS AND KIDNEYS INCREASING YOUR CHANCES OF CARDIOVASCULAR AND RENAL CONDITIONS

RAISED BLOOD PRESSURE

CHEST PAIN

LIVER HAS TO WORK HARD FOR 12 HOURS TO PROCESS AND REMOVE THE CAFFEINE IN THESE DRINKS. MEANWHILE IT IS GIVING LESS ATTENTION TO REMOVING OTHER TOXINS WITH IN OUR BODY WHICH MAY LEAD TO OTHER ILLNESSES

THE SUGAR IS RAISING YOUR BLOOD GLUCOSE LEVELS, CAUSING YOUR PANCREAS TO RELEASE INSULIN

STORE FAT AROUND YOUR MIDDLE

IN EXTREME CASES, EVEN DEATH

AFTER THE CAFFEINE HAS WORN OFF, YOU ARE LIKELY TO BE FEELING TIRED AND MAY EXPERIENCE LOW MOODS

GROUNDING A STRATEGY TO REDUCE ANXIETY

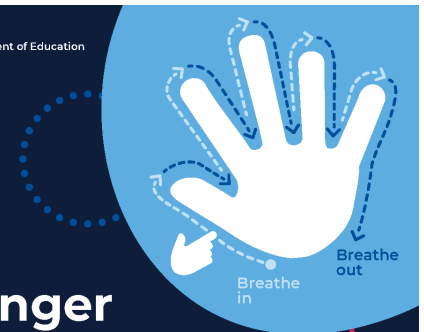
Sharon Martin, LCSW

1. Rate your anxiety on a scale of 1-10.
2. Sit up straight and tall. Place your feet on the floor. Relax your shoulders.
3. Breathe slowly and deeply.
4. How many windows are in the room?
5. How many electrical outlets do you see?
6. What does the chair or couch you're on feel like? Is it soft? Rough? Smooth?
7. What color are your pants? Your shoes?
8. What do you hear?
9. What material is the floor made of? Is it smooth or bumpy? Soft or hard? Dirty or clean? What imperfections can you see?
10. Name all of the TV shows you can think of.
11. Name all of the types of shapes you can think of.
11. Rate your anxiety on a scale of 1-10. If it is still over a 5, repeat the grounding exercises.



LiveWellwithSharonMartin.com

NSW Department of Education



5 Finger breathing

- 1 Spread your fingers wide
- 2 With your other hand, put one finger against the bottom of your thumb
- 3 Trace your thumb - breathe in as your finger rises, breathe out while it falls
- 4 Keep tracing your fingers until you get to the pinky - remember to breathe in and out!
- 5 How are you feeling? If you need to, start again

education.nsw.gov.au

