Dear Parents and Carers,

Year 12 Graduation
Due to COVID-19 restrictions, unfortunately parents and family members of Year 12 students will be unable to attend the final Year 12 graduation ceremonies this year in person. Attendance will be limited to Year 12 students and their teachers. Our school has engaged a production company to livestream and to produce DVD’s of the Year 12 Indigenous Graduation and the Year 12 Graduation Ceremony. This will ensure that all family members of Year 12 students are able to join with us in celebrating the completion of their 13 years of schooling. The internet links for the livestream for both events are listed below. It has been recommended that parents and family members connect to the livestream ten minutes prior to the commencement of each event.

Year 12 Indigenous Graduation
Date: 25/9/20
Time: 12:45 - 1:00pm
We look forward to recognising the many accomplishments of our Year12 indigenous students and the completion of Year 12.
You can access the livestream here: https://gigstreamlive.com/videostream/nowra-high-school-graduation-2020/

Year 12 Graduation Ceremony
Date: 25/9/20
Time: 1:30 - 2:30pm
Please join us in congratulating the class of 2020 for completing Year 12 and for their achievement of the Higher School certificate.
You can access the livestream here: https://gigstreamlive.com/videostream/nowra-high-school-graduation-2020/

Year 12 Formal
It is with great pleasure that I can now announce that the Year 12 formal will be held on Wednesday 25 November at Bomaderry Bowling Club. Due to COVID-19 restrictions, only Year 12 students and staff are permitted to attend. Further details will be provided in the near future.

BYOD 2021
As of Term 1 2021 all students in Years 7 and 8 will be expected to provide their own laptop for learning at school, fully charged with 6 hours of battery life each day.

Year 11 exams
Congratulations to the Year 11 students who will be completing their preliminary exams on Thursday 24 September and beginning their HSC course of study as of Day 1 Term 4 2020.

Morning arrival
Please be aware that as soon as a student has been dropped at school by a parent or a school bus, they are obliged to stay within the school bounds until the end of the school day. This is unless they are holding a part - day pass to leave the school which is signed by a Deputy Principal. If students are visiting local shops eg. Stocklands or other locations prior to 9am after their arrival at school, they are breaking the school rules and putting themselves at risk.

Kind Regards
Mr Glen Kingsley
Principal
The Year 7 vaccination program at school is continuing. The next vaccination date is on 11 November. This is for the HPV vaccination. Vaccination forms were distributed at the beginning of the year. If your child did not receive a vaccination form please ask them to collect one from the front office. Your child will need to return the form to the box at the front office before 11 November. For any further details please contact Mr Orange (Head Teacher Wellbeing).

'Chats for change'

Mr Erdel was invited by Koori Indigenous Health community members to join “R U OK? Day” celebrations in Kiama. We are very proud of our mathematician as he was nominated as a "local hero".

The “Chats for Change” program emphasises the simplicity and importance of being available for anyone else to have an open talk about mental health. Checking in with those around us can be vital.

Mr Erdel and the team chatted with Kiama locals and handed out goodies to promote the “R U OK?” message. We are so lucky at Nowra High to have staff with such strong connections to our local community and make wonderful role models for our students.

The Year 7 Enrichment class carried out the dissection of lambs’ brains to identify relevant structures.
Money Collection All Years

Students are reminded that money is only accepted at the front office, before school, recess and at lunch. Please do not attempt to pay at any other time, you will be refused. Thank you.

Casio fx-82AU Plus II Calculators now $25

Calculators available from front office - highly competitive in the local market - stock your pencil case today - don’t delay!

P & C Association TERM 4 2020 meeting dates

Week 4 - Tuesday 5th November
Week 8 - Tuesday 3rd December

(Please note: These dates will depend on the COVID situation)

Homework centre

The homework centre at Nowra High runs in the library every Wednesday afternoon from 3.30 - 5.00 pm.
Snacks and drinks are provided.
All students in years 7-12 are encouraged to take advantage of this great opportunity to study, with staff present to assist.
Computer access is also possible during the sessions.

Made an Appointment?

It is always best to make appointments for students outside of school hours. We understand at times with specialist appointments this is unavoidable.
If you do need to collect your child from school earlier than 3:20pm it is essential that you send them to school with a note which states the reason for the absence from school and the time they will need to depart.
Students must take these notes to the deputy principal before school and a part–day leave pass will be created. If you do not follow this procedure and require your child early there are many steps which are quite time-consuming. This can result in a great deal of inconvenience and possible lateness for you, and a loss of learning for the other students who are disrupted.
We thank you for your kind support in this matter which helps our school to run smoothly.

CHANGED DETAILS

If your details have changed at any time please let the school know as soon as possible.
Up-to-date phone numbers are very important so the school can contact parents/carers if a student is unwell.
Please also notify the school of any changes to your address.
Please let the school know of any changes to emergency contacts or their contact phone numbers.
Thanks for your assistance.
50 Ways to Take a Break

- 1. Take a Bath
- 2. Listen to Music
- 3. Take a Nap
- 4. Go to a body of water
- 5. Watch the clouds
- 6. REST your legs up on a wall
- 7. Let out a sigh
- 8. Fly a kite
- 9. Watch the stars
- 10. Write a letter
- 11. Learn something new
- 12. Read a book
- 13. Notice your body
- 14. Call a friend
- 15. Meander around town
- 16. Find a relaxing scent
- 17. Eat a meal in silence
- 18. Take a bike ride
- 19. Go to a park
- 20. Create your own coffee break
- 21. Write in a journal
- 22. Take deep belly breaths
- 23. Go for a run
- 24. Go to a farmer’s market
- 25. Pet a furry creature
- 26. Drive somewhere new
- 27. Turn off all electronics
- 28. Examine an everyday object with fresh eyes
- 29. Make some music
- 30. Climb a tree
- 31. Let go of something
- 32. Paint on a surface other than paper
- 33. Write a quick poem
- 34. Read poetry
- 35. Put on some music and dance
- 36. Color with crayons
- 37. Do some gentle stretches
- 38. Engage in small acts of kindness
- 39. Go to a coffee break
- 40. View some art
- 41. Read or watch something funny
- 42. Give thanks
- 43. Enjoy small acts of kindness
- 44. Write a letter
- 45. Notice your body
- 46. Go for a run
- 47. Go to a park
- 48. Create your own coffee break
- 49. Write in a journal
- 50. Take deep belly breaths

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