



## PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Welcome to term 1 of 2021. I hope you all had a relaxing Christmas holiday and that we can all look forward to a calmer year than we experienced in 2020.

HSC marks were released just after the end of term 4 last year, with students from Nowra High achieving some very pleasing results. After a particularly difficult year, I am extremely proud of this year group, demonstrating resilience in the face of adversity and a great ability to overcome the hurdles they faced. Our Year 12 students achieved excellent HSC results - 19 students achieved Band 6 results and 78 students achieved Band 5 across a variety of subjects. Congratulations go to the nine students who were placed on the Distinguished Achievers List, who gained multiple band 6's and to the Dux of 2020 Patrick Kerrigan, who managed to successfully balance the responsibilities of School Captain with his studies, achieving an ATAR of 97.8.

School sport is up and running again this term, with several South Coast Representative Team trials in the next few weeks. Our annual swimming carnival was held in week 3, with many competitors achieving personal bests in their races and proceeding on to the Zone Swimming Carnival, which takes place tomorrow. We wish all those taking part the best of luck. Many thanks must go to the PDHPE Faculty, who work relentlessly to ensure sports events like this run so smoothly. Without their dedication, these events just could not take place and our students would not have the great opportunities they do.

The Homework Centre is up and running again this year, open every Wednesday in the library from 3:30-5:00pm. I encourage all students to take advantage of this great opportunity to get help with homework and assessments. Many thanks to all the staff who regularly stay behind to assist our students achieve the best possible outcomes with the work they are set.

Last Tuesday, the first Parent and Citizen (P&C) Meeting of 2021 was held. It was lovely to see some new faces in attendance and I look forward to getting to know parents as the year progresses. The P&C meets twice a term, on Tuesdays of week 4 and 8 at 6.30pm in the school library. Everyone is welcome to attend. The greater input you have into your child's education, the better the outcomes will be. Please come along and be a part of the decision making process!

School photo day was held last Wednesday. Many thanks to DP Jodie Wellington, who ensured the day ran smoothly. If your child was absent, or did not have their photo taken, catch up day is this Friday, the 25<sup>th</sup> February.

Next Tuesday, March 2<sup>nd</sup>, we will be holding our annual Year 7 information night for year 6 students starting high school in 2022. Students and parents will have the opportunity to tour the school, meet our staff and ask any questions they may have. The evening commences at 5.30pm and concludes at 7pm.

Year 10 Work Experience will go ahead in week 9 this term. I encourage all students to use the time wisely and get some valuable experience of fields they are interested in once they finish high school. For those interested in further strengthening their resume, we are also running a Whitecard course on the 15<sup>th</sup> March. Please see our Careers Advisor Mrs. Fuz if you require any more details.

Kind regards

Mr Glen Kingsley

Principal

## Calendar - 2021

### Coming Events for Term 1 - Week 5

#### Week 5 - ALPHA

Monday 22 February:

- Years 7-10 HSIE PAT assessments in class - Ms Clerke

Tuesday 23 February:

- Years 7-10 HSIE PAT assessments in class - Ms Clerke
- Shoalhaven Zone Swimming Carnival - Ms Nielsen
- Year 12 VET - Business activity survey - Ms Papas
- Year 11 VET - Hospitality TAFE assessment task, Periods 1&2 in K7

Wednesday 24 February:

- Years 7-10 HSIE PAT assessments in class - Ms Clerke
- Year 12 Advanced English - HSC assessment task - drama presentation
- Year 11 VET retail - Ms Papas

Thursday 25 February:

- Years 7-10 HSIE PAT assessments in class - Ms Clerke

Friday 26 February:

- Years 7-10 HSIE PAT assessments in class - Ms Clerke
- Shoalhaven Zone - Open boys & girls Zone Basketball knockout - Ms Nielsen
- School Photos - Catch up day

#### Week 6 - BETA

Monday 1 March:

- Year 7 vaccinations (visit 1)
- Year 12 VET Retail work placement - Ms Fuz
- Year 12 Ext 2 Eng - Viva Voce assessment - Ms Nash

Tuesday 2 March:

- Year 7 2022 - Information evening
- Year 12 VET Retail work placement - Ms Fuz

Wednesday 3 March:

- SPBA professional snapshot - careers in industry
- 9CO1 Commercial excursion - Ms Papas
- Year 10 Commerce 1 - Stocklands excursion
- Year 12 VET - Retail work placement - Ms Fuz

Thursday 4 March:

- Year 12 VA - task 1- in class essay - Period 1, F5 - Ms Donnelly
- Year 12 VET - Retail work placement - Ms Fuz

Friday 5 March:

- Year 12 VET - Retail work placement - Ms Fuz





Year 12 2021 muck up photo



## Important notice

### Student Absence Rules in a COVID world

Please note if your child is absent, we will send you a text message as usual, however we are no longer able to accept a reply text message that simply says they are "sick".

Due to COVID – 19 we are departmentally required to find out the nature of the illness, in case it may affect others in the school. It is a free service to reply to our school SMS, however please include details as to whether the student is COVID-symptomatic or has an unrelated symptom or illness.

Please feel free to call us on 44214977 or email us at [nwra-h.school@det.nsw.edu.au](mailto:nwra-h.school@det.nsw.edu.au) to discuss your child's health or any concerns about this issue.

If there are any COVID – related symptoms please keep your child at home until you can provide the school with a Negative COVID test result.

Many thanks for your support in this very important matter,

Kind regards

Nowra High School Staff





## Yr 7 2022 Information Evening

**Tuesday 2 March 2021**

**Where: Multi Purpose Hall**

**Time: 5.30pm - 7pm**

90 Moss Street, Nowra NSW 2541



Parents and prospective Year 7 students for 2022 are invited to attend our school's information evening.

Following an information session, there will be a tour of the school, with visits to the Science/Agriculture, HSIE, CAPA & TAS departments, to showcase some of the exciting opportunities available at Nowra High.

The evening concludes at approximately 7pm. We look forward to seeing you.



[www.nowra-h.schools.nsw.edu.au](http://www.nowra-h.schools.nsw.edu.au)

## SENIOR STUDY & SUPPORT



EVERY THURSDAY PERIODS 5 & 6  
SCHOOL LIBRARY

PROVIDING ACADEMIC ASSISTANCE, VOCATIONAL  
ADVICE AND WELLBEING SUPPORT FOR STUDENTS  
IN YEARS 11 AND 12

TEACHING & WELLBEING STAFF WILL BE PRESENT AT  
EVERY SESSION

LET US HELP YOU REACH YOUR FULL POTENTIAL

## 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.

## P&C meeting dates

### TERM 1, 2021

Week 4 - Tuesday 16 February

Week 8 - Tuesday 16 March

**All welcome in the library  
starting at 6.30pm**



### Nowra High School

60 Mores St  
Nowra NSW 2541  
Tel: (02) 4421 4977  
Fax: (02) 4421 5284  
Email: nowra-  
h.school@det.nsw.edu.au  
Website: www.nowra-  
h.schools.nsw.edu.au

Dear parent or caregiver

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 caregivers, 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)   |
|---|---|
| <b>Relationships</b> <ul style="list-style-type: none"> <li>Adolescence and change</li> <li>Managing changes during puberty</li> <li>Recognising abuse</li> <li>Bullying and harassment</li> <li>Mental Health</li> </ul> | <b>Relationships</b> <ul style="list-style-type: none"> <li>Valuing difference and diversity</li> <li>Recognising and responding to abusive situations including family violence and date violence</li> </ul> |

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

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

Yours sincerely

**Scott Blakeney**

(HT PDHPE)

# Southern Stars Performing Company 2021



## 2021 Auditions INFORMATION PACKAGE

The Southern Stars Performing Company is a group of performers consisting of dance, drama, vocal, choir and instrumental students who are selected through an audition process for Southern Stars.

All NSW Public School students in Years 2 – 12 are eligible to apply (see table under general information for more specific company requirements).

### What to consider before applying:

- Performers from the Company can be asked to perform at special Departmental and community events, but their main focus each year is Southern Stars.
- Rehearsals are usually outside school hours and some scheduled school days prior to events.
- Southern Stars, Dance Festival, Drama Festival and Schools Spectacular require a commitment over a number of school days.
- Southern Stars 2021 will be held 16 – 21 August 2021 at WIN Entertainment Centre. An alternative date of 1 – 6 November 2021 is in place, should COVID restrictions be in place in August.
- There will be a compulsory workshop held over a number of days during the July School Holidays – proposed dates can be found further on in this document.
- Students who applied in 2020 will have their fee transferred for the 2021 auditions. An email has been sent to those students to confirm their audition placement for 2021. **Students who applied in 2020 DO NOT need to reapply.**

### Financial Commitments:

- An application fee of \$30.00 per student per company application is payable to cover the costs associated with the running of the Southern Stars Performing Company auditions. eg. If a student wishes to audition for more than 1 company ie. Dance and drama then 2 x \$30 application fees need to be paid. <https://www.trybooking.com/BIBCD>
- Students who lodged an application in 2020 and paid their audition fee, do not need to pay this fee in 2021. Their fee has been transferred to the 2021 auditions. An email has been sent to those students to confirm their audition placement for 2021.
- Annual company fee of \$300 (which includes the Southern Stars Participation Fee)
- A compulsory Performing Company uniform polo shirt worn at all rehearsals and events will need to be purchased at an additional cost of \$35.
- Optional Performing Company uniform
  - Jacket \$70, Backpack \$35, Additional Polo Shirt \$35
- Additional costs will be incurred by all performers for costumes (to be advised by the design team), personal, travel & meals etc.
- Orchestra members will be required to provide their own performance attire.





## Nowra Bridge project

### NORTHBOUND BRIDGE FOOTPATH CLOSURE AT NIGHT

Upcoming night work associated with utility relocations will require the closure of the northbound bridge footpath at night. This work will be carried out from **Sunday 21 February for up to four weeks**, weather permitting. Our work hours will be Sunday to Thursday between 6pm and 7am.

The closure is required for the safety of workers and path users while we excavate material and relocate utility services.

The stairs and underpass on the southern foreshore will also be closed during some of this work. Path users will be detoured onto the southbound bridge footpath using the Illaroo Road and Bridge Road signalised crossings on the Princes Highway.

Currently due to the noise impacts associated with bridge piling, path users are also being detoured onto the southbound bridge during the day when noise levels are high. We will reopen the footpath when we are not carrying out noisy work.

Signage and pedestrian management will be in place during these temporary closures.

**Visit the project webpage**

#### Contact us

1800 331 713

[nowraBridgeProject@fulton Hogan.com.au](mailto:nowraBridgeProject@fulton Hogan.com.au)

[nswroads.work/NowraBridge](http://nswroads.work/NowraBridge)



If you need help understanding this information, please contact the Translating and Interpreting Service on 131 450 and ask them to call us on 1800 331 713.

**2021 COME TRY ME DAY**  
**BAY AND BASIN**  
**CHILDREN'S ACTIVITIES**  
**SATURDAY**  
**20 FEBRUARY 2021**  
**9AM - 12NOON**  
**FRANCIS RYAN RESERVE**  
**SANCTUARY POINT**

BRING THE FAMILY ALONG  
 TRY SPORTS AND OTHER  
 ACTIVITIES YOU CAN DO  
 IN THE LOCAL AREA

LET'S SUPPORT OUR  
 YOUTH TO REACH THEIR  
 FULL POTENTIAL

FOR MORE INFORMATION  
 CALL 0409 918 820

Priority  
 FREE BBQ  
 Fun

Logos: NSW, Bay of Islands, Shell, Bunnings, etc.

**YOUTH INDOOR FOOTBALL SUMMER COMPETITION**  
 FOR REGISTRATION OR FURTHER INFORMATION PLEASE  
 CONTACT FTOTAL@SHOALHAVENFOOTBALL.COM.AU

**AGES 13 - 15**  
**FRIDAY NIGHTS**  
**FROM 6PM**  
**SHOALHAVEN**  
**INDOOR SPORTS CENTRE**

**JUNIOR INDOOR FOOTBALL SUMMER COMPETITION**

**AGES 9 - 12**  
**FRIDAY NIGHTS**  
**FROM 5:30**  
**SHOALHAVEN INDOOR**  
**SPORTS CENTRE**

FOR REGISTRATION OR FURTHER INFORMATION PLEASE  
 CONTACT FTOTAL@SHOALHAVENFOOTBALL.COM.AU

**CLUB NOWRA**  
**5 free Coaching Lessons**

- Need a break
- Meet new friends
- Learn something challenging & new
- Fun & competitive
- Low impact exercise

Drop the kids at school, have a game of bowls & be back in time to pick them up from school

Ladies: Tuesday & Thursday 10am  
 Men's: Wednesday & Friday 12:30pm

Please call Club for all information  
 Ph: 4421 2300 or Email  
[nowrabowls@nowrabowls.com.au](mailto:nowrabowls@nowrabowls.com.au)

## WANT TO PLAY NETBALL

You can register now with any club within our Shoalhaven Netball Association  
 Use the links below to discover the individual clubs

ALBATROSS CLUB - [albatrossnc.nsw.netball.com.au](http://albatrossnc.nsw.netball.com.au)  
 GEMS CLUB - contact Kirstie - 0427 305 403  
 JERVIS BAY CLUB - [jervisbaync.nsw.netball.com.au](http://jervisbaync.nsw.netball.com.au)  
 LYREBIRD CLUB - [lyrebirdnc.nsw.netball.com.au](http://lyrebirdnc.nsw.netball.com.au)  
 NORTH NOWRA/BOMADERRY CLUB - [nnbnc.nsw.netball.com.au](http://nnbnc.nsw.netball.com.au)  
 REBELS CLUB - [rebelsnc.nsw.netball.com.au](http://rebelsnc.nsw.netball.com.au)  
 SAINTS CLUB - [saintsnc.nsw.netball.com.au](http://saintsnc.nsw.netball.com.au)

North Nowra Bomaderry Netball Club registrations are now open for season 2021 – new and returning players welcome (5 years and up).  
 Registrations received before the end of January, eligible for Early Bird discount.

All players **MUST** be registered by **12pm February 20<sup>th</sup> 2021**.

Visit our website to register  
 now <http://nnbnc.nsw.netball.com.au/> or contact us  
 at [northnowrabomaderrynetball@gmail.com](mailto:northnowrabomaderrynetball@gmail.com).

**ST GEORGES BASIN FOOTBALL CLUB**  
 EST 1964

**2021 Season**

- Season start date 28<sup>th</sup> March 2021
- We currently have available spots in the following age groups:
  - \* U6 boys – play Saturdays
  - \* U7 boys – play Saturdays
  - \* U11 – graded coding, play Saturdays (experienced & 30% English)
  - \* U12 girls – full field comp, play Saturdays, limited spots
  - \* U13 boys – full field comp, play Saturdays, limited spots
  - \* U14 girls – full field comp, play Saturdays, limited spots

We accept Active Kids vouchers!  
 Training advised by teachers upon team allocation.  
 Uniforms above listed to be added on our Facebook page.

For the boys, we have spots available in our senior men's teams!

For all enquiries visit our Facebook page: St Georges Basin Football Club  
 or email: [stgeorgesbasinfb@gmail.com](mailto:stgeorgesbasinfb@gmail.com)  
[www.stgeorgesbasinfb.com.au](http://www.stgeorgesbasinfb.com.au)

**PLAY AFL** | **BOMADERRY JUNIOR FOOTBALL CLUB (AFL)**

Bomaderry JFC are seeking boys and girls wanting to play AFL football in 2021 we are offering:

- Auskick (Under 5-Under 7) for girls and boys – on Thursday afternoons 4:30 to 5:30 at Nowra Showgrounds starting 26<sup>th</sup> of March
- Junior competition football with mixed teams for under 9's, 11's and 13's, boys teams for under 15's and 17's, and girls teams for under 12's, 15's and 17's age groups
- Training 4:30 to 6:00pm Thursdays at Nowra Showgrounds. With games on Sundays.
- Further opportunities with representative selections and elite academies run by AFL South Coast.

Registration is every Thursday evening between 4:30pm and 5:30pm in March at Nowra Showgrounds, West St Nowra, or any training session from 4<sup>th</sup> March.

For further information, please contact President Greg Murrell on 0402 470 137 or by email at [bomaderryjfc@gmail.com](mailto:bomaderryjfc@gmail.com)

**PLAY FOOTBALL**

Player Coach Referee Clubs Schools Pathways Skills Hub Help

**JOIN OUR TEAM** **SIGN UP NOW**

Re-Registering to play this season?

New to Football?

Coaches, Referees & Volunteers

If you have played football before, start your 2021 registration

Find your club now

Start your 2021 registration

Register at [www.playfootball.com.au](http://www.playfootball.com.au)

Come & Join the Friendliest Family club on the South Coast!!!

**Register On Line Now**  
[www.playrugbyleague.com](http://www.playrugbyleague.com)  
 or Bomaderry Swamp Rats Facebook Page

**REGISTRATION DAYS**  
**BOMADERRY SPORTING COMPLEX**

**SATURDAY 13TH FEBRUARY 2021**  
**10.00AM-12.00PM**

**SATURDAY 20TH FEBRUARY 2021**  
**10.00AM-12.00PM**

**THURSDAY 18TH FEBRUARY 2021**  
**4.00PM-5.30PM**

FOR BOYS Aged 5-16 years  
 GIRLS LEAGUE TAG Aged 6-16 years  
 GIRLS TACKLE Aged 13-16 years

Logos: NSW Rugby League, Good Sports, Active Kids Rebate Program, Bomaderry Swamp Rats