



Principal: Mr Glen Kingsley

Deputy Principal: Mrs Jodie Wellington
Deputy Principal: Ms Libby Campbell
Relieving Deputy Principal: Mr Scott Blakeney

PRINCIPAL'S MESSAGE

Dear Parents, Carers and families,

Welcome to term 1 of 2022. I hope you all had a relaxing Christmas holiday. 2022 has already proven to provide many challenges for our school and our community as we navigate the implications of the Omicron variant of COVID-19. Thank you for your assistance with Rapid Antigen Testing at home and for providing surgical masks for your children to bring to school. Please remember to notify the school ASAP if your child receives a positive RAT or PCR test as well as through the Services NSW App.

HSC marks were released early January this year, with students from Nowra High achieving some very pleasing results. After two difficult years, 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 - 9 students achieved Band 6 results and 80 students achieved Band 5 across a variety of subjects. Congratulations go to the nine students who were placed on the Distinguished Achievers List, some of whom gained multiple Band 6 results and to the Dux of 2021 Ari Landstra who achieved an ATAR of 97.3.

Welcome to our new Deputy Principal Ms Campbell. Ms Campbell is the deputy responsible for Years 7 and 10. Ms Campbell is an experienced Deputy Principal who previously served as the College Deputy Principal across the three campuses of Sydney Secondary College.

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 is being held today. This year due to COVID restrictions, only Year 7, Year 11, Year 12 and competitors will be attending. 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.

Next Tuesday 15 February, the first Parent and Citizen (P&C) Meeting of 2022 will be held. All parents are invited and it would be lovely to see some new faces in attendance. 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. 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 is to be held on Wednesday 16th February. If your child happens to be absent, or did not have their photo taken, the catch up day is scheduled for Friday 25 February.

On Tuesday 1 March, we will be holding our annual Year 7 information night for year 6 students starting high school in 2023. 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.

Kind regards,
Mr Glen Kingsley,
Principal

Calendar - 2022

Coming Events for Term 1 - Weeks 4-5

Week 4 BETA

Monday 14 February:

- Usual school routine

Tuesday 15 February:

- UOW Discovery Day - Postponed

Wednesday 16 February:

- School photo day

Thursday 17 February:

- Usual school routine

Friday 18 February:

- School Zone open boys & girls basketball - Ms Nielsen
- Year 8 vaccination (2nd dose HPV)

Week 5 - ALPHA

Monday 21 February:

- Usual school routine

Tuesday 22 February:

- Shoalhaven Zone Swimming Carnival - Ms Nielsen
- Hospitality assessment - Ms Pollock

Wednesday 23 February:

- Bulwul Balaang - girls program - Waminda

Thursday 24 February:

- Usual school routine

Friday 25 February:

- School photo catch up day

P&C meeting dates

TERM 1, 2022

Week 4 - Tuesday 15 February

Week 8 - Tuesday 15 March

All welcome in the library

Starting at 6.30 pm

Introducing our Deputy Principal Ms Libby Campbell

Hello Nowra High School,

My name is Libby Campbell and I have just started at NHS as one of the Deputy Principals. I am looking after Years 7 and 10. For the past 15 years I have been working at Sydney Secondary College, a three campus public High School in Sydney's Inner West. My subject area is Drama and I am so excited to get to work with the students and staff at Nowra High School both in the performing arts and across the wider school. I grew up in Berry and went to Bomaderry and Shoalhaven High School and getting this appointment has allowed me to come home to this.

I am looking forward to working with everyone!

Libby



VEOLIA
Mulwaree Trust

Kickstart 2022

Funding for community groups

Support for a wide range of local projects is available through the Veolia Mulwaree Trust grant and donation programs. In addition, assistance for organisations impacted by the pandemic is available via the 2022 donation program.

Not-for-profit organisations within the local government areas of Goulburn Mulwaree, Upper Lachlan, Wingecarribee, Wollondilly, Shoalhaven, Oberon and former Palerang are invited to apply.

ROUND 1 APPLICATIONS WILL BE ACCEPTED FROM 24 JANUARY UNTIL 24 FEBRUARY 2022.

See the website www.mulwareetrust.org.au for more details on what support is available.



The Veolia Mulwaree Trust has been providing support to local community-based preschools, primary schools and high schools since 2005 and wants to 'Kickstart 2022' by offering financial support for more exciting school projects in 2022.

Funding is available for a wide range of projects and the Trust offers two funding programs, a donation program for small local projects \$1,000 or less and a grant program for projects valued at more than \$1,000.

If your school or P&C has plans for a new project in 2022 the Veolia Mulwaree Trust may be able to assist. Applications in round 1 are open now, and two further funding rounds will be held this year.

[Click here for more information](#) or to discuss an application with a grants officer call the Veolia Mulwaree Trust's Goulburn office on (02) 4822 2786.

Our School Representative Council (SRC) leadership team for 2022



Captains: Thomas Gilbert and Travis Fuss
Vice Captains: Zara Jobson and Maddison Goatcher
Prefects: Zane Peters and Emma Keane

SRC Members

Yr 8

1. Mikayla Grubb
2. Parker Jobson
3. Olivia Oke
4. Ava Gallagher
5. Charlotte Evans

Yr 9

6. Luke Fraser
7. Woser Choedon
8. Lillian Morrison
9. Mogan Goatcher
10. Isabelle Woodward
11. Annabelle Snape
12. Will Dowd
13. Shakayla Hunt

Yr 10

14. T'neil Tucker
15. Jwal Dave
16. Amelie Buchanan
17. Sharae Fuss
18. Kelvin Li
19. Mason Jessop
20. Josh Miller
21. Jorydn Bartley

Yr 11

22. Edward Minall
23. Makenzie De Leeuw
24. Amity Child
25. Elke Keane
26. Ashaylen Markham
27. Ava Boundy
28. Roiden Bryans

Yr 12

29. Tom Gilbert
30. Travis Fuss
31. Zara Jobson
32. Maddison Goatcher
33. Zane Peters
34. Emma Keane

Illawarra South East Regional Performing Ensemble 2022 Audition Information Package

The Illawarra South East Regional Performing Ensemble is a touring group of performers including a stage band, dancers and vocalists. For over 20 years, the Ensemble has been entertaining public primary and high school students and allowing talented public creative and performing arts students to do what they do best: perform. This changed in 2020/2021, with the cancellation of every tour except one, due to COVID-19 restrictions.

In moving forward, Ensemble staff offered every current Ensemble member a place in our 2022 Ensemble cohort. As some students were unable to commit to 2022, the Ensemble only has positions vacant for the following:

- Female vocalists
- Alto Saxophone
- Tenor Saxophone
- Baritone Saxophone
- Trumpet
- Trombone
- Bass Guitar
- Drums
- Dancers

What to consider before applying:

- The Ensemble tours and performs in various public schools (usually) once a term over 3 days.
- There are sometimes special performances requested of the group which require additional night or daytime commitment.
- Any selected performers for the Regional Performing Ensemble will be required to attend a 3 day camp (1 school day only) from Friday 29 April to Sunday 1 May 2022, provided current restrictions are lifted.
- A rehearsal (usually a Sunday) prior to each tour is required.
- Students should follow all school procedures for applying for external companies before completing the application form. All Principals will be emailed a detailed list of students applying to audition once applications are closed. If for any reason your Principal does not want you to audition, they will address this with you personally.
- New audition applications are only open to students in regional schools from Year 7 to 11 in 2022.

Please Note: For camp and tours to proceed in 2022, current COVID-19 restrictions will need to be lifted.



Financial Commitments:

2022 Fee schedule consists of:

- \$250 per term
- \$200 camp fee
- Other non-compulsory uniform requirements (tbc)
- Additional minimal costs will be incurred by all performers for costumes, personal, travel & meals etc.

Performance Commitments:

- A draft list of rehearsals is below
 - Term 2 Week 3 - Monday 9 May to Wednesday 11 May 2022
 - Term 2 Week 9 - Monday 20 June to Wednesday 22 June 2022
 - Term 4 Week 6 - Monday 14 November to Wednesday 16 November 2022
- Advance notice will be given for all (Sunday prior to tour) rehearsals

Audition Process:

- All Audition applications MUST be received by: 5:00pm Friday 18th February, 2022
- All Applicants must attend auditions - once a firm date can be confirmed (due to COVID) dates/times/locations will be advised in a timely manner.
- All Audition Applications will ONLY be accepted ONLINE via this form:

[2022 Audition Application Form](#)

Please direct all enquiries to

- Linda Kennedy - Co-Ordinator
linda.kennedy24@det.nsw.edu.au
- Jo-Anne Spindler - Administration
joanne.spindler@det.nsw.edu.au

Female Vocal Auditions

Audition process: Auditions will occur in two parts.

1. The first session will be a performance of a piece of free choice designed to show the singer's ability, 2 mins maximum, with backing to best show the singer's pitching with an accompaniment. No costumes or props, but the audition should demonstrate a prepared performance. It need not be from the start of the selected piece. Students will be notified if they are proceeding to Session 2.

NB: Auditions will be stopped at 2 minutes - please do not be offended if your audition is stopped, this is purely to ensure all auditioned have equal time.

2. The second session will involve harmonising, learning a song in parts, and performing the song with choreography taught on the day. Students should have some experience of ensemble singing and ability to follow musical scores.

Stage Band Auditions

Requirements

- Positions are only available for:
 - Alto Saxophone
 - Tenor Saxophone
 - Baritone Saxophone
 - Trumpet
 - Trombone
 - Bass Guitar
 - Drums
- Students may nominate multiple instruments, including instruments not listed above, but should clearly identify their first preference from this list.
- All performers will be expected to read standard music notation.

Audition process:

Applicants are required to perform a piece of free choice designed to demonstrate the performer's ability and range of style 2 mins maximum. The audition should demonstrate a prepared performance. It need not be from the start of the selected piece. The auditionees will also be asked to perform a short sight-reading excerpt to gauge their ability.

NB: Auditions will be stopped at 2 minutes - please do not be offended if your audition is stopped, this is purely to ensure all auditioned have equal time

Dance Auditions

Audition process:

Selection will be through a choreographed workshop taught to the students on the day by a trained choreographer. Both a jazz routine and lyrical routine will be taught at the workshop. Please wear appropriate dance attire.

What should be in my COVID home-care kit?

Make sure your family is COVID-ready.

Most people will be able to manage COVID at home. Have a home-care kit ready to manage symptoms to help your household through isolation.

SYMPTOM RELIEF

- Paracetamol
- Ibuprofen
- Cough lozenges

PHONE NUMBERS

- Your GP
- Your emergency contacts
- NSW Health COVID-19 Care at Home Support Line on 1800 960 933

ESSENTIALS

- Your usual medications - have a 2-week supply
- Rapid antigen tests (if available)
- Toys, games and activities to keep everyone occupied

FOOD AND DRINK

- Rehydration drinks - electrolyte drinks, sports drinks
- Ice blocks
- Non-perishable and plain foods
- Plan for how to get groceries - online orders, friends & family

THERMOMETER

- Monitor your temperature
- Over 38°C - paracetamol can help
- Over 39.5°C - seek medical help if temperature does not respond to paracetamol

Know the isolation rules

People who test positive to COVID-19 on a rapid antigen test or PCR test and their household contacts must self-isolate. Find out more.



How can I help to slow the spread of COVID?

Here are simple steps we can all take to help slow the spread of COVID-19.

Sick? Stay home, test for COVID

- Don't go anywhere if you are sick.
- Test immediately and isolate until you receive a negative result.



Keep away from others

- Stay 1.5 metres away from other people.
- Avoid crowds.
- Hold social gatherings outdoors.



Wear a mask and check in

- Wear a mask indoors, on public transport and where you can't social distance from others.
- Check into venues using QR codes where required.



Get vaccinated

- Everyone 5 years and over can now receive a COVID-19 vaccine.
- Getting vaccinated protects you, your family, elders and community from getting really sick with COVID-19.



Wash your hands

- Clean your hands regularly with hand sanitiser or soap and running water for 20 seconds.



Find out more:

For more information and advice on how to stay COVID Safe visit: www.health.nsw.gov.au



Tested positive for COVID on a rapid antigen test (RAT)?

Register your positive result immediately with Service NSW. Follow the steps below.



Step 1



Visit the Service NSW app

- Click on the COVID-19 Resources tab.
- Scroll down and click on register a positive test result.
- Log in to your account or continue as guest.
- You can also visit the Service NSW website.

Step 2



Select who you are registering

- Result for yourself, another adult or a child.

Step 3



Enter date

- Enter the date that you took the test and got a positive result.

Step 4



Answer questions

- Enter details of the person who tested positive.
- Enter your phone number or email.
- Answer the questions about the person who tested positive.

Step 5



To submit

- Complete the declaration.
- Submit your details.

Need help?

If you have any issues or need help completing the form, call Service NSW on 13 77 88.

You cannot register your positive result at a Service NSW Centre.

Find out more: bit.ly/RegisterRAT



Continue to self-isolate for 7 days from the day you received your positive result and follow the advice from NSW Health.

What do I need to do if I'm a household contact?

IF YOU LIVE WITH SOMEONE WHO IS COVID POSITIVE:

Step 1



Self-isolate immediately

- You must self-isolate for 7 days from the last time you were in contact with the COVID-positive person. This means staying away from the positive person in your household at all times.

Step 2



Take a rapid antigen test (RAT)

- Take a rapid antigen test (RAT) as soon as possible and again on day 6 of isolation.
- Take an additional RAT if you develop symptoms.

Step 3



After 7 days

- If all tests are negative, you can leave isolation after 7 days.

Step 4



If you test positive

- You need to isolate for 7 days from the day of your positive test result.
- Follow the *Testing positive to COVID-19 and managing COVID-19 safely at home* advice on the NSW Health website.

Step 5



Avoid high-risk settings

- Do not visit people in hospital, a nursing home or prison for the following 7 days after leaving isolation.

Find out more:

For more information about what to do if exposed to COVID-19, please visit www.health.nsw.gov.au



What do I need to do if I test positive to COVID?

Follow these steps to manage COVID-19 safely at home.



Step 1



Report your rapid antigen test (RAT)

- You must register a positive test on the Service NSW app or website.
- This links you to important health care support and advice based on your COVID-19 risk.

Step 2



Isolate immediately

- For at least 7 days.
- Your household must also self-isolate for 7 days, take a RAT as soon as possible and again on day 6.

Step 3



Let contacts know

- Tell people who you spent time with 2 days before you started having symptoms or you tested positive (whichever came first) that you have COVID-19.
- This includes your social contacts, workplace and/or school.



Monitor your symptoms

- If you are concerned you should call your GP, the NSW Health COVID-19 Care at Home Support Line on 1800 960 933 or the National Coronavirus Helpline on 1800 020 080.
- Call 000 for an ambulance if symptoms become severe.

Step 5



Release from isolation

- You can leave self-isolation after 7 days if you do not have symptoms. Call your GP if symptoms persist beyond 7 days.
- Do not visit people in hospital, nursing homes or prison for a further 7 days.

For more information about managing COVID at home or if you are at risk, please visit: www.health.nsw.gov.au





**REGISTRATION INFORMATION
OPEN DAY**
SATURDAY FEB 12TH 12-2PM
ST GEORGES BASIN SPORTSGROUND

We invite all interested players, coaches and volunteers to come along to St Georges Basin Sportsground for information and assistance with all things football.

- Chance for kids to have a kick, meet other players
- Help with registrations
- Coach training information
- Uniform purchases
- Hang around and watch our Senior players trial match

Open Day is a great way to see what our club and sport has for you!

If you've already decided, you can jump on and register at:
<https://basinfc.com/players/player-registration>

Some age groups are filling up fast and may be waitlisted, don't let this deter you, send us an enquiry and we will try our hardest to accommodate!



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

Register On Line Now
www.playrugbyleague.com
or Bomaderry Swamp Rats Facebook Page

**COME & TRY
FOR FREE DAY**
BOMADERRY SPORTING COMPLEX
THURSDAY 24TH FEBRUARY 2022
4.00-5.00PM

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



NSW RUGBY LEAGUE
GOOD SPORTS
ACTIVE KIDS REBATE PROGRAM
Bomaderry Swamp Rats Facebook



Lyrebird Netball Club

Play Netball in 2022!

Juniors (5+) and Seniors • New players welcome!

Fun • Fitness • Friendship

Use your ActiveKids Voucher!

facebook.com/LyrebirdNetballClub/

JUNIOR TENNIS COMPETITION
Starting 11th February and ending on 8th April
Friday nights commencing at 530pm and finishing around 730pm
Names need to be in by 5th February 0412 134 840.

TENNIS OPEN NIGHT
Saturday 5th February - 4pm to 7pm
Narang Road, Bomaderry (behind ten pin bowling)
BBQ, drinks available, finger food, social tennis, pickleball
FUN for the WHOLE FAMILY
For more information contact 0412 134 840

PLAYERS WANTED FOR SOUTHERN BRANCH 15 BOYS (soccer)
Any male players born 2008 or 2007 looking at playing in the AYL comp
Training at South Nowra soccer fields Tuesday and Thursdays from 6pm-7.30pm
Games are on Sundays (some Saturday games) 11.45am
18 home games played at South Nowra
9 away games played in Sydney
Rego fee \$850 includes training uniform and game day uniform
Active Kids Vouchers can be used
Please come along to a training session to meet the coach and team or email southernbranchinc@gmail.com

PARADISE PHYSIE & DANCE
REGISTRATION DAYS

21st February - Nowra School of Arts

22nd February- Nowra Uniting Church

23rd February - Culburra Beach Surfclub

OPEN CLASSES

All of February!

No bookings required....

Come along and try a class.

For an info pack email...

paradiseelitephysie@yahoo.com

Timetable (optional)

TIMETABLE – TERM 1 2022

Monday (Nowra School of Arts)

3.30pm Tiny Tots

4.00pm 5-8 Years

5.00pm 9-12 Years

6.00pm Teens/Seniors

Tuesday (Culburra Beach Surf Club)

9.30am Tiny Tots

10.00am Ladies Class

Tuesday (Nowra Wesley Centre)

3.30pm Tiny Tots

4.00pm Teens

5.00pm 5-8 Years

5.45pm 9-12 Years

6.30pm Ladies

Wednesday (Culburra Beach SurfClub)

3.30pm Tiny Tots

4.00pm 5-8 Years

5.00pm 9-12 Years

6.00pm Ladies

7.00pm Teens

You're invited to

Shoalhaven Multicultural Group's
Harmony Day Celebration 2022

Saturday 19 March 2022
5:30pm for 6:30pm start
Bomaderry Community Centre
17 Birriley St, Bomaderry

Must RSVP due to COVID requirements

HARMONY DAY



Join us as we celebrate Harmony Day, a time to celebrate how our differences make Australia a great place to live.

Some food provided, please bring something to share.

We would love to see you there!



Shoalhaven
Multicultural
Group

RVSP and more info:
shoalhavenmulticulturalgroup@gmail.com

Find us on 

A Volunteer driven group Supported by Shoalhaven Neighbourhood Services Inc

This event is partially funded by Shoalhaven City Council