



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,

It has been a relatively smooth start to Term 1 and fortunately there have been very few staff or students in our school contracting COVID-19. The school has had minimal disruptions and our students are diving deep into their learning and already achieving impressive results in a range of subject areas.

On Monday 28 February, COVID restrictions were further eased. Masks are now no longer required to be worn by staff or students and students can mix amongst their peers from other year groups.

It was fantastic to hold our first whole school assembly in almost 12 months on Monday 28/2. The assembly was organised by the TAS (Technological & Applied Studies) faculty and hosted by our School Captain Tom Gilbert and Vice-Captain Zara Jobson.

Special guest Andrew from Productivity Boot Camp in Ulladulla spoke about the numerous success stories and benefits of our students attending this program. The Productivity Bootcamp is a free 8 week program that arms young people with the skills and work ethic that is required to be productive employees. Our students benefited from practical, hands-on learning from tradespeople in a construction yard. They gained basic skills in electrical, carpentry, formwork, concreting, steel fixing, bricklaying, paving, roof tiling, plumbing, landscaping, scaffolding and more. Students gained knowledge of WHS (Work, Health and Safety) practices and were well supported by a coach who assisted with all documents and preparation to gain successful employment upon completion of the program.

Our new careers advisor Mr Mozejko spoke about his role within our school and the many opportunities that work experience can provide. Our Chaplain Wendy Kettlewell presented the Nazza Fun fact of the week based around the theme of 'Gratitude'. Research has proven that practicing Gratitude makes people more likeable and less stressed.

On Tuesday 1 March our Year 7 2023 Information Evening was held. This provided an excellent opportunity for prospective students and their parents to learn more about our school and the many programs and extra-curricular activities available. The night also provided the chance to meet key staff within our school and to go on a tour of the school to inspect our high-quality facilities. Despite the weather it was a great success.

Our next P&C meeting is scheduled for Tuesday 15 March - 6.30pm start in the library. I encourage all parents to join us as we would love to work in close partnership with you in the running of our great school.

Invoices for school fees will be sent out within the next week. Parents are encouraged to pay by credit card via the Online Payments tab on our school website.

Kind regards,

Mr Glen Kingsley
Principal

Calendar - 2022

Coming Events for Term 1 - Weeks 6-7

Week 6 - BETA

Monday 28 February:

- Extension 2 English Viva Voce - Mr McKee

Tuesday 1 March:

- Jetts Gym - Ms Biayazeid
- Year 7 2023 Information Evening 9 - Mrs Wellington
- Shoalhaven Zone Swimming Carnival - Ms Nielsen

Wednesday 2 March:

- Year 7 vaccination (to be rescheduled)

Thursday 3 March:

- Shoalhaven Zone 15s & Open Boys League - Ms Nielsen

Friday 4 March:

- Advanced English - Richard III - Mr McKee
- HSC Biology assessment task 2
- Year 9 Commerce excursion - Mr Tagliabue
- P2 & G3 - Seven Mile Beach - beach activities - Mr Pickard

Week 7 - ALPHA

Monday 7 March:

- Usual school routine

Tuesday 8 March:

- Human Services Workshops - Mr Mozejko
- Hospitality assessment - Ms Pollock
- South Coast Swimming Champs - Ms Nielsen
- Jetts Gym - Ms Biayazeid

Wednesday 9 March:

- Bulwul Balaang - girls program - Waminda
- Preliminary Business Studies task 1 - Mr Tagliabue

Thursday 10 March:

- Usual school routine

Friday 11 March:

- Shoalhaven Zone Netball Carnival - Ms Nielsen
- Year 9 Commerce excursion - Mr Tagliabue
- P2 & G3 - Seven Mile Beach - beach activities - Mr Pickard

Congratulations to former students



Congratulations to former Nowra High students, Mason Forrester, Sarah Hamilton, Karlee Symonds and Zoe Timbs who were recipients of the Shoalhaven Education Fun scholarships for their tertiary study.

Zoe Timbs is not pictured as she was unable to make the presentation.

Congratulations

Congratulations to Macey Dudgeon and Isabelle Sabel of Year 7 who have been chosen to join the 2022 Southern Stars High School Dance Company.

Congratulations also to Melody Spencer Year 12 who has been chosen as a featured vocalist for her final year. Melody has had great success as part of the Southern Stars family, as a dancer and vocalist, for most of her school life. Best wishes to you all!

Ms Yeomans

Head Teacher Creative and Performing Arts

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

upcoming sessions

Parents, Carers, and Community Members in Illawarra Shoalhaven are invited to attend a free mental health education session in Term 1.



The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge and understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



Communicating with my young person

Date: 15/2/2022
Time: 12:00 PM – 1:15 PM AEDT
Location: Online webinar
Registration: <https://bit.ly/3njr183>



Helping my young person during COVID

Date: 23/2/2022
Time: 6:30 PM – 7:45 PM AEDT
Location: Online webinar
Registration: <https://bit.ly/3G6EvTn6>



Helping my young person during COVID

Date: 9/3/2022
Time: 6:30 PM – 7:45 PM AEDT
Location: Online webinar
Registration: <https://bit.ly/3l36vzp>



For more information

Contact us at programsupport@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Nowra High School Support Unit – 2022 Nowra Show results.

In the Junior Vegetable Section:

1st for Beans – Twenty

2nd for Any vegetable, celery

In the open Pavilion Vegetable Section:

1st Beans, round 20

1st Herbs, kitchen variety, 1 bunch

1st Herbs, kitchen, 1 variety, 1 bunch

1st Silver beet, 6 stalks

1st Capsicum, red or green,

Students would like to thank Mr Kingsley and the Nowra High School Executive for providing funding to establish a Sustainable Kitchen Garden. Students have worked hard tending the garden growing produce to share at school and to take home. This project enables students to learn valuable life skills in gardening and healthy eating, while providing a space where students can experience outdoor learning close to nature.

Many thanks also go to Bishops Seed and Produce at South Nowra for supplying produce and equipment at an affordable price, including gardening advice.

The success of our garden has also been possible with the raised garden beds purchased from Knudsen's Tanks at Tomerong. The raised garden beds provide a work space that meets our work safety requirements and is accessible for all students. Knudsen's Tanks are a local manufacturer providing a quality product using Australian made materials.

We all look forward to the Nowra Show in 2023!



A fantastic time was had for those who competed and officiated at the swimming carnival recently.

A huge thank you to Miss Nielsen for all your hard work and organisation, particularly with having to address the last minute changes.

Thank you to all the staff for officiating and supervising, and lastly to all our amazing swimmers for simply being amazing!

2022 Swimming Carnival



Dear Parent or Caregiver,

Human Society and Its Environment (HSIE) is one of the key learning areas for students in Years 7 to 10. Our school's HSIE programs directly follow the NESA mandated Syllabi for Stages 4 and 5 History and Geography and reflects the values of public education: integrity, excellence, respect, responsibility, cooperation, participation, care, fairness and democracy.

Our HSIE programs focus upon how humans past and present interact with the world, how society operates and how it is changing. Through the study of HSIE, students develop the skills to prepare them to participate as informed citizens, actively and responsibly in the contemporary world.

Some of the content of the programs taught deal with sensitive and /or controversial issues. The school recognises this by ensuring that the delivery of curriculum, school programs and activities, presentations and activities by external providers or other events involving students are age appropriate, relevant to curriculum aims and objectives and consistent with the values of public education and the school's Strategic Improvement Plans and goals. HSIE Staff ensure that all curriculum areas are examined using a range of contextually appropriate viewpoints and resources about the issue.

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

Yours sincerely,

Glen Kingsley

Principal

Lauren Clerke

Head Teacher HSIE

Personal Development, Health and Physical Education Information for Parents

Dear Parents and Caregivers,

This year, students in Year 7, 8, 9 and 10 will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). This subject prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

Our school's PDHPE program covers a wide range of education matters, including relationships, drug use, sexuality and sexual health, body image, mental health and wellbeing, protective strategies, movement skills and performance, safety and physical activity. 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 school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

For more information on PDHPE go to the NESA website.

Some of the specific content which will be covered in PDHPE includes:

Stage 4	Stage 5
<ul style="list-style-type: none"> • Self identity • Physical, social and emotional changes during adolescence • Grief and loss • Communication, connections and seeking help • Caring and respectful relationships • Abuse and power • Bullying and harassment • Protective strategies and responding to risk • Mental health and positive attitudes • Healthy food habits and the relationship between diet, physical activity and health • Drug use, including medications, tobacco, alcohol and cannabis 	<ul style="list-style-type: none"> • Supporting yourself and others • Valuing diversity and difference • Developing equal and respectful relationships • Recognising and responding to abusive situations • Discrimination, harassment and vilification • Grief and loss • Mental health and building resilience • Communication, connections and seeking help • Healthy food habits • Drug use including illicit drug and the consequences of drug use on the individual and others • Sexual health including the evaluation of safe sexual health practices, contraception and sexual behaviours • Sexual choices and their consequences

Stage 4	Stage 5
<ul style="list-style-type: none"> • Sexual health, rights and responsibilities in sexual relationships • Sexually transmitted infections • Road safety, protective behaviours and equipment • Risk and strategies to minimise harm • Personal safety, first aid and accessing health information and services • Movement skill and performance 	<ul style="list-style-type: none"> • Planning and managing sexual health including reproductive and sexual health checks • Road safety, including responsible driver and passenger behaviour • Consequences of unsafe road use and the causes of road crashes • Influences on health decision-making and risk behaviours • Accessing services including getting your own Medicare card

If you would like more information, please contact the school on 4421 4977.

Yours Sincerely,



G.Kingsley

Principal

Nowra High School



K.Nielsen

Relieving Head Teacher

PDHPE Faculty

Did you know that you can make payments to your child's school online?

You can make payments to Nowra High School through our online payment portal linked to your school's website to make it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

- Voluntary School Contributions
- Subject Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other

How?

Log onto School site at [Payment - Nowra High School \(nsw.gov.au\)](https://www.nowrahighschool.nsw.gov.au) Follow the prompts to make a payment via Visa or MasterCard.

School fees

Invoices will be sent out within the next few weeks.

Parents are encouraged to pay by credit card via the Online Payments tab on the Nowra High School website.

Nowra Warriors Junior Rugby League Football Club



Become a Warrior!
Season 2022 is starting in April
Looking for players,
boys and girls
Under 6 - Under 16's

Registration is only \$100
(Active Kids vouchers accepted)

Register ONLINE: www.nowrabomaderrynetball.com.au
Registration days: 26th Feb / 5th March
9-11am Lyrebird Park Nowra

Like us on Facebook - NOWRA Warriors JRLFC
Club contact: Chris 0412 233 308

North Nowra Bomaderry Netball Club have positions available for players of all ages from 5+

Come and join our family orientated club, all levels of ability are welcome.

For more information contact our Secretary
E: northnowrabomaderrynetball@gmail.com
or find us on Facebook.



Please email or call if you are keen to join our space!



headspace
Nowra

Pridespace
a space for
16-25 year olds to
come together and
share space!

Our Pridespace is looking for members!
We meet every second
Wednesday 4.30-6pm
If you'd like to join us, please email Sammi
[sstiff@gph.org.au](mailto:ssstiff@gph.org.au) or call 4446 7300