

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,

Term 3 has certainly been a busy one. From Year 12 Trial HSC Exams, NAIDOC, HSC Major Projects, Dance and Music HSC performances, Year 11 End of Course Examinations, along with many sporting activities to name only a few.

Our Open Girls Volleyball made it through to the NSW CHS Top 16 where they competed over two days in Sydney, playing against some of the best school Volleyball teams across the state. A huge congratulations to our girls who finished with a Silver Medal in what was an extremely close encounter against Carlingford High. Thank you to Miss Farquhar for all your organisation and support of these fine young women.

The Open Girls Netball Team also made it through to the NSW Top 18, competing over two days in Berkley. The girls had to manage injuries and HSC French speaking exams. Netball at this level is extremely competitive with five Sports High Schools participating in this competition. The girls had some mixed results but also caused some upsets, finishing a gallant 11th in the state. Thank you to Ms Dunk and Miss Nielsen for coaching the girls. A special congratulations to Ms Dunk who was selected to umpire the Gold medal match.

A big congratulations to our incoming leadership team for 2022-2023. Our current leadership team are proud to be passing their roles onto these upstanding students. I am looking forward to what this team does over the next twelve months. The Leadership Team for 2023:

Captains - Ava Boundy and Edward Minall

Vice Captains - Makenzie De Leeuw and Amity Child

Prefects - Erin Wright and Jessie Moffat.

Nowra High School will officially start our new Parent Engagement Group in Term 4 with meetings scheduled for Tuesday Weeks 4 and 8 of each term from 5.30-6.30pm in our school Library. This will be a fantastic opportunity for parents and carers to genuinely engage with the school leadership team to partner in the education of our students. The benefits of this new format are many, as there will be no red tape, no fees, no focus on fundraising or the burdens of filling executive positions. We are looking forward to having genuine conversations to enhance the opportunities for all students, along with providing workshops for families on a variety of topics to support student's education.

We finish off the term with our Year 12 Graduation Assembly on Friday morning. After six years, their school education comes to a close, sitting their final HSC Examinations early next term before finishing with their final gathering at their Formal on the 10 November. I would like to take this opportunity to say how proud and honoured I am for having been their Deputy Principal throughout their high school journey. Year 12 have been a wonderful cohort who have banded together to celebrate the highs and lows they have been presented with and I would like to wish them all the very best for their future endeavours and we certainly are looking forward to hearing about their future accomplishments.

Finally I would like to wish everyone a safe and happy holiday and look forward to everyone feeling refreshed to take on the final term of 2022.

Kind regards

Jodie Wellington
Relieving Principal.

Calendar - 2022 Coming Events for Term 4 Weeks 1 & 2

Week 1 - ALPHA

Monday 10 October:

- SRC Induction Assembly

Tuesday 11 October:

- Usual school routine

Wednesday 12 October:

- Bulwul Balaang - Girls program - Ms Webster

Thursday 13 October:

- Naval Aviation Prospects Scheme - Ms Gough
- Year 10 Commerce excursion Nowra CBD - Mr Smith

Friday 14 October:

- Year 9 Commerce excursion - Mr Tagliabue

Week 2 - BETA

Monday 17 October:

- Year 11 Construction VET Work Placement - Mr Stevens
- Year 8 Science yearly test - Ms Dunk

Tuesday 18 October:

- Year 11 Construction VET Work Placement - Mr Stevens

Wednesday 19 October:

- Year 11 Construction VET Work Placement - Mr Stevens

Thursday 20 October:

- Year 11 Construction VET Work Placement - Mr Stevens
- Shoalhaven Regional Gallery Community Engagement Project - Ms Yeomans
- Year 10 Commerce excursion Nowra CBD - Mr Smith

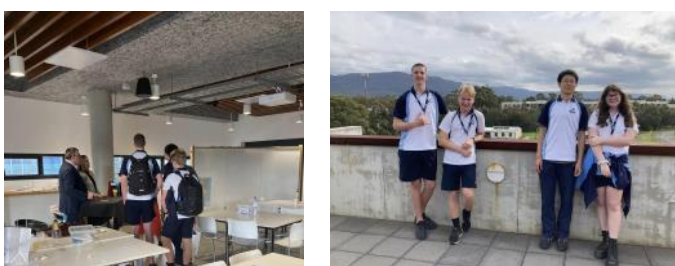
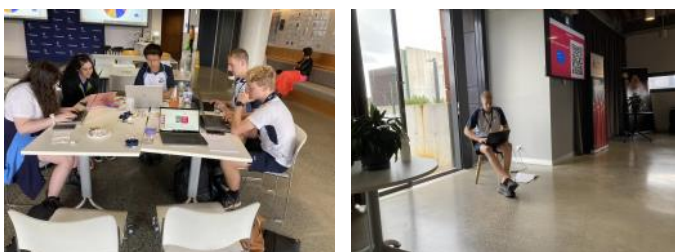
Friday 21 October:

- Year 11 Construction VET Work Placement - Mr Stevens
- Year 9 Commerce excursion - Mr Tagliabue

The Year 12 Graduation Assembly will be held this Friday 23 September, 2022 in the Multi Purpose Hall, starting at 9.30am.

University of Wollongong Young Entrepreneurs program (iAccelerate)

On Friday the 2nd of August a team of four Nowra High School students attended the University of Wollongong's Young Entrepreneurs program (iAccelerate). Our students were highly engaged in the process coming up with an innovative idea - pitching improvements to drone technology to assist beach users with knowing where rips are and assisting lifeguards with monitoring beaches. Students were passionate in their delivery of their pitch and the judges were impressed with their idea and could see a real need for it in the market. Well done to Nash, Aolani, Josh and Eric for your effort, positivity and enthusiasm! A special thanks to Mrs Coppin for being there to support our amazing students!



Congratulations

A big congratulations to our incoming leadership team for 2022-2023.

Leadership Team for 2023:

Captains

Edward Minall

Ava Boundy

Vice Captains

Makenzie De Leeuw

Amity Child

Prefects

Jessie Moffat

Erin Wright



Congratulations

The 2022 Shoalhaven Youth Prize attracted some incredible entries and Nowra High artists shone bright under the spotlight! Well done!



* 17-18 years
First Place India Slaughter 'Phantasmic'



* 15-16 years
First Place - Ava Lee 'Contrast'



*12- 14 years
Second Place- Ella McMahon 'Haze'

Lorraine Yeomans
Head Teacher Creative and Performing Arts and LOTE
Nowra High School

Parent Engagement Group

Parent Engagement Group

In 2022, due to a variety of circumstance our school P & C dissolved. Several parents have since indicated that they would love to continue supporting our school but not as a P & C.

As a school we have a genuine desire to partner with our parents and community in order to provide the best possible education and learning experiences for our students. We have an opportunity to implement an alternative model to the P&C- the Parent Engagement Group (PEG).

The Parent Engagement Group will be a school run initiative. PEG will provide an opportunity for the Principal and school executive to meet with parents and provide information about upcoming events. Parents will have an opportunity for Q&A with the Principal. Parents will be able to provide feedback and advice to the school in future planning and to provide the parent voice and perspective on recruitment panels. The meetings will be non-regimented and developing relationships with parents will be a key focus.

Parent workshops and information sessions will be held throughout the year on topics such as Mental Health First Aid, Study Skills, Career Pathways and Cyber Safety.

Our first session will cover panel training for recruitment of new teachers and executive staff.

Meetings will be scheduled Weeks 4 and 8 of each term on Tuesday, from 5:30 - 6:30pm. The venue is the Library.

The benefits of the PEG are many. There is no red tape, no fees or focus on fundraising or burdens of positions being filled. PEG provides an informal opportunity for parents to genuinely engage with the school leadership team in order to partner in the education of our students. We understand that parents are busy so there is no obligation to fulfill roles or responsibilities.

We constantly strive for excellence in our school and we look forward to the opportunity to collaborate with and to support parents, as we partner in the education of our students.

Help is here

Lifeline

Phone: **13 11 14**
Chat online at: lifeline.org.au

Kids Helpline

Phone: **1800 55 1800**
Chat online at: Kidshelpline.com.au

Beyond Blue

Phone: **1300 22 4636**
Chat online at: BeyondBlue.org.au

NOWRA HIGH SCHOOL PRICELIST 2022/23

Junior Girls Uniform		
DRESS	BLUE/WHITE CHECK DRESS	\$72.95
BLOUSE	S/S OVERBLOUSE WITH EMB - JUNIOR	\$48.95
POLO	POLO TOP WHITE / NAVY WITH PIPING - JUNIOR	FROM \$35.95
SKIRT	NAVY CHECK TARTAN SKIRT A-LINE	\$63.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - SHORT LENGTH	\$39.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - STANDARD LENGTH	FROM \$36.95
SLOPPY JOE	NAVY CREW NECK SLOPPY JOE WITH EMB	\$41.95
TIGHTS	BLACK JACKIE TIGHTS	\$7.95
SOCKS	WHITE CREW SOCKS	\$5.95
SHOES	BLACK LEATHER	
Senior Girls Uniform		
DRESS	BLUE/WHITE CHECK DRESS	\$72.95
BLOUSE	S/S OVERBLOUSE WITH NAVY PIPING & EMB - SENIOR	\$47.95
POLO	POLO TOP NAVY / WHITE WITH PIPING - SENIOR	FROM \$40.95
SKIRT	NAVY CHECK TARTAN SKIRT A-LINE	\$63.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - SHORT LENGTH	\$39.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - STANDARD LENGTH	FROM \$36.95
SLOPPY JOE	NAVY CREW NECK SLOPPY JOE WITH EMB	\$41.95
TIGHTS	BLACK JACKIE TIGHTS	\$7.95
SOCKS	WHITE CREW SOCKS	\$5.95
SHOES	BLACK LEATHER	
Junior Boys Uniform		
SHIRT	SS DELUXE WHITE SHIRT WITH EMB - JUNIOR	FROM \$38.95
POLO	POLO TOP WHITE / NAVY WITH PIPING - JUNIOR	FROM \$35.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - SHORT LENGTH	\$39.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - STANDARD LENGTH	FROM \$36.95
SLOPPY JOE	NAVY CREW NECK SLOPPY JOE WITH EMB	\$41.95
SOCKS	WHITE CREW SOCKS	\$5.95
SHOES	BLACK LEATHER	
Senior Boys Uniform		
SHIRT	SS DELUXE WHITE SHIRT WITH EMB - SENIOR	\$47.95
POLO	POLO TOP NAVY / WHITE WITH PIPING - SENIOR	FROM \$40.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - SHORT LENGTH	\$39.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - STANDARD LENGTH	FROM \$36.95
SLOPPY JOE	NAVY CREW NECK SLOPPY JOE WITH EMB	\$41.95
SOCKS	WHITE CREW SOCKS	\$5.95
SHOES	BLACK LEATHER	
Sports Uniform		
POLO	S/S SPORTS POLO WHITE SKY NAVY	FROM \$39.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - SHORT LENGTH	\$39.95
SHORTS	NAVY MICROFIBRE SHORTS WITH EMB - STANDARD LENGTH	FROM \$36.95
JACKET	NAVY/SKY MICROFIBRE JACKET WITH EMB	\$71.95
TRACKPANTS	NAVY FLEECE TRACKPANTS	\$19.95
SOCKS	WHITE ANKLE	\$5.95
JOGGERS	WHITE JOGGERS	

ALL PRICES ARE SUBJECT TO ALTERATION

30-40 East Street, Nowra, 460 2541 (02) 46212709

WITH YOUR LOWES ZERO CARD YOU WILL RECEIVE 5% DISCOUNT ON EVERY PURCHASE. RECEIVE 5% IN REWARD POINTS TO REDEEM. PLUS GREAT FEATURES AND BENEFITS.

FREE HSC STUDY SESSIONS

26-30 SEPTEMBER

Date	Sessions		
Monday 26th September	9:30-11:30 English Advanced Subject Review	12-2 Chemistry Subject Review	2:30-4:30 English Advanced Exam Deconstruction
	English Standard Subject Review	Economics Subject Review	English Standard Exam Deconstruction
Tuesday 27th September	9:30-11:30 Maths Advanced Subject Review	12-2 Geography Subject Review	2:30-4:30 Maths Advanced Exam Deconstruction
	Maths Standard Subject Review		Maths Standard Exam Deconstruction
Wednesday 28th September	9:30-11:30 Business Studies Subject Review	12-2 English Advanced Subject Review	2:30-4:30 Business Studies Exam Deconstruction
	Biology Subject Review	English Standard Subject Review	Biology Exam Deconstruction
Thursday 29th September	9:30-11:30 PDHPE Subject Review	12-2 CAFS Subject Review	2:30-4:30 Legal Studies Exam Deconstruction
	Legal Studies Subject Review		Chemistry Exam Deconstruction
Friday 30th September	9:30-11:30 Modern History Subject Review	12-2 Maths Advanced Subject Review	2:30 - 4:30 Why Western Q & A Session
	Physics Subject Review	Maths Standard Subject Review	

Register at: westernsydney.edu.au/hscstudysessions

First Aid, Pool Lifeguard and Learn to Swim Training

First Aid, Pool Lifeguard and Learn to Swim Training.

From 22nd to 26th September, 14 local high school students from Ulladulla High School, Shoalhaven High School, Vincentia High School and Nowra High School completed their First Aid, Pool Lifeguard and Learn to Swim Training. They combined theory and practical exercises and gained experience in CPR and Oxygen Equipment, managing casualties, spinal emergencies and other First Aid scenarios, Swim Survive and Rescue, and swimming stroke technique and class management.

It was an amazing week where the students immersed themselves in the experience, gained valuable work and life skills, met new people, and engaged with the Sport and Emergency Services industry in a way they may not have had the ability to before. All students were professional, interested, engaged and made the most of this opportunity.

A huge thankyou to all students for taking part, supporters and parents/guardians who made sure students were transported to the venue, and our local Educational Pathways Program High Schools for getting behind the program!

A special thankyou to Neil Bessant, our local RIEP officer who was a major sponsor and supporter of this event, Maree McNeil and Vincentia High School staff for looking after us for the entire week, Bay & Basin Leisure Centre and Shoalhaven City Council for supporting this program, and Royal Life Saving Society Illawarra for providing the training.

Students will now be undertaking work experience at their local Centre, completing their Learn to Swim and Pool Lifeguard Licenses and undertaking the Shoalhaven City Council recruitment process. You may be seeing your students teaching swimming lessons or lifeguarding in their local centre very soon!!



Congratulations



The School Sport Australia National Volleyball Championships were recently held in Caloundra, Queensland.

Mireille Smith was part of the NSW All Schools 15 years & under team, and she was actually selected onto the All-Australian Team for the tournament, which is essentially the best 12 players from all the teams/states that attended.

Nowra High school is extremely proud of your amazing achievement, congratulations Mireille!



A huge congratulations to our HSC Dance girls for completing their HSC Practical Exams recently.

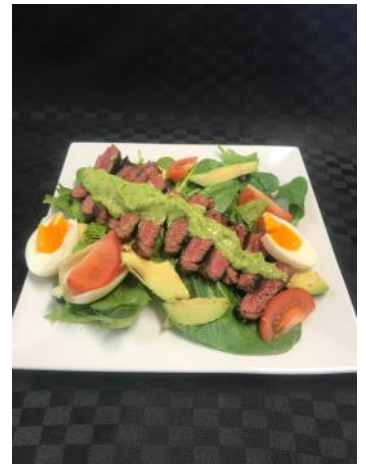
Year 10 Fashion Design & Textiles

Students have created some impressive, unique owl macrame projects.



Year 11 Food Technology

Students created and presented different ways to plate salad. They look delicious!



Year 10 Multimedia

Year 10 Multimedia are exploring VR - virtual reality and AR - augmented reality this term. Students have been immersed in interactive worlds, exploring a variety of topics and becoming competent users of VR software.



Year 8 Technology Mandatory



Year 8 Enrichment have been exploring agriculture as part of their Technology Mandatory unit this semester. We have discovered some keen gardeners this term and the garden is coming along nicely. Well done Year 8 and thanks for the contribution.



Year 7 Technology Mandatory



7TM8 have been working on a variety of weaving projects. Here are a few pictures of the works in progress. We are looking forward to seeing the final products.

Nowra Coaches have advised that there have been changes to the bus route from Nowra High School in the afternoons for S422 to Worrige. Please refer to the picture below.

S422PM Nowra High School to Worrige		
Time	TIMING POINTS	
4:02pm	<u>NHS Pickup NHS STUDENTS IN MOSS ST (3.20pm Bell Time)</u> <i>Wait in Moss St until buses 404/405/407/408 arrive</i> <i>Collect all Students from Bomaderry Schools off Bus 407</i>	
4:05pm	(R) North St , (L) Princes Hwy , (L) Kalander st	
4:12pm	(R) Old Southern Road (R) Carrington Park Road (R) Burradoo cres - Full Loop , (L) Carrington Park Road (R) Old Southern Rd	
4.18pm	(L) Sophia Rd (L) Sullivan Street , (R) Peppermint Dr Roundabout	
4.21pm	(R) Rayleigh Dr (R) Worrige Rd , (R) Isa Rd	
4.28pm	(R) Sophia Rd (L) Arthur St , (L) Isa Rd (R) Basil St , Onto Fantail St (L) Firetail St , (R) Wattlebird St (R) Old Southern Road , (L) Hillcrest Ave (L) Princes Hwy - End school run	

Nowra Coaches have advised that there have been changes to the bus route from Nowra High School in the afternoons for S405 to Nowra/West Nowra. Please refer to the picture below.

S405 - NOWRA HIGH SCHOOL TO NOWRA/WEST NOWRA		
Time	TIMING POINTS	
15:58	NOWRA HIGH - BRERETON ST <i>Continue into North st , (L) Princes Hwy , (L) Juntion St</i>	
16:00	STOP - STOCKLANDS NOWRA <i>(L) Junction St , (L) Princes Hwy , (R) Worrige st , (R) Kinghorn , (L) Schofield Ln</i>	
16:06	STOP - STEWART PLACE <i>(R) Worrige St , (R) Berry Street</i>	
16:07	STOP SCHOOL OF ARTS BERRY STREET <i>(L) North St , (R) Shoalhaven st , (L) Scenic Drive</i>	
16:12	STOP SHOALHAVEN HOSPITAL , SCENIC DR <i>(L) North St , (R) Shoalhaven st</i>	
16:16	STOP SHOALHAVEN ST BEFORE JERVIS ST <i>(L) Jervis St , (R) Berry St , (L) Albatross Rd , (R) Kinghorn St , (R) Ernest St</i>	
16:20	STOP MCDONALD AVE AT ERNEST ST <i>(L) Mcdonald ave , (R) Maclean st , (L) Albatross Rd , (R) Yalwal Rd</i>	
16:22	STOP YALWAL ROAD OPP DEPOT ROAD	
16:23	STOP YALWAL ROAD AFTER RANNOCH DR <i>(R) Filter Rd</i>	
16:24	STOP FILTER ROAD OPP CAVANAGH LANE <i>(R) Cavanaghs Lane , (R) Depot Rd</i>	
16:25	STOP DEPOT ROAD AFTER MAYBUSH <i>(R) Yalwal Rd , (L) Cabbage Tree Ln , (R) Stringybark Rd 2nd Entrance , (L) Cabbage Tree lane</i>	
16:34	STOP CABBAGE TREE LANE AT YALWAL RD - END SCHOOL RUN	



Individual Athlete Academy Nominations

Are you a athlete aged between 12 – 18 years of age in 2023 and residing in the South East Region of NSW?
Are looking for assistance with your chosen sport?



The South East Sports Academy (SESA) is currently accepting scholarship nominations for Individual Athlete Program (IAP).

The IAP is for athletes aged between 12 to 18 years who are competing at a high level in their chosen sport. Scholarships are available to athletes who reside or attend school in the South East Region. Scholarships will be awarded based on performances by the athlete at national, state or regional level over the past three years.

Athletes with a disability are encouraged to apply

Visit our website sesa.net.au/individual-athlete for more information or to submit an application. Applications close **Sunday 25th September 2022**.



DEFENCE

Our Defence School Mentor, Hazel Jenkins is available in school Tuesday, Wednesday and Friday. There is a calendar on the window of the Defence office (upstairs in the library) the students can check for availability.

Please let Hazel know of any deployments, new postings, time away for training or discharges. If you wish to be added/removed from the Defence mailing list please get in contact.

hazel.jenkins1@det.nsw.edu.au

Shoalhaven City Council Coastal Management Program

Shoalhaven City Council is currently preparing a [Coastal Management Program](#) (CMP) to help manage and protect its vast Coastline. The project has recently completed Stage 2 – which involved identifying key issues and risks through reviewing previous studies and undertaking new technical studies. The project is now entering Stage 3, which involves developing management actions to protect and manage our Coastline against these risks.

As part of Stage 3, we need community input on the proposed coastal management actions that we have developed. Your feedback will help us shape the CMP to ensure we capture community support, feedback and suggestions. Find out how you can be involved at Council's [Get Involved website](#)

Regards
Neil Dufty - Principal



Molino Stewart Pty Ltd

Suite 3, Level 1
20 Wentworth St, Parramatta
PO Box 614
Parramatta CBD BC
Parramatta, NSW 2124
Switch: **02 9354 0300**
Direct: **02 9354 0303**
Mobile: **0427 130283**

ndufty@molinostewart.com.au



[Molino Stewart: Environment & Natural Hazards](#)



[Molino Stewart joins Water Technology](#)

During the current CoVID-19 outbreak, Molino Stewart staff are working remotely but continue to be available to meet your project needs. Please contact me directly on my mobile number or ring the switch number to speak to another staff member.

LIVING WELL PHOTOGRAPHY COMPETITION 2022



THEME: BUILDING RESILIENCE

Our lives after the COVID-19 pandemic have changed in so many ways. Social distancing, health screening, mask wearing, hand hygiene and isolation have become the new norm. We are seeking photographs that portray your resilience post pandemic. Show us the things that keep you strong, safe and positive. Share with us the moments that gives you hope and happiness with each new day. Tell us about you and your strengths. Along with your photograph we want you to tell us, in a maximum 100 words, the thoughts and feelings behind your photograph.

First Prize \$300
Second Prize \$200
Third Prize \$100

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

INFORMATION & REGISTRATION

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>

SUBMISSION BY 30.09.2022



Australian Government
agriculture.gov.au/footandmouthdisease
Facebook: Australian Biosecurity

Keep Australia foot-and-mouth disease free

Travelling to Australia or receiving international mail?

What is foot-and-mouth disease?
Foot-and-mouth disease (FMD) is a highly contagious animal disease that affects all cloven-hoofed animals including cattle, buffalo, sheep, goats, deer, pigs and camels. FMD can survive in frozen, chilled and freeze-dried foods including meat and dairy products. It is not present in Australia. An outbreak would cause sickness in animals, and greatly impact Australian meat (beef, lamb and pork) and dairy farmers. There is no threat to human health from this disease.

What goods can carry foot-and-mouth disease?

- Dairy products and meat products containing beef, lamb and pork. **These goods are not allowed into Australia from FMD-infected countries.**
- Items such as clothing, shoes and equipment used on farms, in rural or wilderness areas, markets, zoos or near animals.
- Animal skins, camping and hunting equipment and trophies.

How do I stop the spread of foot-and-mouth disease?

DON'T

- Bring meat or dairy products to Australia in your baggage.
- Buy meat or dairy products online from overseas sellers.

DO

- Tell family and friends overseas not to send you any meat or dairy products.
- Check biosecurity import conditions before sending goods to Australia – agriculture.gov.au/bicon.
- Clean any equipment, clothing and shoes thoroughly before you send them or travel to Australia.
- Declare and present any risk goods to a biosecurity officer for inspection on arrival in Australia or put it in a bin.
- Declare if you have visited a rural area or been in contact with, or near, farm animals.


DON'T BRING OR SEND MEAT AND DAIRY PRODUCTS TO AUSTRALIA

CLEAN AND DECLARE
all shoes, clothing and equipment used near animals or in rural areas

It's everyone's responsibility to help keep Australia free from FMD

SCAN TO LEARN MORE

Serious penalties apply if you breach Australia's biosecurity laws. You may be issued with an infringement notice of up to \$2,664. Your visa may be cancelled and if so, you will be refused entry into Australia.



friends of headspace Nowra reference group

Do you:

- have a relationship (family member or friend) with a young person who has experienced mental health difficulties?
- have an interest and passion in youth mental health and the role of family and friends in a young person's support and recovery

Are you:

- aged 25 years and above
- able to meet on a monthly/bi monthly basis?

Then we want you for our friends of headspace Nowra reference group

We'll meet on a **Monday** to be determined by the group

If you're interested then please email info@headspacenowra.org.au or call 4446 7300 for more details



Pitch ages 10 - 14

Shoalhaven Mariners

BASEBALL

Junior Season 2022/23

Zooka ages 8 - 10
T Ball ages 4-7

Register your interest

SHOALHAVEN Baseball

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 available during the sessions.

SENIOR STUDY & SUPPORT



EVERY THURSDAY
PERIODS 4 & 5
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

WIN THIS SURFBOARD!

by local award winning Indigenous artist

Zach Bennett-Brook

saltwaterdreamtime.com



To enter text

'Share Affection Not Infection'
& your postcode to
0434 568 233.

Winner drawn 1st December 2022

Order a free HIV test from NSW Health
www.dbstest.health.nsw.gov.au

caddyshack
share affection, not infection

Terms & conditions: www.caddyshackproject.com

**JUNIOR
summer
SOCCER**
FOR BOYS & GIRLS AGES 7-16
SEPT 20th / 21st
WEEKLY TUES & WED
Playing through to Dec

Organise a team of 10 players

MIXED 9, 10, 11
GIRLS 10, 12, 14, 16
BOYS 12, 14, 16

\$50 PER PLAYER
GAMES FROM 4.30PM
SOUTH NOWRA
SOCCER FIELDS

REGISTRATION INFO
SUMMER.SOCCER@SHOALHAVENFOOTBALL.COM.AU

**SENIOR
SUMMER
SOCCER**
OPEN TO AGES 16+

SEPT 22 - Dec 15th
GAMES FROM 6PM
EVERY THURSDAY
South Nowra Soccer Fields

\$70 Per Player

registration info @
SUMMER.SOCCER@SHOALHAVENFOOTBALL.COM.AU

Get a group of friends together
And come and join in the fun!

Competition: Win this Surfboard!

Zach Bennet Brook from Saltwater Dreamtime is an Indigenous man of Torres Strait Islander heritage & an award winning artist.

Born & growing up in Dharawal Country, Zach has always been surrounded by the water & involved in water-based activities.

From Zach: Design wise I decided to paint a style I call Travelling. The artwork features a number of circular sections which in my work represent groups of people and family. I have connected each of these groups together through thick lines highlighting the travelling aspect and how we are all connected.

With this year's NAIDOC Week theme being Get Up, Stand Up, Show Up, I thought the artwork I painted plays nicely to this as it highlights the importance of working together and shows unity. Colour wise I decided to go with a super bright and vibrant background in Pinks, Purple and Yellow with a bold Black and White line work design over the coloured background.

Tuning into teens

Emotionally Intelligent Parenting Program



You are invited to take part in a free program that aims to help you and your adolescent manage the many emotional challenges of this stage of life. The program will teach you how to manage your own and your adolescent's emotions in ways that help you to remain close and keep communicating.

Tuning in to Teens highlights Emotion Coaching techniques that help you assist adolescents to become emotionally intelligent. Adolescents who are emotionally intelligent,

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success with making friends and are more able to manage conflict with peers
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships as adults
- Have greater career success. Emotional Intelligence may be a better predictor of academic and career success than IQ.

DATE: Term 4 - Five sessions
Tuesdays 15th November to 13th December 2022

TIME: 10 am to 12:30pm

LOCATION: Level 2, 73 North St, Nowra (above Radiology)

Expressions of Interest: Contact SCMSAC 1800 267 327 and ask to speak with Kylie Skillen or email EOI to: kylie.skillen@southcoastams.org.au



(02) 4448 0200 / option #2
www.southcoastams.org.au
intake@southcoastams.org.au
 ICN 182 Follow us @scmsac

STRIDE For better mental health



**Do you care for a loved one with a Mental Health concern?
 Is someone in your family using drugs and/or alcohol?
 Are you looking for practical down to earth information and support?**

Stride Mental Health in collaboration with Family Drug Support, presents:

Stepping Forward

A one-day program providing clear and practical information, a safe place to share and feel supported.

Date: Thursday 29th September 2022

Venue: Worrigeer Sports Club

131 Greenwell Point Rd, Worrigeer

Time: 10:30am-4:30pm (Please arrive from 10am, for a 10:30am start)

Registration: familyandcarer@stride.com.au or (02) 4422 1547

Topics Include:

1. Stages of Change & Balance Pole
 - The stages of change for those engaged in using
 - The stages of change for families
 - How to cope through self-care
 - Letting go and still remain supportive and caring
2. Workable Boundaries
 - Why setting boundaries can be difficult
 - Defining and negotiating boundaries
 - Tips on setting boundaries
 - What to do if a boundary is broken
3. Conflict Resolution
 - Discussing what is conflict
 - Conflict where substance use is involved
 - How to deal with conflict and negotiate
 - Understanding conflict and anger



SHOALHAVEN LIBRARIES IT'S YOUR LIBRARY

Spring School Holidays 2022

What's on at Nowra Library

Spring School Holiday Program
NOWRA LIBRARY

26 SEPT TINY ART 11am - 12pm
Create two of your own tiny canvas masterpieces. Take one home and leave one to be displayed at the library for all your friends and family to see in a special school holiday Tiny Art Exhibition.
For children 7 - 12 years old

7 OCT LET'S FLY! INVESTIGATING FLIGHT 2pm - 3pm
Foam planes, paper planes, parachutes and more! Have fun creating and building and learn some elementary physics too!
For children 7 - 12 years old

27 SEPT GRIT - WORKSHOP 11am - 12pm
Join us for a resilience workshop for children, facilitated by Beyond Empathy as part of their GRIT program. Learn the ability to Cope, Adapt and Thrive in the face of Adversity.
6 OCT 2pm - 3pm
For children 9 - 12 years old

Bookings are essential and spots are limited so jump on to the Events page on our website to book, or call us (02) 4424 3705

SHOALHAVEN SCHOOL HOLIDAY WRITING PROGRAM

28 + 29 SEPT & 4 + 5 OCT FREE WRITING WORKSHOPS FOR AGES 12-18

ZINES & COMICS

CHARACTER CREATION & WORLD BUILDING

SHORT STORY AND FANTASY WRITING

NOWRA LIBRARY, ULLADULLA LIBRARY & SHOALHAVEN REGIONAL GALLERY
southcoastwriters.org/upcomingevents



Apply now for a \$1000 scholarship

2023 Youth Development Scholarship applications open 5 September 2022
dcj.nsw.gov.au/scholarships

Apply now



CARE FOR SELF FOR OTHERS FOR OUR SCHOOL

Introducing...



Art Springs for Wildlife Exhibition & Festival
 Berry School of Arts
 29th Sept - 3rd Oct
 mixed media visual art,
 wildlife talks, creative workshops,
 music and performance poetry
Supporting Wildlife Rescue South Coast

The [ART SPRINGS FOR WILDLIFE](#) exhibition includes painting, sculpture, ceramics, photography, fibre art, digital art, printmaking and glass art.

Exhibiting artists from near and far - famous, practicing and emerging - offer heart felt and imaginative responses to nature.

A percentage of each sale goes to Wildlife Rescue South Coast.

WORKING WITH THE AFL



Looking to have a gap year or going to further your studies?
 Working for the AFL can provide plenty of opportunities!
 Casual & part time positions available.

During this information session we will talk about the role a Game Development Officer plays and their importance in the team.

Students, teachers and parents welcome!

7pm, Thursday September 29th

For any questions please contact reece.gledhill@afl.com.au

Register your interest!

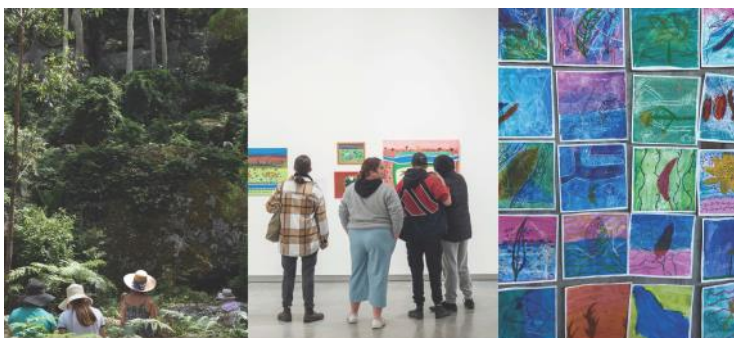


AFL NSW/ACT are hosting an information session for year 12 students around employment opportunities with the AFL post leaving school at 7pm on Thursday 29th September.

We will discuss both full-time and casual opportunities available across the state and territory.

Year 12 students can register their interest via the QR code on the attached flyer, or by accessing this form.

If you have any questions about the webinar, please email reece.gledhill@afl.com.au.



BUNDANON INSPIRE: ART PROGRAM

Friday 7 October, 9am – 5pm
 Bundanon (free shuttle bus from Nowra)
 Ages: 12 – 18
 FREE

Join us for a full-day program of art-making in the Art Museum and surrounding landscape.

Inclusions

- Experience art making in the landscape with Bundanon's Learning team
- Guided walk in the landscape
- Tour of Bundanon's Art Museum
- Lunch and afternoon tea
- Shuttle bus between Nowra and Bundanon

Free shuttle bus from Nowra Bus Terminal, Stuarts Place, Nowra

- Pickup at Nowra: 9am
- Drop off at Nowra: 5pm

REGISTER bit.ly/bundanoninspire



Enquiries:
 Sam McMahon
sam@bundanon.com.au
 02 4422 2100

BUNDANON

This program is proudly funded by the NSW Government.




FREE


Organised by the ISLHD Carer Program

CARER WORKSHOP


BOMADERY NOWRA



DETAILS



RSVP



Do you provide support to a family member or a friend because of chronic illness, disability, mental health or frail/aged care?

This three day workshop includes information on:

- Services and supports
- Planning ahead
- Health and wellbeing
- Opportunity to meet other carers

Across three consecutive Tuesdays
DATES: 11th | 18th | 25th October
TIME: 9.30am - 2.30pm
VENUE: Bomaderry Bowling Club, 154 Meroo Road, Nowra

RSVP to Kellie Sale or for more information:
Kellie.Sale@health.nsw.gov.au or 0422 004 119

Lunch provided, please advise of dietary requirements upon RSVP

For Carer Respite please call Carer Gateway on 1800 422 737