

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 busy and productive start to Term 2. It has been great to see our students back at school, re-energised for a term of learning and fun.

### Sydney Royal Easter Show Success

Flying the flag for the South Devon breed, Nowra High School has received first place in the lightweight school carcass class as well as a bronze medal in the Sydney Royal Show purebred steer competition. Scoring 87.5 points from a possible 100, the steer was bred by Mick and Jennifer Hamilton, Foxground near Kiama and has been at the school since the beginning of January. This is an amazing result as the lead up to the show was very difficult due to the flooding of our school farm. All of our school cattle were evacuated to a paddock at the saleyards in the final stages of the feeding program. The steers were off feed for 10 days which heavily impacted their progress. Congratulations to the Cattle Team, our Agriculture students and to Mr Ryan for an amazing result under very trying circumstances.

### SRC Camp

Last week Nowra High School Student Representative Council went on their annual camp. This was an excellent opportunity to bond as a group and to plan for the upcoming year.

A number of team building exercises were run by the year 12s to help the SRC students from different year groups get to know each other.

The students then brainstormed ideas that they would like to see in the school. After dinner the different year groups competed against each other in an Olympics style competition.

The following day each groups ideas were explored in a forum where the SRC was able to debate and discuss the ideas that they had had. They came up with some exciting ideas to promote the idea of community within the school. We look forward to seeing these ideas be implemented over the coming year.



### Sports update

Several of our students recently competed in the NSWCHS Swimming Championships - the state swimming carnival held at Olympic Park Homebush.

Year 11 student Bailey received a bronze medal in the 200m freestyle which is an amazing result. Matthew Higham (Year 10) competed in eight events across the 3 days and

## PRINCIPAL'S MESSAGE

Haelee Trenerry (Year 12) finished 10th in 100m backstroke final. This was Haelee's last year of state swimming after representing our school for numerous years. Bailey Caple, Hudson Boatswain, Hugh Phillips, Nash Hay gained 19<sup>th</sup> place in the 4x50m Freestyle Relay team and Matthew Higham, Bailey Caple, Cooper Holbrow, Hudson Boatswain gained 15<sup>th</sup> place in the 4x50m Medley Relay.

Congratulations to Alexandria Smith, Mireille Smith and Aimee Lamb - members of the South Coast Volleyball team that won gold at CHS Championships held at Bomaderry basketball stadium. Alexandria Smith was recently selected in NSWCHS Open Girls Volleyball Team - this is an amazing achievement.

The Nowra High School Open Boys soccer team are through to the 3rd round of CHS knockout under the guidance of super coach Mr McGrath. The team will play Wollongong High School of Performing Arts in week 4.

### Uniform

At Nowra High School all students are required to wear the appropriate uniform. Uniform identifies what organisation they belong to, creates a sense of community, along with being a safety issue as it allows staff to easily identify who belongs to our school. Navy and white are our school colours. No grey, black or any other colour tracksuit pants or jumpers are allowed, including hoodies.

I understand that the current weather conditions are impacting on families and the ability to have uniform available for their children. If you find you are having any difficulties with having uniform available for your child/ren, please send a note with your child outlining why they are not in uniform and they can report to one of the Deputy Principals or the Principal and a uniform pass will be issued. Students can then show the pass throughout the day to staff if they ask why they are out of uniform.

If families are having any issues with uniform, please contact the school and we will assist you.

I appreciate your assistance in addressing this matter as I would like to create and maintain a positive image for Nowra High School.

### Attendance

A reminder for students to make appointments outside of school hours. If this is not possible, a Part Day pass is to be organised in the morning before roll call. A note from home with appointment details is required (provider name, appointment date and time, and pickup time) and a Certificate is required from the provider (eg Dr Certificate) upon return to school.

Kind regards,

Mr Glen Kingsley, Principal

## Calendar - 2022

### Coming Events for Term 2 Weeks 3 & 4

#### Week 3 - ALPHA

Monday 9 May:

- Smarter Schools workshop - Year 9 D&T UOW Shoalhaven
- Open Boys & Girls Touch Knockout - Ms Nielsen
- Year 8 Science PAT test - Mr Evans

Tuesday 10 May:

- Year 11 Human Services workshop
- Year 8 Science PAT test - Mr Evans
- NAPLAN
- Year 7 PCYC Program - Ms Campbell
- Train Museum excursion - Ms Webber

Wednesday 11 May:

- Years 10-12 Mercure Gerringong Taster day - Ms Fuz
- Year 8 Science PAT test - Mr Evans
- NAPLAN
- Year 8 English half yearly examination - Mr Toft
- Year 10 Marine Studies (approx. 10 students) - APOLA Surf excursion

Thursday 12 May:

- Year 8 Science PAT test - Mr Evans
- NAPLAN
- Nowra Bridge tour - excursion - Mr Stevens
- South Coast Chess competition - Mr McKee

Friday 13 May:

- Year 8 Science PAT test - Mr Evans
- NAPLAN
- Year 9 Commerce excursion - Mr Tagliabue

#### Week 4 - BETA

Monday 16 May:

- Year 9 Science PAT test - Mr Evans
- NAPLAN
- Year 7 half yearly exams - in class - Mr McKee
- Swimming program for P1 & P4 classes - Mrs Devine
- Money Talks (Smith Family) - free Certificate 1 Finance
- Year 10 half yearly exam - Ms Elderfield
- Year 10 Enrichment English half yearly exam - Ms Stevens

Tuesday 17 May:

- Year 9 Science PAT test - Mr Evans
- NAPLAN
- Year 7 half yearly exams - in class - Mr McKee
- Bulwul Balaang - Waminda - girls program - Ms Webster
- Year 7 PCYC program - Ms Campbell

Wednesday 18 May:

- Year 9 Science PAT test - Mr Evans
- NAPLAN
- EDGE Job Readiness workshop
- Year 9 Marine Studies snorkelling excursion

Thursday 19 May:

- Year 9 Science PAT test - Mr Evans
- NAPLAN
- Shoalhaven Zone Cross Country - Ms Nielsen

Friday 20 May:

- Year 9 Science PAT test - Mr Evans
- NAPLAN
- Year 9 English half yearly examination - Mr Toft
- Year 9 Commerce excursion - Mr Tagliabue
- Year 7 Enrichment English half yearly exam - Mr McKee



### Do you know what they're vaping?

Nowra High School, like many other schools, has seen a recent spike in young people vaping.

E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

### Key vaping facts

- Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
- Young people who vape are 3 times more likely to take up smoking cigarettes.

### The laws around selling vapes

It is illegal to sell vapes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media. You can report suspected illegal sales of vapes to [NSW Health](#) or by calling the Tobacco Information Line on 1800 357 412.

### Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: [www.health.nsw.gov.au/vaping](http://www.health.nsw.gov.au/vaping)



## Congratulations Tayah

Had the best day at Ulladulla Civic Centre for the 'Battle Of The Bands' !!

It was great to watch and support other artists too !!

I performed in the Solo Section and due to my placing I won a \$300 donation to my school towards their music department, which is amazing !!

Tayah Larsen Music

[#battleofthebands](#) [#band](#) [#bands](#) [#solo](#) [#soloartist](#)  
[#guitarist](#) [#guitar](#) [#tuesday](#) [#tuesdayarvo](#)



## Congratulations

Congratulations to our 3 film makers Mia, Aleisha and Connor, who participated in a 3 day film-making workshop in the school holidays.

Zanny Begg facilitated the students to explore digital film-making as a contemporary art form, encouraged creative risk taking and extended their skills to develop their own films.

There will be an exhibition of the final films at Shoalhaven Regional Gallery in late 2022.

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight



=

**4** weeks



=

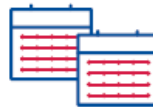
Over **1** year missed

**1** day per week



=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au



BOMADERRY

# TIGERS

## PLAY AFL!

BJAFC welcomes new & returning players to the 2022 AFL season.

Under 9s, 11s & 13's Mixed  
U15 Girls

Enquiries: Roz: 0411 115 338

Training is Thursday 4:30-6pm  
at the Nowra Showground.  
Games are on Sundays.

ACTIVE KIDS VOUCHERS ACCEPTED



BOMADERRY

# TIGERS

## JUNIOR AFL & AUSKICK

## PLAYERS NEEDED!

Born in 2009 or 2010?  
Keen to play in our 13s mixed AFL team?

WE'D LOVE TO MEET YOU.  
NO EXPERIENCE REQUIRED.

For more info please call Roz 0411 115 338






Students and staff began the day by attending the Dawn Service at Greenwell Point, followed by the Nowra Anzac March. Thank you to our school leaders, Student Representative Council members, Mrs Wellington, Miss Coppin & Mrs Shipton for commemorating our past and present servicemen and women.

[#lestweforget](#) [#ANZACDay2022](#)

**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



North Nowra Bomaderry Netball Club have positions available for junior players of all ages from 5 to 17 years.

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

For more information contact our Secretary -

E: [northnowrabomaderrynetball@gmail.com](mailto:northnowrabomaderrynetball@gmail.com) or find us on Facebook.

## 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.



## Congratulations

Congratulations to the senior boys soccer team who recently defeated Kiama 2-1, in very wet conditions.

Special mention to Hudson Boatswain in Year 12 who scored the winning goal with 5 minutes to go.

The boys now move on to round 3 in the South Coast knockout competition.

Hi Everyone,

The local Neighbourhood Centres have **FREE** COVID-19 rapid antigen tests for people with a disability who are unable to access the NDIS. These kits are also available to their carers.

**ELIGIBILITY:** Must self-declare that you have a disability and do not receive NDIS services or you are a carer of someone who has a disability and doesn't qualify for the NDIS.

To collect your kit visit Shoalhaven Neighbourhood Services as follows :

- 41 Worrige St, Nowra. Mon- Fri: 9am- 3pm or
- 2/80 Park Rd, East Nowra. Mon, Wed & Thurs: 9am- 3pm or Tuesdays: 9.30am- 2.30pm

We have limited stock available, this initiative will be in place while stock lasts.

For enquiries or to confirm we have stock available please call 4421 5077.

Feel free to pass on this information on to others

Regards

Maxine Edwards  
Manager



Stronger connections. Stronger communities.

Shoalhaven Neighbourhood Services Inc.  
41 Worrige St, Nowra NSW 2541  
2/80 Park Rd, East Nowra NSW 2541  
Phone: 02 4421 5077

Web: [sns.org.au](http://sns.org.au) Like us on Facebook Sign up to Our Community News



We acknowledge the traditional owners and custodians of the land we work and meet on today as the first people of this country.  
We are committed to building inclusive communities.