



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,
Parent-Teacher Interview Evening

Thanks to all families and staff members who attended our Year 8, 9 and 10 Parent-Teacher Interviews yesterday. The evening was a great success. The hall was filled with many valuable conversations. Please remember if you were unable to attend, our staff are always happy to meet with families by appointment. Please call the school office or email to arrange a date and time with a teacher you would like to contact.

Trial HSC Exams

We are excitedly anticipating the trial HSC exams which will begin on Monday 25 July. I wish all of our students the very best of luck for a chance to demonstrate their knowledge over the next two weeks.

Term 3 communication

There are essential issues to communicate about this term, especially concerning Term 3 COVID regulations and our school uniform. These messages have been sent on facebook and via email, however we will publish them here also. Please read the following pages of this newsletter for further details.

Kind regards,

Mr Glen Kingsley,
Principal

Change of details for students

If your details have changed at any time please let the school know as soon as possible.

Up-to-date phone numbers are very important so the school can contact parents/carers if a student is unwell.

Please also notify the school of any changes to your address.

Please let the school know of any changes to emergency contacts or their contact phone numbers.

Thanks for your assistance.

Calendar - 2022

Coming Events for Term 3 Weeks 2 & 3

Week 2 - BETA

Monday 25 July:

- Trial HSC exams
- Prelim Chemistry depth study due - Ms Hiesley

Tuesday 26 July:

- Trial HSC exams
- Year 11 Human Services students - workshops - Moruya all day

Wednesday 27 July:

- Trial HSC exams
- Year 10 vaccinations
- Year 11 VET assessment Hospitality - Ms Pollock

Thursday 28 July:

- Trial HSC exams
- Year 10 Commerce excursion Nowra CBD - Mr Smith

Friday 29 July:

- Trial HSC exams
- South Coast Athletics Championships - Ms Nielsen
- Year 9 Commerce excursion - Mr Tagliabue

Week 3 - ALPHA

Monday 1 August:

- Trial HSC exams

Tuesday 2 August:

- Trial HSC exams

Wednesday 3 August:

- Trial HSC exams
- Auslan workshop in library - Ms Gough

Thursday 4 August:

- Trial HSC exams
- Year 10 Commerce excursion Nowra CBD - Mr Smith

Friday 5 August:

- Trial HSC exams
- Shoalhaven Zone 15 boys and girls Basketball Knockout - Ms Nielsen
- Year 9 Commerce excursion - Mr Tagliabue

Tuesday 19 July, 2022

Dear parents and carers,

Welcome to the start of Term 3, after hopefully enjoying a safe and enjoyable winter break. I want to give you an overview of how we are continuing to ensure our school remains COVID-safe throughout this term.

As we continue to prioritise student and staff learning and wellbeing while at school, our layered COVID-smart measures will continue for Term 3. These 'baseline measures' are aligned to the NSW Government's general community settings and include:]

- staying home and getting tested if unwell, and only attending school when symptom free
- strongly encouraging mask-wearing for all staff and students, particularly in the first 4 weeks of term
- rapid antigen testing for symptomatic students and staff, and close contacts attending school to learn and work
- strongly encouraging COVID-19 vaccinations for students, staff and their families, including a booster shot (when eligible)

Continuing these baseline COVID-smart measures allows us to prioritise student and staff wellbeing while giving our learners a consistent and productive learning environment this term.

What's new in Term 3?

As winter continues, our COVID-smart measures have been updated in consultation with NSW Health to provide appropriate protection to our school community.

Vaccinations.

The department has updated its policy regarding COVID-19 vaccination for employees following an independent risk assessment of school (and corporate) settings and consultation with unions and relevant stakeholders. While vaccination will no longer be a requirement for our staff from 1 August 2022, it is pleasing to see that a recent survey highlighted that more than 99% of the department's active school-based workforce have had at least two doses of a COVID-19 vaccine. We will continue to strongly encourage all our staff to keep up to date with their COVID-19 vaccinations as a way of protecting themselves, students, and our school community.

Boosted day cleaning.

The department has made a slight change to its cleaning process. Cleaning of school sites will now be more concentrated during the day, with an increase in cleaning in school hours, and a subsequent reduction out of hours. Boosted day cleaning will continue to focus on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas.

What's continuing for Term 3?

Masks.

Masks are an effective way of minimising the transmission of respiratory viruses and infections, and protecting our community, especially those who are at higher risk of severe illness from COVID-19 and flu. We strongly encourage all students and staff wear a mask for the first 4 weeks of Term 3, particularly in indoor settings or when distancing is not possible. Masks remain required for staff who work with students at greater risk of serious illness should they contract COVID-19. The latest NSW Health advice also recommends wearing a mask for people who have recovered from COVID-19 and recently completed their 7-day isolation period for an additional 3 days (from days 8 to 10 after receiving a positive COVID-19 result). Additionally, as outlined in the below section on close contacts, mask wearing is mandatory for staff and high school students returning to school as close contacts for 5 school days and strongly recommended for primary school students returning to school as close contacts for 5 school days. Students or staff identified as close contacts who are unable to wear a mask will be supported to learn or work remotely.

Rapid antigen tests (RATs).

The department will send another round of RATs to our school early this term, which we will provide to you in the form of 1 multipack of 5 RAT kits per student. These RATs can be used as required for symptomatic testing, such as if your child is displaying even mild symptoms and daily testing for close contacts returning to school]. Once these department-supplied RATs are exhausted, please continue to access store-purchased RATs which are now readily available in the community or PCR tests. Alternatively, let the school know that you need more and we will try and assist. Additionally, our school will be maintaining a reserve stock of RATs onsite to support symptomatic testing in the event of an outbreak in our school community. Please also remember that positive RAT results must be registered with ServiceNSW, and students who test positive to COVID-19 must not attend school until their isolation period ends and they are symptom free.

Close contacts.

Students identified as close contacts remain able to attend school providing they are symptom free, notify the school and return a negative COVID-19 test result daily for 5 consecutive school days. Additionally, secondary students are required to wear a mask for 5 consecutive school days (except when eating/drinking or exercising). Primary students, while not required, are strongly encouraged to wear a mask for 5 consecutive school days (except when eating/drinking or exercising).] Please note that students identified as close contacts are still unable to attend overnight excursions, including camps. Visitors identified as close contacts who are engaging directly with students are required to return a negative COVID-19 test result before attending our school and wear a mask.

The rules regarding close contacts in support units/classes and students using assisted transport programs remain unchanged. Students in these settings are not allowed to attend school as close contacts and will continue to be supported to learn remotely. Additionally, visitors identified as close contacts are not allowed to engage directly with students in these settings.

Responding to our local situation. We will continue to liaise with NSW Health and the department's Health, Safety and Staff Wellbeing Case Management team to ensure our COVID-smart settings keep up with the latest developments. If local conditions require it, this may mean reintroducing temporary additional COVID-smart measures to act as a 'circuit breaker', including:

LEARNING RESPECT RESPONSIBILITY SAFETY

- mandating mask wearing for all staff and students in Year 7 and above
- postponing or limiting non-essential activities like excursions, indoor assemblies and visitors to the school
- directing cohorts to learn remotely for short periods of time.

Maximising natural ventilation.

The department has reviewed environmental differences across NSW as part of their winter ventilation planning to ensure that local climatic conditions at each school are considered. The department will continue to provide local guidance to schools, including advice on maximising natural ventilation while balancing thermal comfort and the use of indoor and outdoor learning areas for school activities to support schools to adapt to local climate conditions throughout the winter months.

Reducing the risk of illness this winter.

Finally, it is important to note NSW Health's advice to reduce our risk of not only COVID-19, but other illnesses that may affect our school at this time of year such as the flu and respiratory syncytial virus (RSV)[External link](#), both of which can be serious in younger people. We can all protect our loved ones and our community by:

- staying home and getting tested if unwell or displaying any symptoms
- keeping up to date with our vaccinations – including the flu vaccine, which is available from your local GP, pharmacy or Aboriginal Medical Service now
- flu vaccines are free for all children aged 6 months to under 5 years, or for a small charge for those aged 5 years and older
- getting tested immediately for COVID-19 if you become symptomatic and isolating until you receive a negative result and are symptom free
- practicing good hand hygiene by washing regularly with soap and water
- taking a RAT before visiting vulnerable loved ones or going to large gatherings and events.

The staff and I are looking forward to a productive and successful Term 3. I will communicate any developments as they come to hand via email, our school webpage and the school's Facebook.

On behalf of our school, I want to thank you again for your ongoing support and resilience as we continue to work together to support our students

Warm regards,

Glen Kingsley

Principal

LEARNING RESPECT RESPONSIBILITY SAFETY

NHS School uniform

Dear Parents and Carers,

I am writing in regards to the school's uniform requirements. There is an expectation that students wear the appropriate uniform as a 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 (such as CHS, AIME or any other type of hoodie).

If families are having any issues with uniform, please contact the school and we will assist you. We also understand that there have been limited sizing and availability of certain uniform items at Lowes. We have been working closely with Lowes. Additional uniform items will be added to our uniform in 2023, such as a waterproof soft shell jacket and new tracksuit pants/jacket. All other items remain the same. If you are unable to purchase an item, I am more than happy for you to wear Navy tracksuit pants or Jacket, as long as there is no large brand logos displayed. White long sleeve under shirts can also be worn under school polo shirts or blouse.

The school will be implementing a formal uniform process starting Day One of Term 3.

- Staff will be monitoring all students' uniform daily, with staff logging students who are not complying by wearing the correct uniform. Staff will speak with student and issue a Uniform Pass in Roll Call.
- Students can still bring a note from their parent/carer explaining the reason why their child is not in uniform. Students will see a Deputy Principal before Roll Call, a Uniform Pass will be issued and logged onto Sentral.
- Students who continue to not comply, will be referred to a Head Teacher who will interview student and contact home.
- Further non-compliance will then be referred to Deputy Principal and student will be placed on Sport Reflection.
- Any further non-compliance will be referred to the Principal for continued disobedience.

Staff are very proud of Nowra High School. I would really appreciate your assistance in addressing this matter with your child/ren as I would like to continue to create and maintain a positive image for Nowra High School.

If you have any inquiries, please feel free to contact the school.

Warm regards

Glen Kingsley
Principal
Nowra High School

Congratulations NHS Open Girls Volleyball team



Nowra High School Open Girls Volleyball team took the silver medal in the NSWCHSSA Secondary Volleyball NSW Championship. The final was a tight scoring game in all sets with Carlingford High School taking the gold.

This is a fantastic result for NHS coming second in the state.

A huge effort from all of the girls and Miss Farquhar, who only managed two training sessions before the finals were held in Sydney.

Congratulations, we are so proud of you all.

Harmony and kindness



The support and mainstream students enjoyed working together to create fun and exciting interactive murals for the school. The mural themes of harmony and kindness certainly can be found here at Nowra High School.

Shoalhaven River Festival 2022



Join in the fun in the Young People's Raft Regatta and get your crew together!

When: Saturday 29th October

Where: Shoalhaven River @ Mavromatte's Reserve

Design, build, decorate and crew your own raft and join in the fun!

Further details available:

Facebook - Shoalhaven River Festival

Website: www.shoalhavenriverfestival.com.au

Ros Christie 0404 805 310

Ron Cowlshaw 0411 261 550

Register your group today!!!



Shoalhaven River Festival Young People's Raft Regatta 2022

Join in the fun to design, build, decorate and sail your raft at the **Shoalhaven River Festival** to be held at Nowra on the Shoalhaven River on **Saturday 29th October** this year.

Where: Mavromatte's Reserve, sailing your raft from the boat ramp and wharf near the Nowra bridge for a short distance along the River and returning (using the tides to help).

The following points are relevant:

- We envisage that students from the age of 9 years old and up could take part
- Rafts should be created, built and decorated by the students, adult supervisors and parents
- Rafts should not have any mechanical propulsion (eg motors) – other methods of propulsion would be acceptable eg sails, oars, paddles, fins
- Participants would need to be wearing a life jacket
- The safety of all participants is a first, so there would be the Shoalhaven Heads Surf Club rubber ducks, Marine Rescue and Riverwatch boats looking after the safety of all participants.
- Ideally, recycled materials should be used in the construction of the rafts
- ALL rafts must have a tow rope securely fastened to the front of the raft for safety and towing purposes.
- Solar lighting is also strongly encouraged for the night time light display (NOTE: rafts will be towed without participants for this)

If you require further information, please contact:

Ron Cowlshaw (Shoalhaven River Festival Water Events Manager) at roncowlshaw@hotmail.com or mobile: 0411 261 550

Ros Christie (Shoalhaven River Festival Raft Committee) at lavender@zephyrfarm.com.au or mobile: 0404 805 310

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

UNIQUE YOGA SOUTH COAST PRESENTS

TEEN YOGA

9 Week program that encompasses - Breathing, Balance, Mindfulness and Reduces stress and anxiety. \$130 or \$20 casual session.

Starts Monday July 25th | 4:30pm - 5:30pm | Cambewarra Community Hall
WWW.UNIQUEYOGASOUTHCOAST.COM



ILWARRARA
ABORIGINAL
CORPORATION



WARRIGAL
EMPLOYMENT

Driver Licence Access Program

A culturally supportive program to remove barriers that prevent Aboriginal people from obtaining an New South Wales Drivers Licence and offer on-road driving experiences. We strive to educate safe and legal driving and improve social outcomes by expanding support and mentoring to lead to employment.



ACHIEVING A
LEARNERS
LICENCE

Access assistance to prepare and apply for a NSW Learners Drivers Licence including obtaining the correct identification documents.



ON-ROAD
DRIVING
EXPERIENCE

Learner driver mentoring includes supervised driving hours with access to a vehicle for driving practice.



ACHIEVING A
PROVISIONAL
LICENCE

Access assistance to obtain your provisional drivers licence including an employment pathway.



REGAINING
YOUR NSW
DRIVER LICENCE

Case by case support including referral to legal and court support services to obtain your NSW driver licence.



WORKFORCE
DEVELOPMENT
ORDER

Warrigal Employment offers the WDO program to reduce your state debt fines up to \$1000 per month.



ROAD
SAFETY
WORKSHOPS

Road safety and licensing education workshops run regularly to learn and understanding NSW road rules.

Get Licenced, Get Legal, Get vwork

Providing culturally appropriate services to meet the social, cultural and economic needs of Aboriginal peoples

Proudly funded by



PLEASE CONTACT OUR DRIVER
MENTOR

EMAIL
WADE.CARLTON@IAC.ORG.AU

PHONE
0428 065 430

WWW.IAC.ORG.AU