

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,

The last few weeks have brought many exciting sporting results. During Week 1, our Open Girls Volleyball team travelled to Sydney Olympic Park to compete in the NSWCHS Championships. Our team was named the second best in NSW after outstanding performances at this event which involved the top 20 schools from across the state. The girls took home silver in a thrilling grand final series against Carlingford High School 3-1. Prior to progressing to this level, earlier this year the girls were crowned champions at the Shoalhaven Zone Knockout Day and South Coast Southern Region Knockout Days.

Congratulations to Alexandria Smith (captain), Emma Keane, Riya Rawat, Krisha Mehta, Mireille Smith, Aimee Lamb, Elke Keane and Ms Farquhar (coach). We are extremely proud of your sportsmanship and conduct. We are lucky to have a team of athletes of your calibre to represent our school.

We had a disappointing start to the school athletics season due to wet weather. Last Friday 25 students were finally able to display their talent at the South Coast Regional Athletics Carnival. This was held at the AIS Athletics Track in Canberra. Congratulations to Emma Keane who was announced the 17+ girls age champion. We are looking forward to hearing the results of the students that progress to the CHS carnival in Week 8 this term.

On Wednesday this week, our Year 7 and 8 boys netball team travelled to Broulee to play in the South Coast Regional Finals of the NSW Netball School Cup competition. The team went through undefeated and now progress to the top 16 in the state which will be played later this term in Sydney. Well done boys!

Thank you to all our parents and carers that transport our students, assist our teachers and volunteer to help at these sporting events.

### **Subject Selection Information Evening for Families**

- Tuesday 9th August, Multi Purpose Hall
- 5:30-6:30 for:  
Year 8 students going into Year 9 in 2023
- 7:00pm—8:00pm for:  
Year 10 students going into Year 11 in 2023

Year 8 and 10 have received their Subject Selection Information packages at school. If your child has not received their please contact the front office ASAP.

We look forward to working with you and your children to choose a pattern of study that is of interest to them.

The students worked extremely hard over Term 1 and Term 2 to perfect a piece focusing on a box like structure. The intent was to portray the notion of stereotypes/norms being placed on us which act as walls and blockages to our creativity. How we manage to break down these walls and 'step outside the box' is crucial to being ourselves and living lives determined by ourselves.

Kind regards,

Mr Glen Kingsley, Principal

## Calendar - 2022

### Coming Events for Term 3 Weeks 4 & 5

#### Week 4 - BETA

Monday 8 August:

- Dance HSC Practical exams - Ms Lucas
- Year 11 Hospitality VET work placement - Ms Pollock

Tuesday 9 August:

- Dance HSC Practical exams - Ms Lucas
- Year 11 Hospitality VET work placement - Ms Pollock
- South Coast Open 15s Knockout - Ms Nielsen
- Year 8 Subject Selection Information evening
- Year 10 Subject Selection Information evening

Wednesday 10 August:

- Dance HSC Practical exams - Ms Lucas
- Year 11 Hospitality VET work placement - Ms Pollock
- Year 11 2023 Subject Selection Interviews

Thursday 11 August:

- Dance HSC Practical exams - Ms Lucas
- Year 11 Hospitality VET work placement - Ms Pollock
- Year 10 Commerce excursion Nowra CBD - Mr Smith
- Year 11 2023 Subject Selection Interviews
- Year 8 Maths assessment due - Period 2 - Ms Cooke

Friday 12 August:

- Dance HSC Practical exams - Ms Lucas
- Year 11 Hospitality VET work placement - Ms Pollock
- Year 11 Society and Culture - Mini Pip due - Ms Clerke
- Year 9 Commerce excursion - Mr Tagliabue
- Year 11 2023 Subject Selection Interviews

#### Week 5 - ALPHA

Monday 15 August:

- Bookweek Celebrations - Ms Clerke
- Year 10 Maths assessment due - Period 1 - Ms Cooke

Tuesday 16 August:

- Bookweek Celebrations - Ms Clerke
- ForEshore workshop - Year 11 Geography/8T - Ms Clerke
- Hall out of action - set up for HSC prac. exam - Ms Lucas
- Year 9 Maths assessment due - Period 2 - Ms Cooke

Wednesday 17 August:

- Bookweek Celebrations - Ms Clerke
- Hall out of action - set up for HSC prac. exam - Ms Lucas
- Bulwul Balaang - Girls program - Waminda - Ms Webster

Thursday 18 August:

- Bookweek Celebrations - Ms Clerke
- Hall out of action - HSC Dance prac. exam - Ms Lucas
- White Card course - Ms Gough
- Year 10 Commerce excursion Nowra CBD - Mr Smith

Friday 19 August:

- Bookweek Celebrations - Ms Clerke
- Hall out of action - HSC Dance prac. exam - Ms Lucas
- Year 9 Commerce excursion - Mr Tagliabue

## Special Bumper Edition of the Nowra High School Newsletter!

Welcome to our bonus edition newsletter this week. We have been lucky enough to receive special reports from our Personal Development, Health and Physical Education team and our Creative and Performing Arts Team, who have both taken extra time out of their busy workloads to prepare this information for us!

We hope that you enjoy reading it as much as we have. It is a true celebration of our amazing school.

Warm regards,  
the Editorial Team

### YEAR 11 SENIOR JERSEY

Dear Parents/Caregivers,

At Nowra High School it has been customary for Year 12 students to purchase jerseys for their final year at school. It has been decided that this will change to a Senior Jersey that will be available for students to wear as a senior school jumper for years 11 and 12. There will only be one order placed for these jerseys.

In order, to receive the jerseys for the start of 2023, orders will need to be finalised by Week 8, Term 3 (Friday 9 September). The cost of the jersey will be \$90 and **full payment** must be made to the front office prior to this date.


**No late payments will be accepted, and no additional orders will be placed.**

The jerseys will be Canterbury brand. They are mainly navy blue with some white and light blue stripes. The jersey will have a plain Navy Blue back. They will have the students name embroidered on the front with the school logo and the students choice of name/nickname printed on the back along with their graduating year 2024. Sizes are available for students to try on (please see Mrs Ballico)

Please be aware that students will be picking their own name/nickname for the back of their jersey and you are required to fill out the Jersey Ordering Procedures form (attached) with your full name, nickname, size and proof of purchase before the order is to be placed.

Please see Mr Bower or Mrs Ballico if you require any further information.

**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

## 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

Year 8 Boys' Netball team:

Aiden Dhu, Blake Dent, Luke Stanford, Mitchell Parrott, Ari Bohm, Isaac Lord, Jarrah Thomas and Lincon Crane are featured here with their trophy from the

South Coast Regional Finals of the  
NSW Netball School Cup competition



A huge congratulations to the Year 11&12 Dance Company for being selected and accepted into the NSW State Dance Festival.

Well done girls!

## CREATIVE AND PERFORMING ARTS - Touching Base

What a fantastic start to 2022 with such a celebration of talent. Nowra High creatives have been busy!

### PERFORMANCE ASSEMBLY

I would like to thank our wonderful performers at our 'best ever' performance assembly: Jospheh, Kaito, Tristan, Imogen, Krillin, Lily, Zoe, Emma, Aleah, Tayah and our Year 7/8 and 12 Dancers. The audience were incredibly supportive with masses of waving torches and singing along with thunderous applause. Thank you to our talented sound and lighting team for providing a seamless and entertaining atmosphere. Well done to Tayah Larsen

who coming first in the solo section and won a prize of \$300 for the Music Department at the Battle of the Bands in Ulludulla.





#### SOUTH COAST DANCE FESTIVAL



A huge congratulations to our three talented dance companies who have recently participated successfully in the South Coast Dance Festival at the Merringong Theatre. Each company performed multiple times over the 4 days and everyone kept up the 'Nowra High way' and always exhibited excellent behaviour. The dancers looked amazing in their costumes direct from USA and their performances were extremely high quality.

A huge thank you to all the parents driving their children up and back to Wollongong during the week; the collaborative carpooling, was very much appreciated. A special mention to our dance Captains: Grace Martin, Olivia Knowles, Amber Davidson, Lucy Armstrong and Amber Cooper. Each of them embodied

motivation, initiative and excellent leadership skills and were an immense help throughout the rehearsals and performances.

The Year 7 and 8 Dance Companies performance, 'Frida' was a fabulous creation with the dancers in stunning maroon costumes with a floral headpiece. The dance represented the life of the famous Mexican artist Frida Kahlo. The dancers explored her pain, trauma, injury and relationships through her art and self-portraits. The is a story of how her body became broken... therefore her tool became broken.



The Year 9 and 10 dance Companies performance 'Wholehearted' was very moving. This piece explored the anatomy of the heart including the 4 chambers and the feelings that the heart endures; love and heartbreak and of course the hearts beating. The heart is the most central and important part of the body. This company was especially supportive of other dancers. Our dancers were often found congratulating other schools when they got off stage and encouraging our younger company.



The Year 11 and 12 Companies performance 'X.O.B' challenged the notion of why are we trapped inside of box by stereotypes and norms society places on us? The dancers explored a new perspective, a new way of thinking.... to step outside the box. Other teachers from committee expressing an improvement in their technique and performance quality. Everyone loved the box. Thanks to Miss Lucas's partner for building the cube for the company.

A huge congratulations to our senior company who have been chosen to perform at the State Dance Festival. The Nowra High tradition continues! Well done!

## **SOUTHERN STARS**

With Southern Stars just around the corner, Nowra High is preparing to send a very large team of performers, which is wonderful to see. I know they will all have lots of fun with Ms Lucas learning their routines and shining throughout the performance week.

There is also an **NHS audience excursion** to watch the matinee performance on Friday 26<sup>th</sup> August, for a lucky forty students who get their money paid to the office first. The excursion cost for the bus and the show is \$52 and can now be paid on the school web site or at the school office before school, recess and lunch. The permission notes for the excursion are available now in the CAPA staffroom and are to be returned to the CAPA staffroom, ASAP.

## **HSC PERFORMANCE EXAMINATIONS AND BODY OF WORK**

I would like to encourage all our HSC dancers, musicians and visual artists to continue their efforts to present their best works in their Performance and Practical HSC Examinations in term 3. Keep up the great work, not long to go now.

## **THE CAPA TEAM**

There have been a few changes to our faculty this year and I would like to introduce our new CAPA team members. I would like to welcome Mr Holderness, our new permanent Music classroom teacher, who has replaced Mr Hamilton in H1. I would also like to welcome Ms Bullock, our new Visual Arts classroom teacher who has replaced Ms Donnelly in F5.

Ms Bullock, Ms Regan and I are working with our artists to inspire their creativity and artmaking. Ms Lucas and Ms Bates continue to extend our wonderful dancers and actors in Dance and Drama. Mr Sadler and Mr Holderness are ensuring our musicians are reaching their potential.

## **SUBJECT SELECTION**

Subject selection is nearly upon us again and Year 8 and Year 10 will soon be making choices about the courses they would like to do for the next 2 years. I encourage everyone to choose the subjects they are interested in and make your heart sing.

In 2023 we are offering offer Dance, Drama, Music, Photography and Visual Arts. If you are one of our CAPA kids you may choose more than one CAPA subject if you desire. Please note, we will also be offering Photography and Digital Media in Year 9 and Photography, Video and Digital Imaging in Year 11 in 2023, which will enable students to engage with Wet Photography in the Dark Room.

Stay safe and keep on creating!

Ms Yeomans Head Teacher Creative and Performing Arts.





## Shoalhaven Youth Art Prize Key Dates:

<b>Entry Forms Due:</b>	<b>Friday 26 August, 2022</b>
<b>Artwork Drop Off:</b>	<b>Tuesday 30 August 9:30am- 11:30am</b>
<b>Exhibition Dates:</b>	<b>3 Sept- 24 Sept 2022</b>
<b>Prize Announcement:</b>	<b>Saturday 3 September 12noon</b>
<b>Exhibition Closes:</b>	<b>Saturday 24 September 2pm</b>
<b>Artwork Pick up:</b>	<b>Saturday 24 September 2pm - 4pm</b>

### 2022 Terms and Conditions

[www.shoalhavenartsociety.org](http://www.shoalhavenartsociety.org)

All enquiries: [info@shoalhavenartsociety.org](mailto:info@shoalhavenartsociety.org)

The Shoalhaven Youth Art Prize is an annual exhibition presented by Shoalhaven Art Society featuring the diverse talents of young, aspiring and emerging artists aged between 12 and 18 years. Participants must attend a school within the Shoalhaven, be homeschooled within the Shoalhaven Local Government Area, or reside permanently in the Shoalhaven Local Government Area.

#### Theme

There is no set theme, the artist is invited to exhibit works that have been created at home or school, but the works must be original and not copied.

#### Category/section

Artworks will be judged in one of three sections...

Ages 12-14

Ages 15-16

Ages 17-18

Age section will be dependent on entrants age at the time of entry (26 August, 2022)

#### Prizes

1st place (\$100), 2nd place (\$50) and highly commended prizes will be awarded for each prize section. Winners will be announced at 12 noon on Saturday, 3 September at Shoalhaven Regional Gallery.

#### Entry Form and Entry Fee

An entry form must be completed by 5pm, Friday 26 August 2022. Entry forms can be found online at [www.shoalhavenartsociety.org](http://www.shoalhavenartsociety.org) OR by completing the entry form attached to this document and emailing it to [info@shoalhavenartsociety.org](mailto:info@shoalhavenartsociety.org)

A \$5 entry fee can be paid online (with a parent/carer credit card) at [www.shoalhavenartsociety.org](http://www.shoalhavenartsociety.org) or directly deposited into the Shoalhaven Art Society IMB bank account.

BSB 641 800

ACCT 200781714

### Artwork Delivery

Artwork must be dropped off by Tuesday, 30 August 2022 between 9:30-11:30am

Shoalhaven Regional Gallery

12 Berry Street

Nowra NSW 2541

\* If artworks need to be dropped off earlier, the gallery is open from 9am-5pm Monday to Friday and can be dropped off by prior arrangement by emailing [info@shoalhavenartsociety.org](mailto:info@shoalhavenartsociety.org)

Maximum ONE (1) entry/ artwork per person

### Materials/ Medium

Artworks can be created using paint (oil or acrylic), drawing (eg. pencil, charcoal, pastel etc), printmaking, mixed media only. Photographs, sculpture and digital drawings not accepted.

Artworks must have been created since January 2020 and must not have previously been displayed in a professional gallery. (Artworks which have been exhibited at school are accepted.)

### Labelling artworks

All artworks must be labelled clearly with:

- Name of Artist
- Age of artist
- Title
- Address
- Phone number
- Email
- Price (If the artwork is for sale)

### Presentation and size of artworks- IMPORTANT

- Artworks must be presented neatly and ready to hang in the gallery with two (2) D-rings attached to the back of the frame or canvas between 5cm and 10cm from the top. No need for wire or string.
- If you are entering a canvas, ensure the sides of the canvas are painted neatly.
- Maximum size for artwork is 1m x 1m
- Maximum weight must not exceed 25kgs.
- No wet artworks will be accepted.
- Artworks may be rejected due to poor presentation. You will be notified to pick up the artwork from the gallery if this is the case.

### Sale of Works

Please indicate on the online entry form if your artwork is for sale (You may choose NOT to sell your artwork if you don't want to. Should your artwork be sold, you will be contacted for your bank account details so a deposit can be made directly into your bank account with your parent/carer permission

### Collection of Artworks

Unsold artworks or artworks that were not for sale must be collected at the end of the exhibition on Saturday, 24 September between 2pm and 4pm. A representative (parent, carer or teacher) may pick up your artwork on your behalf. Artworks can be picked up from Shoalhaven Regional Gallery, 12 Berry Street, Nowra.

### Care and Responsibility

Shoalhaven Art Society will exercise all reasonable care with artworks submitted for this exhibition. However, it does not insure them against damage or theft which is the responsibility of the artist.

### Copyright

Shoalhaven Art Society reserves the right to photograph artworks exhibited in the Shoalhaven Youth Art Prize for the purpose of documentation and promotion.

### Judges

Shoalhaven Youth Art Prize will be judged independently by a panel of judges. The judges decision will be final.

### Junior Membership with Shoalhaven Art Society

Junior memberships with Shoalhaven Art Society are \$10 paid and are renewed at the beginning of the calendar year. Memberships forms and payments can be paid online [www.shoalhavenartsociety.org](http://www.shoalhavenartsociety.org)



## Shoalhaven Youth Art Prize Entry Form

<b>Artist Name</b>	
<b>Age</b>	
<b>Date of Birth</b>	
<b>Postal Address</b>	
<b>Parent/ Carer Email Address</b>	
<b>Parent/ Carer Phone</b>	

Are you a Junior member of Shoalhaven Art Society (SAS)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you interested in becoming a junior member of Shoalhaven Art Society?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

### Artwork

Category	
Title	
Medium	
Price of artwork (if you would like to sell it)	
Size of artwork in cm (eg. 50cm x 70cm) Maximum size is 1m x 1m	

### Artist Agreement

I have read and agree to abide by the conditions of entry. I accept the conditions of entry and grant copyright clearance for my artwork as described in this document. I also declare that this is my own work and is an original artwork created by me.

Name	Signature	Date
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### Parent/ Carer Agreement

I agree for my child \_\_\_\_\_ to enter their artwork in the 2022 Shoalhaven Youth Art Prize. I have read and agree with the conditions of entry.

Name	Signature	Date
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[Back to school road safety reminder – Term 3.](#)

[Road rules: children's crossings and pedestrian crossings](#)

### Children's crossings

Children's crossings are usually part-time crossings that operate before and after school hours, or at other times that may be approved by local councils. Aside from these times, the area is not a pedestrian crossing. When in use, orange flags displaying the words CHILDREN CROSSING are used. Drivers must slow down and halt before the stop line when a pedestrian is on the crossing or waiting to cross – and remain stopped until all pedestrians leave the crossing.

### Children's crossings and pedestrian crossings

This animation highlights the difference between children's crossings and pedestrian crossings, and what motorists need to do on approach to each type of crossing.

<https://youtu.be/h0rXAaxSZg>

For further information on school road safety please visit Transport for NSW Centre for Road Safety <https://roadsafety.transport.nsw.gov.au/staying-safe> and help keep our kids safe.

#roadsafety #towardszero #ShoalhavenCityCouncil



## GKR KARATE

KARATE FOR EVERYONE

### START KARATE NOW!

& RECEIVE A FREE UNIFORM + DISCOUNTED JOINING FEE

CONFIDENCE • FOCUS • DISCIPLINE • FUN

Bomaderry Community Centre – Monday Juniors 4:00 & All ages/families 5:00pm  
 Bomaderry Community Centre – Tuesday Juniors 5:00 & All ages/families 6:00pm  
 Bomaderry Community Centre – Thursday Juniors 5:00 & All ages /families 6:00pm

Call or Text Karen on 0401 132 256 to reserve your place.  
 Limited spots available



### PARENTING GROUP-Nowra

#### BRINGING UP GREAT KIDS

Bringing Up Great Kids (BUGK) aims to help parents and carers of children aged 0-12 years develop confident, loving and positive relationships.

You Will Learn	When and Where	Bookings Essential
<ul style="list-style-type: none"> <li>• The magic of the human brain</li> <li>• How to send helpful, loving and positive messages to ourselves and our children</li> <li>• Practical information to support parenting</li> <li>• Build positive relationships with your children</li> <li>• Learn more on our website <a href="http://www.family-services.org.au">www.family-services.org.au</a></li> </ul>	<p>The free group runs over 4 sessions during School Term 3, 2022</p> <ul style="list-style-type: none"> <li>• Thursday's from 10am to 12 noon</li> <li>• 1 to 22 September, 2022</li> <li>• Family Services Australia, Cottage 1, 80 Park Road, Nowra</li> </ul>	<p>To register:</p> <ul style="list-style-type: none"> <li>• Email <a href="mailto:Joanne.Cunningham@family-services.org.au">Joanne.Cunningham@family-services.org.au</a></li> <li>• Phone 0408 258 605 or 1800 372 000 Option 5</li> <li>• Free childminding available</li> </ul>

Do you have a State Debt?  
 We may be able to help you pay off your fees with a VWS & Development Order



Australian Government

[agriculture.gov.au/footandmouthdisease](http://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](http://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.

Healthy Cities  
Illawarra

## Cook Chill Chat Cooking Workshops

Do you want to meet new people while learning healthy cooking tips and kitchen tricks?

### Join Us!

Family Services Australia  
 1/80 Park Rd, Nowra

Date:

 Starting Wednesday 3 August for 8 weeks

Time:

 10:30am – 1:30pm (lunch included)

Cost:

 FREE

Bookings:

 To book your spot, call Katie on 0439 887 554 or Linda on 4283 8111

Free child minding available – bookings essential

Cook Chill Chat is a weekly community cooking program to increase social connections, happiness and healthfulness.

