NHHS Annual Swimming Carnival was held on Wednesday 13th February. With the weather seeming a little threatening it turned out a perfect day, not too much sun. There were some fantastic swims on the day. The winning house this year was Davis. It is worth noting that Davis eventually came out as the winner by the number of entries they had as opposed to the number of races they won - something to think about for next year and the athletics carnival. There were a number of records broken by Madeline McCullagh, Max Galo and Thibaut Clarke. Madeline now holds the record in 5 out of 7 events in the 17 years age division. A number of students qualified for the zone carnival that was held on Thursday 21st February. Once again our swimmers stood out from the rest with NHHS coming away as the “Zone Champion School”. Xanthe Ronan had some excellent results and was named “Zone Champion” for the 13 Year Age Group. Considering NHHS is the second smallest school in the zone it was a gallant effort by our students. Next up will be the Regional carnival being held at Coffs Harbour on Thursday 7th March where 22 students will participate. These students are training extremely hard at the Indoor Centre here in Nambucca Heads and other swimming venues. A lot of the credit for these results should go to their coaches. NHHS would like to congratulate the students on their outstanding behaviour and sportsmanship on both days. This is a wonderful result for NHHS. Staff and students would like to wish these competitors all the best for their next competition.

“Age Champions”

Back: Jaymee Fuller, Madeline McCullagh, Max Galo, Thibaut Clarke, Coen Brough, Tanguy Clarke, Jayde Hill
Front: Xanthe Ronan, Kyiesha Cohen Courtney Fuller, Beau Langford, Jacob Fidirikkos
NHHS SWIMMING CHAMPIONS 2013

<table>
<thead>
<tr>
<th>AGE</th>
<th>GIRL</th>
<th>BOY</th>
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<tbody>
<tr>
<td>12</td>
<td>Kyiesha Cohen</td>
<td>Beau Langford</td>
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<tr>
<td>13</td>
<td>Xanthe Ronan</td>
<td>Jacob Fidirikkos</td>
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<tr>
<td>14</td>
<td>Courtney Fuller</td>
<td>Max Galo</td>
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<tr>
<td>15</td>
<td>Jaymee Fuller</td>
<td>Tanguy Clarke</td>
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<tr>
<td>16</td>
<td>Jayde Hill</td>
<td>Coen Brough</td>
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<tr>
<td>17</td>
<td>Madeline McCullagh</td>
<td>Thibaut Clarke</td>
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PRINCIPAL’S REPORT

Dear Parents and Community

It was really pleasing to see so many Year 7 parents turn up to the Breakfast this week (even with the inclement weather). This signalled the first of many welfare activities that students and parents will participate in over the 6 years they are at Nambucca Heads High School. We have a very committed team of Year Advisers at this school who do an amazing job in building relationships with students and looking after their welfare. The Year 7 Advisers, Jarrod Greenwood and Mel Waters are really pleased with the very positive start that Year 7 have made to the school year. Within the student welfare brief we are focusing again this year on educational programs around anti-bullying. There will be many activities throughout the year for students and I would ask that parents also make it a focus to talk to your children about being respectful to their peers and the effects that bullying can and does have.

Tracey Winfer has been appointed to the position of School Counsellor in a permanent role. Tracey is very excited about joining the Nambucca Heads High School welfare team and will begin in that role in Week 9 this term. Tracey comes to us from the Dorrigo schools and is somewhat of a local having been educated at Bellingen High (relatively speaking). I wish to personally thank Peter Shea who has been filling in as our Counsellor for the past year. Peter has been very committed to the students of this school and has done a stellar job. We wish him well in the future.

Peter Vernon
Principal

DEPUTY’S REPORT

Dear Parents and Community

I would like to express how disappointed as a whole school we were this week as the rain kept falling and we had to cancel the ArtExpress/Encore excursion to Sydney and the Year 7 Peer Support Camp. It is unfortunate, but the weather is out of everyone’s control. We were very fortunate however that the schools facilities were not damaged in anyway. Many other schools on the North Coast were flooded or damaged. Nambucca Heads High is fortunate to have escaped this. All is not lost, the excursion to Sydney will go ahead to ArtExpress in March but we have missed the Encore performance and the Year 7 camp will go ahead on March 13th – 15th I was pleased to see parents, carers, students and staff at the annual Year 7 Breakfast on Wednesday. It is a fantastic way for staff to interact with parents and students in an informal atmosphere. I am always encouraged/proud of the support that we provide students in our school. Mrs Nowland, Mrs Thomas and Mrs Taylor are available every lunch time to help students with homework. Ms Bagordo & Mr Shea are important contact people to discuss students welfare needs; our year advisors are the first point of contact for parents and students with any concerns or questions. Finally, a reminder about the school mobile phone policy. They are not to be used during the school day and, if brought to school, must be switched off. It has always been the school’s practice to pass on important messages to students throughout the day. This can be done by phoning the office and requesting that the message be given to the child. Students who bring mobile phones to school do so at their own risk. The school takes no responsibility for the security of mobile phones. If they are confiscated the phone will not be given back to the student. A guardian of the student must come to the office to collect the phone.

Jo Marshall
Deputy Principal

CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 5th</td>
<td>Game Training Roadshow, Welcome to Year 7 Social 6.30pm</td>
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<tr>
<td>March 6th</td>
<td>Boys Touch Football Bowraville</td>
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<td>March 7th</td>
<td>Regional Swimming Carnival Coffs Harbour</td>
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<tr>
<td>March 8th</td>
<td>University Roadshow Year 12</td>
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<tr>
<td>March 11th</td>
<td>Immunisation Year 7 Girls and Year 7 &amp; 9 Boys</td>
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<tr>
<td>March 13th - 15th</td>
<td>Year 7 Peer Support Camp Hat Head</td>
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<tr>
<td>March 27th</td>
<td>P&amp;C AGM Nambucca Heads RSL Club 7.00pm</td>
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**LIONS YOUTH OF THE YEAR**

On Tuesday 19th February three students from Nambucca Heads High School, Jake Hoban, Sarah Orman and Connor Hoban, competed in the “Lions Youth of the Year” contest. This is a public speaking contest sponsored by the Lions Club of Nambucca Heads and supported by the National Australia Bank. The students are firstly interviewed by the panel allowing them some fantastic experience in an interview situation. They then attend a dinner where they deliver a 5 minute prepared speech on a topic of their choice. They then have to answer two impromptu questions put to them by the panel. Each of the students acquitted themselves admirably and I was informed that it was an extremely difficult decision to come up with a winner. However, as with all competitions, there can be only one winner. This year Jake Hoban was named as the winner. Jake will now compete at the next stage of the competition.

**FLASH FICTION COMPETITION**

What is Flash Fiction ?

The question what is flash fiction (FF) is a loaded one because people have strong, varying opinions as to the 'correct' answer. Here are three possibilities

**Answer 1:** A complete story in 1000 words or less.

**Answer 2:** A unique type of story that has been whittled down to its essence whilst remaining a complete story, with plot, narrative, character/s, conflict, and resolution.

**Answer 3:** One of a number of terms used to describe answers one and two. Other terms used are: microfiction, short - short story, sudden fiction and postcard fiction.

**The Power of Flash fiction**

Flash Fictions time is NOW !!! Gone is the freedom to partake in the indulgences of time. The pace of our lives has been cranked up. The forces that govern us crack the whip ever more frantically. Our minds are filled with messages that urge us to do more, fear more, sacrifice more. But we still need stories.

**Our competition: WRITE YOUR OWN FLASH FICTION !!!!**

Junior Years 7-9 & Senior Years 10-12

Categories: Less the 500 words - Less than 100 words - Less than 10 words…

*All Entries MUST have YOUR name & Year on them !!! Entries close – FRIDAY 8th March !!!*

**FACEBOOK PAGE**

Nambucca Heads High School now has a Facebook page. We have set up this page as a tool for the school to communicate information to students and the community regarding upcoming events happening at the school. We will also post information relating to changes to events that are coming up. It has been set up as a secure page, which means the wider community cannot make comments, add content or add photos. You can find us at http://www.facebook.com/nambuccaheadshighschool. If you think there is something worth placing on the page, please contact the Deputy Principal, Jo Marshall or Annette Welsh.

**NHHS P&C Association will be holding it’s Annual General Meeting on Wednesday 27th March in the boardroom of the Nambucca Heads RSL commencing at 7.00pm. All Welcome.**
SPORT STARS SHINE

Over the Christmas holidays Jayde Hill and Savannah Peterkin were not only enjoying the good weather but training and competing for their region. Once again these students have produced impressive results and have now qualified to compete for New South Wales in Perth at the National Titles. At the NSW Junior Championships from February 8th – 10th Jayde, although only being 15 years old had to compete in the U/18’s, winning the gold medal in the gruelling 5000m walk while Savannah, in the U/14’s, competed in the 100m sprint and the long jump placing fourth and second respectively. Her twin sister, Mercedes, also competed in the same events. Both girls will head to Perth on the 12th March as part of the New South Wales team. Craig Jarrett has also been busy traveling and training for his athletics and basketball. After spending two days at Narrabeen in January he was home for one day before flying to Canberra for a four day camp with the AIS. He arrived back in Nambucca Heads just in time for the Australia Day Awards where he was honoured, surprised and proud to receive the award for “Young Citizen of the Year”. Craig’s next event will be the AWD Championships in Queensland then onto Sydney in April for the National Open AWD Championships.

2013 DER-NSW PARENT SURVEY

The DER-NSW seeks your views on the NSW one-to-one laptop program. A formal evaluation of the program is being undertaken by the New South Wales Department of Education and Training in collaboration with the University of Wollongong. It is an effort to determine how the DER-NSW program may impact on learning and teaching education across the state. The evaluation has taken place over 4 years. Please go to the link below and complete the 2013 survey. It won’t take you too long.


To access the link please enter it into the long address bar at the top of the page of your internet browser (not into a search engine such as Google) and press enter or go – this will take you to the survey. Individuals cannot be identified in the data. Evaluation reports to date can be viewed online: https://www.det.nsw.edu.au/about-us/how-we-operate/national-partnerships/digital-education-revolution/rrql/research.

CYBERIA

BRAINSTORM PRODUCTIONS - CYBERIA

Last Tuesday, 19th February, Years 7 – 10 students were captivated during a performance by “Brainstorm Productions”. The show was about a brother and sister and their use, or misuse, of social media and electronic devices. The performance conveyed to the students how damaging all these devices can be to your mental, physical and emotional health. The script and characters are a combination of true stories of experiences of young people. It was put together in consultation with IT, Education and Mental Health experts. After the performance the students joined in on a question and discussion session with the actors. This was a fantastic performance designed to make students think before reacting to different situations.
NAIDOC AWARDS

The theme for NAIDOC Week 2013 is “We value the Vision”. Indigenous artists are invited to submit an artwork to the 2013 National NAIDOC Poster Competition. Entries close 29th March. Also, if you know an Indigenous person who deserves recognition for their achievements nominate them for a 2013 National NAIDOC Award. Nominations close 26th April. Nomination forms available at www.naidoc.org.au

Indigenous Sport and Active Recreation Program

Applications opened on 2nd February and close March 16th. This funding is for community participation in activities that help to improve the health and physical wellbeing of Indigenous Australians. For more information go to: www.regional.gov.au/sport/programs/indigenous.aspx

Winter School

Winter school is a program specifically for Indigenous students in Years 10, 11 and 12 who are considering further studies beyond high school. It is a week long program designed to provide students with the opportunity to experience what university life is about. For more information please go to: www.nuragili.unsw.edu.au/winterschool.html

If you would like any further information about the above please contact Felicia Jarrett at Nambucca Heads High School.

CONTACT DETAILS - MEDICATION

Have your contact details changed recently? If so, please advise the school of your new details as a matter of urgency. It is extremely important that we have your correct details in case of an emergency. If you are unsure as to whether we have your updated information, we would ask that you contact us to be sure. You can do this by either telephoning the school or emailing the details to: nambuccahd-h.school@det.nsw.edu.au.

We are also updating information on students who are allowed to receive analgesics from staff members (panadol/heron). If you have not completed a form to allow your child to receive this type of medication at school please do so immediately. Your child can collect a form from the front office. They WILL NOT be administered with medication until this is done.

NSW HEALTH VACCINATIONS

On March 11th teams of specially trained registered nurses will be visiting our school to offer free vaccinations against serious preventable diseases to Year 7 girls and Year 7 and Year 9 boys. If you have a student in those years and you have not received any information about this please contact the school as soon as possible. Forms must be returned to the school by Wednesday 6th March. If you have any questions about the vaccinations please contact the Public Health Unit on 1300 066 055 or visit www.health.nsw.gov.au/immunisation
Head Lice
We have recently had a number of head lice infestations reported to the school. We would encourage you to be vigilant and check your child’s head regularly and treat when necessary. Head lice are very easy to control if steps are taken as soon as an infestation is found.

Treatment:
- daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)
- the use of a suitably manufactured product.
- treatment should be repeated at a 7 day interval to ensure there are no more live lice.

Tips for parents in reducing the spread of head lice
There is no single solution to eradication, only persistence.
- regularly check your children’s hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

Shop at IGA
By registering and shopping at any of Ritchies IGA Supermarkets you will be helping Nambucca Heads High School raise much needed funds. Each time you shop at Ritchies IGA and swipe your registration card .5% of the money you spend will be automatically donated back to the school. This is a wonderful initiative by IGA and we have already received funds deposited directly to our school bank account. Applications are available from Annette Welsh at Nambucca Heads High School. Please read the application pamphlet for all conditions.

Beaches Netball Club
Will be holding a registration day on March 2nd inside the Nambucca Plaza from 9.00am – 12.00 noon. Age groups will be 6-17 years. Coaches are also needed. More information phone Jodi – 0402031414.

Nambucca Roosters Juniors
Will be holding a registration day Saturday 2nd March 10.00am – 2.00pm at Coronation Park. Free sausage sizzle for registering players and jumping castle. 1 player $80.00, 2 siblings $120.00, 3 or more siblings $145.00. Enquiries contact Glen Jones 0409 459 700.

YEAR 7 WELCOME SOCIAL – “CHILDHOOD MEMORIES” 6.30pm March 5th
Gold coin to buy a ticket. No tickets at the door. Tickets are on sale lunchtime only.
Free entry for Year 7. If you have paid for Cyberia performance you will get an extra free drink and ....
All students who paid for the “Childhood Memories” social last year, check with the SRC with your old ticket or have it replaced. We have a list of names!
Prizes for best dressed! Lots of fun for Years 7 – 12!
Please note: If you are on a level you must be off that level the DAY BEFORE the social (Monday 4th March)