On Wednesday 13th March Year 7 students finally headed off for their Peer Support Camp. After being postponed from earlier in the term the day wasn’t looking much brighter but weatherman, Mr Major, assured everyone the weather would be fine so the bus and cars were packed with tents, bags, food, fishing rods, games and other assorted equipment ready for a busy 3 days. After arriving at Hat Head, and the weather clearing as reported, the students set about deciding on a site and erecting their tents. It was then lunchtime and after eating the students and staff set off for a walk around the beautiful headland and beaches of Hat Head. With hunger once again setting in a BBQ dinner was quickly devoured and then it was over to the Bowling Club to watch a video and settle down before bed. Some students obviously have a bladder problem because they were up and down all night apparently using the bathrooms! Students and staff woke up to a sensational day with everyone looking forward to the organised activities. The students were broken up into groups of about 10 and would rotate through the activities set out for the day. They included bush walking, kayaking, stand-up board paddling, cricket and peer support games. Each group was helped on the day by 2 Year 10 Peer Support Leaders. As it was such a glorious day the favourite activities were kayaking and paddle boarding however, the aim of the camp is for the Year 7 students to mix and get to know students that they haven’t previously been to school with. The peer support games are an opportunity for the students to partner with people they don’t usually mix with and solve problems in a fun way. After an action packed day the second night saw the students competing in a Trivia Night. Quiz master, Mr Mike Major (a weatherman in a former life), organised some very tricky questions, but to his surprise the students were extremely capable and answered questions he thought would stump them. The winning team were “The Sexy Beasts”. Day 3 and the weather gods were again being kind. After breakfast the packing up began with tent bags not looking quite the same as when they arrived. Before the trip home the students had another walk and swim then it was on the bus and back to school. Unbelievably, on arrival back at school down came the rain. It was extremely lucky the weather held out for the camp. A big thank you must go to Ms Mel Waters and Mr Jarrod Greenwood the Year 7 Year Advisors and the extra staff that went along and helped with the organisation of the food and activities: Ms Pat Nichols, Ms Alison Nowland, Mr Matt Gilbert, Mr Ken Smith, Ms Louise Lockyer and Mr Mike Major. It was a wonderful experience both for students and staff. The staff looks forward to more such excursions in the future.
Dear Parents and Community

Year 12 students are in their final preparations for the mid-course exams next week. This is the beginning of the final run home for these students as the HSC exams are only six months away and there will be assessment tasks happening throughout that period. A comprehensive plan around completing tasks, study and exam preparation is essential to minimise the stress that is a part of completing the HSC. Parents can help in this process by assisting with the planning and providing ongoing supervision of this preparation plan. I would remind parents again about the school’s protocol about getting messages to your children. If there is an urgent need to contact your son or daughter during the day please make contact with the school office to arrange for the message to be delivered. Please, DO NOT make contact via mobile phone. Our policy is that these are to be switched off and in bags. If students know you will contact them this way then they will constantly monitor them – taking their attention from the educational task that is before them. I must congratulate all of our Year 7 students for the way they conducted themselves on the recent school camp. Not only did the teachers report in glowing terms about their behaviour and enthusiasm but I received phone calls from people external to the school saying what a wonderful group of respectful students they are. Well done to the organisers as every report I hear from both students and staff was of a wonderful event.

Finally, with Easter on our doorstep – please have a relaxing and safe break.

Peter Vernon
Principal

DEPUTY’S REPORT

Dear Parents and Community

It's been a busy few weeks for Nambucca Heads High School with many events and activities on our calendar. The opportunities that are offered at Nambucca Heads High School make it virtually impossible for a student not to find something which they can be involved in and be happy with beyond the normal learning environment of the classroom. From sport, performing arts, camps and BBQs it is very rare for Nambucca Heads High School to have a day where an activity is not providing extra stimulus to our students. Participation in activities provides many benefits for your student and I encourage all students to take the opportunity. Recently we have had students participate successfully at the Regional swimming carnival, at a junior regional Drama Camp, a creative writing camp at Valla Beach, a hospitality Catering function, photography competitions, white water kayaking training, rugby league trials, musical performances, Lions club public speaking events, the CSIRO science road show, an art excursion to Sydney and camping trips for Year 7 and Year 9. I would like to thank and publicly acknowledge our staff that organise these activities and many more like them. As Deputy Principal I have become more acutely aware of the enthusiasm and professionalism of the teaching staff throughout the whole school. They provide the opportunities to showcase the exceptional talents and provide a wide range of opportunities for all our students. None of these would occur without the dedicated team of teachers, executive and administrative staff that we have here at Nambucca Heads High School.

Jo Marshall
Deputy Principal

April 2nd    SRC Induction during Assembly
April 4th – 5th    CHS Swimming Homebush Sydney
April 5th    Duke of Edinburgh Kayaking – Oyster Creek
April 7th – 10th    Duke of Edinburgh Silver Award walk
April 8th    Bell Shakespeare performance Bowraville
April 12th    Last day Term 1
May 1st    First day Term 2

PLEASE BE AWARE – TUESDAY 2ND APRIL WILL NOT BE A PUPIL FREE DAY AS NOTED ON OUR SCHOOL CALENDAR. SCHOOL WILL OPERATE AS NORMAL FOR ALL STUDENTS AND STAFF. MONDAY 29TH AND TUESDAY 30TH APRIL WILL BE STAFF DEVELOPMENT DAYS. TERM 2 WILL COMMENCE ON WEDNESDAY 1ST MAY FOR STUDENTS.
Nambucca Heads High School has had yet more success in the swimming pool after the Regional Swimming Championships held at Coffs Harbour on Thursday 7th March. At the conclusion of the event, NHHS now have a total of 14 students qualifying for the State Swimming Championships to be held at Homebush on Thursday 4th April. This is an unbelievable effort by one of the smaller schools in the North Coast Region. We are extremely proud of all the students’ efforts at the carnival in Coffs Harbour and wish those going on to Sydney the best of luck. One of the swimmers heading to Sydney, Jayde Hill and another student Savannah Peterkin, recently competed at the National Athletic Championships held in Perth. Both girls performed extremely well with Savannah placing 3rd in the U/15 long jump and Jayde, although only being 15 competed in the U/17 5000m walk. These swimmers heading to Sydney, Jayde Hill and another student Savannah Peterkin, recently competed at the National Athletic Championships held in Perth. Both girls performed extremely well with Savannah placing 3rd in the U/15 long jump and Jayde, although only being 15 competed in the U/17 5000m walk, also placing 3rd. All these students are to be commended for their commitment to their training. They would like to thank their parents and coaches.

CSIRO VISIT

Here at Nambucca Heads High School, we aim to be innovative in our approach to science, always looking for new and exciting ways to introduce scientific concepts to our students. On Wednesday, 20th March 2013, the CSIRO visited our school, presenting an interactive science program about: Energy, Forces and Motion.

The CSIRO Science Education Centre created a dynamic interactive forum within which our students took a hands-on role. Their program engaged students in an eye-opening interactive science theatre and hands-on experiments, which have been developed around real-life CSIRO research. Our students became the scientists, rather than just reading about them. The Year 8, 9 and some Year 11 students thoroughly enjoyed the presentation and can now apply what they have learned in class.
**ARTEXPRESS SYDNEY**

Year 12 Art students completing their HSC this year were blown away by their recent trip to Sydney to attend the ArtExpress exhibition at the New South Wales Art Gallery. ArtExpress is an exhibition of selected pieces from the previous year’s HSC. There was also a visit to the National Art School which included an exhibition by Ben Quilty titled “After Afghanistan” which was brilliant. This excursion had been postponed from earlier in the year and as a result the students missed the opportunity of attending “Encore”, which is a concert performed by the previous year’s HSC music students. None-the-less the students and staff had a fantastic time in Sydney. Excursions of this nature are a wonderful way for students to visit major cities and become familiar with different surroundings. Giving students from regional areas these opportunities allows them to understand that it’s not as “scary” as they might assume and that moving to a major region to further their education may be easier that they had anticipated. The group also had the opportunity of catching up with some of our students from last year who are currently studying at the Australian Institute of Music.

![Students enjoying the Ben Quilty exhibition](image1)

![Playing tourist in Sydney](image2)

**OPEN GIRLS SOCCER**

On Monday 13th March the Open Girls Soccer team travelled to Lake Cathie to participate in a State wide knockout competition. It also doubled as selections for the North Coast Side. After a few problems organising travel arrangements they were on the road. With only 11 players, some of the team only 12 or 13 years old and an extremely hot day the girls put in a fabulous effort although going down 2 – 0. All the girls played their hearts out and it is worth noting that the opposition team, Camden Haven, had 15 players and the officials on the day made a point of speaking to Ms Nichols and congratulating the girls on their efforts throughout the game. Ms Nichols would like to thank the girls for their behaviour and sportsmanship on the day.

![Back: Sarah, Kythera, Kiarra, Sophie, Grace, Shakarra](image3)

![Front: Jayde, Kaysee, Lois, Samantha, Sarah](image4)

**BELLINGEN WRITERS FESTIVAL**

On Friday 22nd March English students from Years 8 and 9, along with teachers Ms Danielle Bowen and Mr Bill Richardson, travelled to Bellingen to hear from some well-known authors. Our students were lucky enough to attend a creative writing workshop run by author Cate Jackson. Cate gave students a number of wonderful tips about creative writing and how to grab and hold a reader’s attention using language. It was an invaluable experience for the students working with such a talented author and gaining such useful writing tips.

![Students during the workshop with Cate Jackson](image5)
DUKE OF EDINBURGH

Year 10 students attended a kayaking expedition on Thursday 21st March. Mr Steve Steward with Ms Margie Mercer took 6 students to Darkwood for a practice day before the gold excursion later in the year which will be on the Nymboida River. Because of the recent rain there was a lot of water in the Bellinger River so there were a number of rapids for the group to negotiate. The group learnt valuable paddling and safety skills. Year 10 are currently preparing for their expeditions which include a 4 day walk in Week 11 of term 1. This group is also preparing for a kayaking expedition early in term 2 and another kayaking practice day on Friday 5th April. Year 11 and 12 are working towards finalising their qualifications for the Gold Duke of Edinburgh Award which is an internationally recognised qualification.

Brent Russo, Nick Ferguson, Tim Daley, Renee Lindsell, Marg Mercer Lewis Gooch, Kythera Cohen

SENIOR’S WEEK

During Senior’s Week our students were invited to perform during a luncheon held at the Nambucca Heads Island Golf Club. Our choir performed two songs while Alex Blair, Katie Stiles and Michaela Bush performed solo pieces on the guitar, saxophone and keyboard respectively.

Students with the Seniors during the luncheon

Hosannah, Anne, Kiara, Samantha, Marni

EARN AND LEARN

As a result of the Woolworths “Earn and Learn” promotion held last year Nambucca Heads High School have received the items we were able to claim because of the fantastic response from the school community and the general public. We would like to thank everyone who saved the stickers and sent them in. Items that we received included books, board games and outdoor games. The promotion will be commencing again on Monday 8th April. If you shop at Woolworths supermarkets please collect the stickers and send them into the school.

Students with a display of the items from Earn and Learn
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.

Australian Mathematics Competition
This competition will be held on Thursday August 1 during periods 1 and 2. It is open to all students Year 7 to 12 in different divisions. Students may enter the competition by paying $5.50 to the front office. Their name and year will be taken and given to Mr Ison. Entries close at the end of this term (12th April). Further information can be obtained from Mr Ison or your Mathematics teacher.

Jacinta Thiry in Year 10 produced this beautiful coffee table in woodwork. It is a fantastic piece of furniture that she is extremely proud of. She would like to thank Mr Steward and Kim Cox for their help with this project.