DAY 1: The expedition started with a three hour drive to the starting point of this trek, about one and half hours west of Dorrigo to the Guy Fawkes National Park. It was obvious from the get-go that this was not a walk for the faint hearted. The walkers set off through the National Park mostly with no obvious path. The first section was up hill to the first lookout, Lucifer’s Thumb”. Here there were spectacular views across the hinterland. With the students in three groups each group were given a map and a GPS to navigate to the first nights camping area. After the first climb the next section would be downhill and although you would think this might be a bit easier it was quite a tricky decent with not much of a track and loose sticks and leaf litter covering the ground. Some found the going easier than others and found it fun to run to the bottom. Along the way the group was also delighted to see wild horses and cattle through the bush. The finale to the first day........a welcome swim in the beautiful fresh water.

DAY 2: Day 2 started quite early with a pack up and discussion of what lay ahead for the day, which again was “off-road”. Once again the students were in groups and were given GPS points to the next meeting area. Today would be an easier walk and was all about the students learning to navigate on their own. There were many river crossings and a refreshing lunchtime dip to cool everyone off. It was then a short hike to the second nights camp, on the edge of the river. One of the highlights of today was Ms Pat Nichols and Mr Kai Lawson spotting wild horses galloping through the bush to the river, they said it was an amazing sight. Once the camp was established there was a hike along the river’s edge looking for the cave that the Ellis Brothers hid out in. There was some more swimming and a terrific fire on the river bank before settling in for a well earned sleep.

DAY 3: The final day was set to be a huge one. The explorers had to be up and ready to go by 7.00am. The last day would be the toughest of the expedition. The walk out of Guy Fawkes National Park would be up steep inclines with very slippery loose vegetation. There were lots of stops for a rest and take in some water. To make the effort worthwhile the trekkers had some spectacular views along the way and more wild horses. The walk was made even harder for some with a couple of students acquiring injuries along the way and some were just exhausted. Staff and students alike were relieved when they finally reached the end to find Mr Steward’s car with an ezky containing cold drinks and chocolates as a reward for a hard three days in the wilderness. This is an extremely difficult walk. If you are part of the Duke of Edinburgh group this is an exceptional walk to participate in, but does require a certain level of fitness to complete. Mr Steward, Ms Nichols, Mr Lawson would like to congratulate all the students for a brave effort in completing this expedition.

One of the many swimming holes

The Old Camp Fire
Dear Parents and Community

On Tuesday 25th November it was White Ribbon Day. I spoke to all students about the White Ribbon initiative, a male led campaign to end men’s violence against women and the vision of White Ribbon that all women live in safety free from all forms of men’s violence. I spoke to the students about how violence against women is a serious problem in Australia where:

- Over 12 months, on average, one woman is killed every week as a result of intimate partner violence (domestic violence).
- A woman is most likely to be killed by her male partner in her home.
- Domestic and family violence is the principle cause of homelessness for women and their children.
- Intimate partner violence is the leading contributor to death, disability and ill-health in Australian women aged 15-44.
- One in three women have experienced physical and/or sexual violence perpetrated by someone known to them.
- One in four children are exposed to domestic violence, which is a recognised form of child abuse.

Research has shown that if men speak up about domestic violence then domestic violence will decline. Through the attitudes of all men this insidious blight on our society will change for the better.

As part of White Ribbon Day men are encouraged to swear the oath and let the world know where they stand. The oath is:

*I swear never to commit, excuse or remain silent about violence against women. This is my oath.*

At the end of the assembly boys and male teachers joined me in the library where we logged into: 

http://www.whiteribbon.org.au/standup

and took the oath. I encourage all fathers, brothers, uncles and grandfathers in our school community to log in and do the same.

Highlight of the fortnight:

The opening of the Yarning Circle at NHHS on Tuesday. Uncle Reg Davis performed the smoking ceremony and Edrica Jarrett then read in Gumbaynggirr the words on the plaque that are the philosophy of what our Yarning Circle represents:

**GAYIRRIGU MURRUNG**

**MAAM NGARRAAWANG, DARRUNDANG, GARLA-NGARRAYNGGING, NYAAGILING**

**NGIYAA WUMAAGAW GARLUGUN**

Which in English means:

*A Place where things are heard, healed, respected and discovered*  
*We are all one.*

Thank you to all staff and students who were part of the creation of this wonderful space.

Simon McKinney
Principal

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*Don’t forget the Attendance Camp to be held December 15th—17th. You must check with your Year Advisor to find out if you qualify. The cost is only $40.00. This covers two nights camping accommodation, food and activities.*
On Friday 14th November the Year 11 group headed to Coffs Harbour Senior College for R-risk (REDUCE RISK INCREASE STUDENT KNOWLEDGE) day. The presentation consisted of a variety of presenters talking about the dangers of drug and alcohol use. The day also included learning about the NRMA road safety rules and driving practices. During the excursion the group of Year 11’s learnt how to react in difficult situations and how to save a life. The R-risk presentation was very informative and good for students to learn from. It was a cool day that the Nambucca High students enjoyed along with the other five hundred students from across the North Coast. It was a very eventful day, well organised and fun. 

Mercedes Peterkin

GRIP LEADERSHIP CONFERENCE

On Tuesday 28th October my fellow school leaders and I travelled to Coffs Harbour Ex-Services Club for the GRIP Leadership Conference. There were a number of school leaders from around the region. Throughout the day we attended several workshops giving us ideas on being a good school leader, fundraising and other activities to benefit our school. The GRIP conference leaders also gave us valuable information to help us grow as leaders.

Blake Ennis-Nickson

WHAT DOES GRIP STAND FOR

GENEROSITY
Willingness to use what you have been given (time and resources) on behalf of those you seek to influence.

RESPONSIBILITY
We all have a responsibility to develop what we have and help others to live well.

INTEGRITY
A commitment to truth and honesty in dealings.

PEOPLE
Every human being is of great significance, and has a purpose to fulfill.

GRIP Leadership does not promote any particular religious or political view but rather presents accepted leadership values that are transcendent of religion, race and culture.

GRIP Leadership is funded through the fees paid by schools for conferences and seminars, as well as contributions from a number of donors and sponsors.

FAREWELL CHERYL

For some twenty two years Ms Cheryl Jones has been the “Canteen Supervisor” at Nambucca Heads High School and Friday 21st November was her last day in the roll. Cheryl was at the school from the beginning supplying recess and lunch to hundreds of students and staff members over the years. We would like to thank Cheryl for doing such a fantastic job over the many years and wish her all the best for the future.

Also finishing at the end of the school year is Ms Pam Provost. Pam has been working in the canteen for a number of years along with Cheryl and will continue as the Supervisor until the end of the term.

Pam Provost and Cheryl Jones

Nambucca Heads High School will be holding its annual Presentation Day on Monday 15th December, 2014. Academic, Sporting and Cultural awards will be presented. The Presentation will commence at 10.00am. Everyone is welcome to come along and congratulate the students on a year of hard work and fantastic results.
The Philosothon was excellent. There were over eighty participants and one hundred and twenty attendants including teachers, guest judges and guest speakers. Schools such as Grafton High School, Bellingen High School, Toormina High School, Orara High School, The Armidale School, Clarence Valley Anglican School, Lindisfarne Anglican Grammar School, Bishop Druitt College and Nambucca Heads High. They have two Divisions: Division A are Year 10, 11 and 12 and Division B are students in Year 7, 8 and 9. We fielded two teams in Division B:

**Year 7**
Josie Sutherland and Kawana Crowe  
Year 8
Flynn Franklin-Baker  
Year 9
Courtney Molloy, Anne Gilbert, Sarese Paull, Max Galo, Leticia Phelps  

Our students really enjoyed themselves. They made new friends and relished the opportunity to sit and discuss big ideas. For example the Community of Inquiry explores topics like:

**Does evil exist?**
**Why is it important to us to look good?**
**Is our pursuit of happiness making us sad?**
**Is a disease free world possible? Is it desirable?**
**Is world peace possible? Is it desirable?**

Students are randomly allocated to groups of eight and sit in a circle. They are given half an hour to forty five minutes to explore their ideas and their opinions using reasoning and logic. They draw on their knowledge gained through previous study of resources like TEDex talks, philosophy articles, Medical News Today and other reputable sources and web sites. The students are judged by peers and then by expert guest judges. They gain scores based on performance criteria:

- Facilitates very effective running of the inquiry process.
- Demonstrates sophisticated understanding of concepts central to the topic, of the resource material and of peers’ ideas.
- Demonstrates sophisticated reasoning skills; clarifies and articulates areas of difficulty through effective questioning.
- Develops own and others ideas to reach sophisticated insights.

If a student dominates or withdraws from the inquiry process they are awarded a zero. If they meet the above criteria in an EXCELLENT manner they receive 5 marks, HIGHLY COMPETENT is awarded 4, SUBSTANTIAL is awarded 3 and LIMITED is awarded 2 marks.

Max Galo won “Spirit of the Philosothon- Division B- Male” which is quite prestigious. It is awarded to students who demonstrate true enthusiasm for the community of inquiry process and who are supportive and cooperative in their dealing with others at all times.

**FIRE SAFETY TIME**

On Friday 21st November the Support Unit received a visit from the Captain of the Nambucca Heads NSW Fire Brigade, Captain Couchman. Captain Couchman explained to the students the importance of knowing what to do when caught in a house fire, who you need to ring and what details they need to know—name, address etc. The students were taught to get down low out of the smoke to make their way out of a burning room and to close the door once they are out. They were also able to dress up in the fireman’s uniform complete with helmet. The highlight of the visit, of course, was getting outside to the fire truck and being able to use the fire hose, almost wetting Ms St Clair and Ms Hamilton. Thank you to Captain Couchman for coming along and helping our students with this important safety matter.
On Tuesday 25th November a large crowd gathered at Nambucca Heads High School for the opening of the new Yarning Circle built by the Year 12 Construction class lead by Mr Stephen Steward. In consultation with some of the local elders a beautiful shady site at the back of the school was decided on. Special guests from the Aboriginal Community and staff from the various schools in the area came along to the opening of this culturally significant area. A smoking ceremony was performed by Uncle Reg Davis to cleanse the area before an “Acknowledgement to Country” by Dakota Edwards. RJ Donovan did a Welcome to Country. The Yarning Circle is an area that will be utilised for specific cultural events and as another learning space for individual classes. It is hoped that the Yarning Circle will be used for self development programs for the whole school. Students are encouraged to use the area to sit quietly at lunchtime or meet with friends and as the name suggests—have a yarn. We would also like to acknowledge the work of Ms Angela Bagardo, Mr Gary Cattanach, Mr Stephen Steward, Ms Edrica Jarrett, Ms Felicia Jarrett and Mr Mark Duckett. We would also like to thank the Gumbaynggirr Elders for their help.

Two of our SRC representatives, Max Galo and Molly Langley, recently attended a conference in Bellingen with OzGreen. The purpose is to involve young people in learning about sustainability and to then introduce the program into their school. The two go getters will be hosting a workshop next Tuesday and Wednesday (2nd and 3rd December) for any students at our school who nominated to attend. We will also have some students from Scotts Head Public School and Bowraville Central School. Following these workshops an information session will be held for anyone in the wider community to attend. This session will be held on Monday 8th December from 1.00pm in the Performance Space at the school. Everyone is welcome to come along and listen to our wonderful students present an information session on what they have learnt and how you can help.

Wednesday 3rd December is “International Day of People with Disability”. Go along to Nambucca Valley Phoenix, 88 High Street, Bowraville between 11.00am—2.00pm. The day will include a sausage sizzle, open art/pottery rooms, art/craft display workshop. A new art gallery will be open and you can also “bag a bargain” in the Treasures Op Shop. All welcome.
Following on from extremely successful Year 6 Transition Days held earlier in Term 4, Ms Louise Lockyer and Ms Mel Waters organised another day focusing on science for the Year 6 students. With Year 9 students having covered what is known as “Zombie Diseases” these students then mentored the Year 6 students working through a series of questions to identify different diseases. The younger students must have wondered what they were getting themselves in for when the SRC decided to get in on the act and had a mufti day for the whole school with the theme being “Zombies”. There were some scary looking students around. But, it was all in fun and it was yet another great day with students and staff all joining in on the fun. Orientation day will be held Thursday 4th December. The Year 6 students will be met and welcomed by the Year Advisors for next year, Ms Kristle McKinnon and Ms Ellie Dennis, and our SRC students. The Year 6 students will be attending a class in each of the facilities and will also enjoy a BBQ lunch. 

Thank you to Ms Holliday for the great photos 

Kyah Lulham 
Tanguy Clarke 
Kyiesha Cohen