On February 21st twenty swimmers from NHHS attended the Zone Swimming Carnival held at the Kempsey Swimming Pool and blew other schools out of the water with some outstanding results. Our school, one of the smallest in the zone, was named “Champion School”. Xanthe Ronan was named Age Champion in the Under 14 age group. As well as a number of 1st, 2nd and 3rd placings in individual events our relay teams were also prominent on the podium. All swimmers will progress onto the Regional carnival which will be held in Lismore on Tuesday 11th March. Some more news on our school carnival - sixteen records were broken on the day with Max and Kane Galo breaking eight between them. This is a fantastic result for our school and the students must be congratulated for their commitment to training. It takes a big effort to get out of bed at 5.00am to jump in the cold water and follow that black line for hours. Well done everyone. The whole school community wishes them well and look forward to more great results from Lismore. Our team is: Madeline McCullagh, Thibaut Clarke, Kyiesha Cohen, Molly Langley, Max Galo, Georgia Dent, Kane Galo, Shani Langford, Jacob Fdirikkos, Isaac Jones, Ethan Hocking, Annabelle McCullagh, Xanthe Ronan, Olivia Langley, Tanguy Clarke, Beau Langford, Tim Daley, Charlotte Williams, Alex Cowan, Courtney Fuller (Thank you to Mrs Maxine Langley for the photo)
Dear Parents and Community
We are now six weeks into 2014. Please spend some time talking to your child about what they are learning in each of their classes. If your child is experiencing difficulties in any subject please encourage them to approach their class teacher or the head teacher of the subject for assistance. If your child does not want to do this you are welcome to make contact with any of your child’s teachers to chat about their progress in 2014. All of the work your child does from Year 7 lays the foundation skills for the next year until they are ultimately HSC candidates in Year 12. Please be proactive in getting your child assistance from the school if they require it. This week we have re-started our skills week focus. Mrs Thomas has written more about this in the newsletter.

Year 12 students should all be implementing a home study timetable and be busily preparing themselves for their half yearly examinations later this term. Year 12’s you only have 25 school weeks left until your HSC. There is more than enough time for you to fully commit yourself to your studies and work towards the goals you are capable of. Please make sure your time management skills are being well utilised, both at school and home.

Winter sport is quickly approaching. If your child is playing a contact sport please make sure that you have signed the permission to play a contact sport note and that your child has a mouthguard. With the onset of winter sport this is also a good time to remind all students that their behaviour in class must be exemplary if they are to represent the school at any time. Students who are on a level for not following the school code of conduct do not represent the school until they are off the level.

MY HIGHLIGHT OF THE FORTNIGHT:
Nambucca Heads High School students can do anything. Erin Wattison of Year 11 has been invited to attend the UBS Young Women’s Leadership Academy which will be held at Sydney University from Monday, 7th April until Friday, 11th April this year. Nearly 180 Year 11 girls from all around NSW nominated for this prestigious scholarship and Erin was one of only 22 selected. The objective of the Academy is to
♦ introduce year 11 students to a diverse group of contemporary women leaders
♦ demonstrate the possibilities and satisfaction of a career in business
♦ encourage leadership aspirations in young women
♦ provide leadership skills development.

The entire NHHS community congratulates Erin.

As always please contact me at the school if you have any queries at all as to your child's education.

Simon McKinney
Principal

CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 10th</td>
<td>Rugby League Trials Wauchope</td>
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<tr>
<td>March 11th</td>
<td>Regional Swimming Carnival Lismore</td>
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<tr>
<td>March 13th</td>
<td>Soccer Trials, JLC work on Community area at Bellwood Reserve</td>
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<tr>
<td>March 14th</td>
<td>University Roadshow Year 12</td>
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<tr>
<td>March 19th</td>
<td>CSIRO Science Show</td>
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VIETNAM

I have regretfully cancelled the Vietnam trip for this year, however if you are in Year 8 or 9 and would like the opportunity to travel in 2016, please let me know. This will give you longer to pay the trip off and more information can be given to you and your parents in preparation. The trip will cost approximately $2500.00 for about 10 days, this will cover most meals and the focus will be food and culture.

Just a reminder that fees are due. Please pay your fees as this helps us to provide your child with quality projects and opportunities. If you are having trouble paying fees please let me know and we can arrange a payment plan or can possibly look at student assistance.

Thanks Darren Williams - HT TAS, VET Co-ordinator
Dear Parents and Community

Over the last week we have been practicing our Emergency Evacuation, Lockout and Lockdown procedures. We are required to complete these once a semester under Work Health and Safety Legislation. I would like to thank the students for the sensible way in which they all participated in these drills. The drills did highlight, however, the need for ALL students to be ‘present and accounted for’ EVERY lesson. We have very clear rules and procedures for students who need to leave school grounds during the day. Please provide a note explaining the reason and the time your student will be out of the school. Alternatively, parents can phone the school and we can organise for your student to be collected. We ask that parents do not call their student’s mobile phone during school hours. I would also like to stress that students are NOT allowed to leave school grounds at lunch time to purchase their lunch elsewhere. Students who live close to the school can apply for a lunch pass. School staff have a legal ‘DUTY OF CARE’ for our students during school hours. We are responsible for your student’s safety and well-being during this time. This means that we must know where they are at all times. I ask parents to support us and reinforce this with your student. Finally – this month the staff are going to be recognising our students who are good learners. Thank you to Mrs Dedman and the Year 7 students for the posters that are now on display in every classroom. At our school we are encouraging our students to be good learners by:

- Giving their best efforts always
- Being quiet and listening to others
- Focusing on the tasks
- Asking questions
- Seeking challenges
- Being helpful to staff and other students
- Supporting their classmates

Jo Marshall
Deputy Principal

CSIRO SCIENCE SHOW

The CSIRO will be visiting our school once again on Wednesday 19th March. The “show” is for all students and is titled “States of Matter”. This show explores properties of matter and demonstrates the change of states of matter, including solids, liquids, gases and the often forgotten state – plasmas. Demonstrations will use liquid nitrogen and dry ice and show heat capacity of different solids. The superconducting state of a solid (Meisner effect), is shown by levitating a magnet over a superconductor at low temperature. A number of the experiments involve student participation. It is a great show. The school is subsidising the event so the cost to each student is only $3.00. Please send in your payment as soon as possible to the front office.

SURF RAFTING AND KAYAKING

Year 9 and 10 NHHS students studying Marine and PASS participated in a surfing, sea kayaking and surf rafting workshop on Friday 28th February. The students and staff travelled to North Wall Beach, Coffs Harbour where Liquid Assets Surf Company provided all the gear, guides and morning tea for the group. Twenty nine students attended the excursion. It was a great day and it was a lot of fun on the water controlling the rafts, rolling the craft and managing to climb back in. While there is a lot of fun to be had on this excursion the students realise that being out on the ocean in any type of craft can be dangerous and learning some basic water safety tips is what the excursion is all about. A big thank you to Mr Horan and Mr Greenwood for transporting the students safely to and from the venue.
At NHHS it is important that our students continually use and develop their basic literacy and numeracy skills. These skills are important as they assist our students with any class work they have that requires them to write or problem solve. They are also important skills to have when moving beyond school and completing further studies or for filling out forms or job applications etc.

To assist our students with this we have re-introduced Skills Week each term, in weeks 3, 6 and 9. This means that during these weeks there will be a particular focus on basic skills in either literacy or numeracy. This term our focus is literacy and our target skill in week 6 was punctuation.

In class our teachers have explained and made sure that our students across all years have used correct punctuation at all times in their class work. Teachers have been asked to explain the correct use of capital letters, full stops, commas, apostrophes, question marks and exclamation marks.

Parents can also help their child by assisting them with the editing of any homework or assessment tasks that they bring home and also have an expectation that they use correct punctuation. Our kids often get caught up with the informal writing that they may use in text messaging or social media and it is important to explain the different purposes for writing. Therefore, in the formal writing that is generally needed for school they must use correct punctuation.

The link below has some great resources that you can use to refresh your memory of correct punctuation as well as other activities to assist your child. [http://www.schoolatoz.nsw.edu.au/zh/home](http://www.schoolatoz.nsw.edu.au/zh/home)

If any parent would like further information or is looking for other ways to help their child at school please do not hesitate to contact me. **Lyndee Thomas - Learning and Support Teacher**

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**Mouthguards are a NSW Education Department requirement for all contact sports**

All parents and guardians please be advised that all pupils participating in contact sports eg Rugby League and Union are required to wear mouthguards at **TRAINING and PLAYING**. Pupils who do not wear a mouthguard will not be able to participate.

Those players who need to purchase a mouthguard please do so ASAP to allow training to occur. SportsFIRST at Nambucca Plaza have mouthguards starting at $14.95, $29.95 (popular model) and upwards these mouthguards have dental insurance as part of the purchase.

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**QUICKSMART**

Ms Lyndee Thomas will again be organising the Quicksmart Program for Year 8 students during 2014. The program focuses on basic mathematics content with instruction that is planned to meet individual students' learning needs. The program provides students with opportunities to self-monitor and to receive and generate immediate, informative feedback. Participants in the Quicksmart instruction and assessment program learn to develop effective strategy use and participate in focused practice activities. Students have been selected to participate and have started their programs for this year. Former students of the program have commented on their improvement in not only maths classes but in everyday activities.

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The Grip Gold Newsletter which we have access to through our SRC contains some great information for students and parents. If you would like to read the newsletter please go to: [http://www.gripleadership.com.au/neutrino/ems02/redirect.php?link=3829f3969bac11e390e6&email=15ee703e9dbb11e390e6&redirect=default>](http://www.gripleadership.com.au/neutrino/ems02/redirect.php?link=3829f3969bac11e390e6&email=15ee703e9dbb11e390e6&redirect=default>
YEAR 7 BREAKFAST

On the 26th February Year 7 parents and friends attended a breakfast held at the school to welcome the families and to give the families an opportunity to meet the staff in an informal atmosphere. This is an annual event that is well received by both staff and the families. Mr Darren Williams, Head Teacher TAS, created a mouth-watering breakfast (the mushrooms were to die for). Mr Simon McKinney, Principal, welcomed everyone to the school and wished Year 7 well with their education. It was great to see so many parents and friends at the school enjoying the morning.

SRC 2014

At our School Assembly on Tuesday 4th March the Student Representative Council (SRC) for 2014 was inducted. The SRC is the student voice of the school. It was great to see so many students being a part of the SRC. They have in the past organised fund raising events, fun days and school socials. They are currently organising the first social for the year which is a welcome to Year 7, more details about that will be forthcoming.

Ms Cathy McSkimming, Gabriella Hall, Flynn Franklin-Baker, Sarese Paull, Tanguy Clarke, Max Gale, Dylan Coaldrake, Connor Hoban, Tyler Miles, Josephine Sutherland, Anne Gilbert, Kiarra Cohen, Molly Langley, Kyiesha Cohen, Dakota Edwards, James Weimer, Jayde Hill, Nicholas Knights, Kowana Crowe, Kaylah Naden, Ryan McKay
Absent: Louise Parth, Jack Edwards, Hayley Kelly-Tipler, Kyah Lulham

COMMUNITY AND SPORTING NOTICES

School A-Z Website
This is a great website that the school recommends to parents if they are looking for some additional ways to help their child with homework and study. http://www.schoolatoz.nsw.edu.au/homework-and-study

Raffle
A raffle will be held at Harvey Norman in Coffs Harbour on Sunday 9th March to raise funds for the Australian Boxing team to travel to Russia later this year. Anne-Marie Robinson-Kelly, sister of one of our students Cassandra, has been selected as part of the Australian team.

Nambucca Valley Netball Association (NVNA).
NVNA will be holding a registration day on Saturday 8th March at the Marion Woods Netball Courts, Willis Street, Macksville, from 9-11am. All interested players welcome. For any further details contact Karen James 0438683744.

Parenting Workshop
This FREE workshop is for parents/significant adults of young people aged 12-17 years old who live in the Coffs Harbour area. Is Anger a problem in your family? Staying calm when kids stress out. Help your young person understand and express their anger in healthy ways. Understand the dynamics of anger in your family. The workshop will be held on Monday March 10th, 9.30am – 12.30pm at Headspace Coffs Harbour, Shops 27-30, Northside Shopping Centre, 81 Park Beach Road, Coffs Harbour. For more information and/or to register to attend please ring and talk to Bec White on 6651 1788 or email becwhite@midcc.org.au Bookings are essential. Places are limited.

Social Tennis
Nambucca Valley Tennis Association Is inviting all ladies in the area to join them for morning tea and social tennis on Tuesday 25th March from 9am at the tennis courts in Star Street, Macksville. All players most welcome. Any enquiries phone Gayle on 65687273
The very successful Photography Competition that was held last year is once again up and running. The first brief was “Water”. Ms Holliday received a number of beautiful photos making selecting a winner very hard. An entry by Courtney Jarrett was selected as the winner with Sam Gilmore receiving an encouragement award. The brief for March is “Close Ups”. The photo can be of anything, but needs to show plenty of detail. Ms Holliday has a new “macro” lens that she is happy for anyone to use. It would be great to get some entries from Year 7 students. The competition is held throughout the year with points being given for each entry and bonus points for the winners. At the end of the year a major prize will be awarded. Please see Ms Holliday if you would like to use the new lens or for more details on the competition.

Courtney’s winning entry

Sam’s entry