REGIONAL SWIMMING

Once again our swimmers have put in some impressive performances at the Regional Swimming Carnival held in Lismore on 11th March. As it is approximately three hours drive to Lismore the students and family travelled to Lismore the day prior allowing time to relax and enjoy the experience. The following students placed in the top 3 of their events qualifying them for the State Swimming Carnival in Sydney later this year.

Kane Galo 13 years – 2nd 100m Backstroke; Xanthe Ronan 14 years – 2nd 100m Butterfly, 2nd 100m Backstroke, 3rd 100m Freestyle, 2nd 200m Freestyle; Molly Langley 14 years – 3rd 100m Breaststroke, 3rd 100m Butterfly; Max Galo 15 years – 3rd 100m Backstroke, 3rd 200m Freestyle, 3rd 100 Breastroke; Tanguy Clarke 16 years – 3rd 50m Freestyle; Madeline McCullagh – 2nd 200m Freestyle, 2nd 100m Freestyle, 3rd 50m Freestyle, 2nd 100m Butterfly, 2nd 200m Individual Medley; Thibaut Clarke 19 years – 1st 100m Breaststroke, 2nd 200m Individual Medley.

Relays – 1st Girls Open Medley Xanthe Ronan, Madeline McCullagh, Courtney Fuller, Annabelle McCullagh; 1st Girls 15 year 200m Freestyle Annabelle McCullagh, Xanthe Ronan, Courtney Fuller, Olivia Langley; 3rd Boys 17-19 200m Freestyle Max Galo, Tanguy Clarke, Thibaut Clarke, Timothy Daley. A number of the students swimming in the relays are swimming in an older age group which makes these results even more pleasing. Mr Jarrod Greenwood accompanied the students to Lismore and was full of praise for their behaviour and sportsmanship. It was great to see them competing so strongly and also having a good time. These students are great ambassadors for our school.
Dear Parents and Community

If you drove past our school sign up near the water tower over the last week you would have seen that “NHHS celebrates and rewards visible learners”. Hopefully you asked your child what is a visible learner? We have started the journey towards Visible Learning through the implementation of “what is a good learner”? Posters are in each classroom. Ms Marshall talked about these posters in the last newsletter. Students are receiving what is Recognising Good Learners achievement slips from teachers in class when they exemplify this.

NHHS is focusing on Visible Learning in 2014 in order to make our students better and more successful learners. Visible learning is the concept that teachers are continually evaluating the effects that their teaching strategies have on their students and that they adjust their teaching methods accordingly. This is the learning part. When teaching and learning is visible, student achievement increases because it is clear what teachers are teaching and what students are learning. The theory of Visible Learning is all based around the impact a teacher has on each individual student in the classroom.

MY HIGHLIGHT OF THE FORTNIGHT:

Nambucca Heads High School students give back to the Nambucca Heads community. Well done and congratulations to Mr Cattanach, the Junior Lands Council and students who travelled to Bellwood Aboriginal Reserve last Thursday and laid turf in preparation for the creation of a community space for the Bellwood community with the help of a NAB seeding grant.

When Mr Williams and I visited the site it was a hive of activity as the students were working in groups to get the turf laid in very hot and trying conditions. The sense of community and comradeship evident was amazing and made me feel privileged to be part of the Nambucca Heads community. To all students and staff involved “well done”. You have done yourselves, your family, your school and your community proud.

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>23rd-26th March</td>
<td>ArtExpress/Encore excursion to Sydney</td>
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<tr>
<td>31st March</td>
<td>Year 9 Duke of Edinburgh overnight expedition to Bellinger River National Park</td>
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<tr>
<td>8th April</td>
<td>Welcome to Year 7 Social –theme – Movie and TV Characters</td>
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<tr>
<td>9th April</td>
<td>P&amp;C AGM School Library</td>
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<tr>
<td>11th April</td>
<td>Last Day Term One</td>
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DUKE OF EDINBURGH

The wild and windy weather on the day prior to our journey from Point Lookout to Thora was a mental test for the Year 10 group even before the four day walk began. We were relieved to see conditions improve on day one with sunny skies but the temperature was still cool for the start of the expedition from Point Lookout which is 1400m above sea level. This walk, which is conducted every year for the Duke of Edinburgh scheme, continues to delight and amaze every group who take up the challenge with the pristine rainforest pockets, ancient forests and the challenging descent along the spur lined hills with grass trees and offering magnificent views across the escarpment to the coast. This group rose to the challenge and combined well to navigate their way along the rough track and the creek crossings along with completing daily tasks of cooking and camp activities after long and tiring days carrying heavy packs. Once again we had to battle through lantana at the bottom of the descent and the relaxing swims in the pristine rock pools were a welcome relief on the last day. Thanks to Alison Nowland, Louise Lockyer and Kai Lawson for their support with supervision and to Ryan and Chloe’s mum and Sophie’s Dad Rob, for bringing along the post walk snacks for us to enjoy at the end. The next expedition will be with Year 9 on March 31st.

Mr Steve Steward
On Friday 14th March the SRC met all day in the Performance Space for a training day for new members. It was all set up for a formal meeting. We began with our Acknowledgement of Country by Jack Edwards. We then played a game with tennis balls where everyone had to remember and use everyone’s names when we threw and caught the balls. The formal SRC Policy was then distributed and we read about what the school expects us to do.

Mr McKinney then came in and showed us the video of Kate Miller-Heidke singing Caught in the Crowd. We all talked about behaving kindly to other students and caring about our school.

We then played more ball games where we looked at all the good things and problem areas about our school. The biggest problem we identified was connected to the bathrooms and we all agreed it would be good to do something to improve them for everybody. After a yummy lunch we played another game where we were in four groups, given some balloons and sticky tape. The idea of the game was to work together to build strong structures. We decided to follow formal meeting procedure where we move motions, second them and then vote. This worked well as we voted in our new leadership positions and amended the Constitution.

We decided that we would look at the following fundraisers: Support Unit, Pink Day, Socials, Recycling phones to help the great apes, Westpac Helicopter, Homeless Youth Sleep out and Colours Day for Cancer research. It will be a busy year!

**Our new leaders are:**

**Presidents:** Jayde Hill, Dylan Coaldrake

**Vice Presidents:** Ryan McKay, Kiarra Cohen

**Secretary:** Dakota Edwards

**Assistant Secretary:** Max Galo

**Treasurer:** Tanguy Clarke

**Assistant Treasurer:** Flynn Franklin-Baker

**Publicity Officer:** Connor Hoban

**Assistant Publicity Officer:** Sarese Paull

**Electoral Officers:** James Weimer, Hayley Kelly-Tipler

**Our goals for the year are the following:**

1. Bathrooms
2. Concerts
3. Fun Run
4. Recycling/gardens/phones/litter
5. Bullying
6. Remodelling the Rewards System.

We know this is too much so please help us tackle some of these big concerns. You all need to help us because we are YOUR SRC!!!

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**The P&C meeting that was to be held on Wednesday 26th March has been cancelled. The Annual General Meeting will be held on Wednesday 9th April commencing at 6.00pm in the School Library.**

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**MY SCHOOL**

If concerned parents are seeking some external validation of the value of Nambucca Heads High School then the My School web site (http://www.myschool.edu.au/) can provide some information. Simply type the address into your browser or search for myschool.

Once in the site you have to agree to their terms, then type in Nambucca Heads High School or the postcode in the line below, and you will be able to gain some insight into the performance of NHHS. Incidentally you can use a similar process to check on any other school.

The section that is of particular interest to Parents and Students is under the Naplan menu in the upper left. There you can oversights student performance in Year 7 or the group NHHS most influence, Year 9. You must select the appropriate year group which in most cases is Year 9, as they have been at NHHS the longest. The performance can be inspected under several headings: Results in Graphs, Results in Numbers, Results in Bands, Student Gain and Similar Schools. It is the latter two that give the greatest indication of performance. The student gains in Year 9 are undeniable and when compared with similar schools NHHS is a top performer in all areas. The other area that reveals a great deal of the school is “Vet in schools” this reveals the number of students accessing Vocational Education Courses at NHHS and how successful their achievements have been to date. All in all the entire My School Web site reinforces the philosophy and efforts of NHHS over the last several years.

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**RUGBY LEAGUE TRIALS**

Trials for the Lower North Coast Zone Rugby League team were held in Wauchope on Monday 10th March. Two boys, James Weimer and Daniel Mitchell, have been selected in the Open Boys team and Dwayne Williams was selected in the U/15’s side. The three boys will now play trials on Tuesday 25th March in Macksville. We would like to congratulate the boys and wish them well with next round of trials.
The Australian Junior Athletic Championships were held recently in Sydney. To qualify for this event entrants must place at several events leading up to the National Titles. Two students, Savannah Peterkin and Jayde Hill, did qualify and recorded amazing results. **Savannah** was competing in the U/17 Long Jump (even though she is not yet 16). After leading the competition through the rounds with a jump of 5.52m she went into the final round in 1st place. With the other girls jumping before Savannah it was a tense wait to get to her turn. When it was Savannah’s turn none of the other competitors had passed her length. What a way to go into your final jump, knowing that you have the gold medal. What is even more amazing is that Savannah doesn’t have a coach. After her win in Sydney she has been approached by Bronwyn Thompson, herself an Olympic silver medallist in this event and the current jumping coach for Athletics Australia. Savannah has been invited to attend training camps with Bronwyn. This means that Savannah will travel to the Gold Coast once-a-month for coaching with the elite squad. This will be a fantastic addition to Savannah’s training and her future in this sport. Meanwhile on the other side of the stadium **Jayde** was competing in the 5000m race walk. Jayde also has to compete in an age group above her current age. After a fortnight of not feeling the best, Jayde competed well and came away with a very pleasing silver medal. The race panned out to be an exciting contest between 1st, 2nd & 3rd place, all three girls competing strongly. In the end Jayde held on for a well-deserved second place. Jayde seemed to be back in form and raced solidly in the gruelling 5000m Race Walk, where fine performances by some can be shattered with disqualification but this discipline is extremely technical. Great results from two hard working dedicated girls.

**Savannah with her gold medal**

**Jayde with her silver medal**

### Calculators in Mathematics Classes

It is vital that all students in Year 7 to 12 Mathematics classes have a correctly performing calculator. The schools preferred calculator is a Casio fx82 and is available for purchase from the front office of the school for a cost of $22.00. Many students are attempting to complete classwork including tests without this vital piece of equipment. There is often a task that cannot be done efficiently and accurately without the aid of a calculator. Often students fail to complete work because they do not have this important item. In some cases, particularly from all Year 9 Mathematics Classes onwards students cannot satisfactorily complete the course without an appropriate calculator and in some cases the student may put at risk the satisfactorily completion of a particular course by not having a proper calculator. In other words they may fail the course. I ask that you as parents and caregivers ensure that your son or daughter has an appropriate calculator in every Mathematics class, so they can achieve at their best. We wish our students only the greatest success possible!

**The SRC will be holding a “Welcome to Year 7” social on Tuesday April 8th. Come dressed as your favourite movie or TV character. The evening will commence at 6.30pm and will finish at 9.30pm sharp. Entry will be by a gold coin donation and there will be a canteen available. Come along for great music and a great night.**
NETBALL TRIALS

On Tuesday March 4th, ten NHHS girls travelled to Macksville Netball Centre for the first two rounds of the CHS Knockout and the Lower North Coast Open team trials. Although they were in the Open age trials in which other schools sent girls primarily in Years 10 and 11, our girls are Year 9 students with one Year 8 and one Year 10. Molly Langley from Year 8 accompanied the team as an umpire for the day. Our first game was against Kempsey High who had several much older, more experienced players than ours. Our girls acquitted themselves very well and displayed fine skills and excellent sportsmanship – they organised who was playing all positions for each quarter of the game beforehand so everyone had the same amount of court time and played in any and all positions they wished. The drizzling rain made the court very slippery which resulted in both Brooke & Georgia “biting the dust”. Fortunately, both players were not injured so continued to play well. We lost that game in a hard-fought close match.

Melville High were our second opponents and as previously occurred, all players were older and more experienced. Again, our girls played extremely well making some excellent intercepts and fine passing sequences to score some amazing goals. Unfortunately, we were not strong enough to counter the experience of the older girls. The girls are to be congratulated on their willingness to step aside for a Bowraville Central player who wished to try for the representative selection but had no school team in which to do so. Our girls welcomed her into the team. Both Brooke and Georgia were selected to play in the “Possible v Probable’s” trial game and were commended on their efforts. The selectors insisted they return next year as “older and wiser” players.

I must comment on the lack of what I would consider essential facilities at such an event. I feel netball is a most physically demanding game and places huge pressure on back, knee and ankle joints. It is an acknowledged fact that netball players suffer more (and worse) knee and ankle injuries than the contact sports of rugby league and union. However, there is no provision for recognised first aid personnel for scrapes and falls or ice for injuries which are common place in this sport.

Ms Pat Nichols

NEW PLAYING FIELD

The Junior Lands Council, The Senior Lands Council and the Bellwood Community have been undertaking the improvement of land at Bellwood Reserve. They have planted community gardens and are now in the process of building a playground in the area. On Thursday 13th March, students from Nambucca Heads High School, in conjunction with the Senior Lands Council and the wider Community, laid turf on the area. It was an extremely hot day but that didn't deter the band of willing workers getting in, getting dirty, getting wet and getting the turf down. The Lions Club of Nambucca Heads chipped in with a helping hand to feed the hungry students. The Youthie caravan was also there helping with the food and drinks for morning tea. This project has been a wonderful initiative by the Junior Lands Council and will be a great area for the young and old to enjoy. The Junior Lands Council is funded by grants, one of the largest being from the National Australia Bank, and is also supported by local business and community partners.
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

Stewart House Donations
Each year 1,800 public school children in need attend Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle. Stewart House donation envelopes will be handed out at the beginning of Term 2. If you would like to make a donation please place the money in the envelope and return to school. We will then pass the combined donations onto Stewart House.

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