During the last week of Term 1, 8th to the 10th April, six intrepid students and two fearless staff went on a two and a half hour journey to the Nymboida River, with a mind to conquer its infamous rapids, well known around the globe for bringing even the unflinching waterman Mr Steward unstuck and upside down. When Mr Steward was searching for kayaking volunteers to take on the rapids he had immediately turned to his tried and tested Duke of Edinburgh members, who have proven themselves time and again to be fearless bushmen and women, well accustomed to eating pasta for 5 days straight, sleeping outside in the pouring rain, and climbing steep inclines that are aptly named things like Breakback Mountain, Heartbreak Hill, and Youllnevermakeit Peak. It wasn’t long into the trip that the intrepid water borne travellers trying to conquer the Nymboida River realised that their greatest test might not come from the rapids, but from the long, slow moving, still water pools that seemed to stretch out for miles and who’s end never seemed to near. Some however were quite content with the mind-numbing experience of still water, and vocally advocated their conviction that it was a far more pleasant experience than that of fast moving, turbulent rapids. Some of the Yakkers (kayakers) however yearned for grade 5 rapids, 7 metre drops and 20 second hold downs, along with a muscle burning fight to reach an eddy. However, neither the conservative paddlers nor the adrenalin fuelled Yakking junkies would be completely satisfied, but they would be pacified nonetheless. The still water pools gave way to a variety of intermediate rapids that presented a challenge to everyone, and with lots of laughing, splashing and skillful paddling, we negotiated our way down river. It was an awesome experience for everyone over the three days we were on the Nymboida, paddling by day and camping out at night on the riverbank. We made a massive dint in the distance of the trip on the second day when the whole troop travelled 32km through rapids, still water and two big portages (dragging your kayak around a rapid that’s too dangerous), an achievement that brought a smile to the normally depressed and moody Mr Steward (sarcasm intended). It was the last Duke of Ed trip for three of the year twelve boys (Lewis Gooch, Brent Russo, Timothy Daley) who have now completed their Gold awards after three years of incredible journeys out into the wild, along with the completion of the volunteering, Physical rec and skill training components of the award. A big thank you goes to Mr Steward and Mrs Ryan, who accompanied the students who without which, the awesome trip would never have been able to happen. Thank you to the brave students who took on the Nymboida River and came out alive (though not entirely unscathed), and made the trip as fun as it was. And from the Year 12 boys, a big thankyou to Stewie who has taken us on amazing journeys to places we would never have otherwise been, and taught us lifelong lessons and skills along the way.

Great report submitted by by Timothy Daley
Welcome back to Term 2,

This will be a very busy term with semester examinations, reports being issued and parent teacher interviews taking place for Years 7 to 11 over the next seven weeks. Please take some time to sit down with your child to see what they have to study in order to prepare themselves for their half yearly examinations.

Year 12 have received their half yearly reports and had their parent teacher interviews earlier this week. All Year 12 students should be in the process of implementing a home study timetable that will enable them to regularly revise class work and complete past HSC examination questions for marking by their classroom teacher.

Year 7 and 9 will be participating in their NAPLAN tests in Week 3 and all students have received a letter informing parents about the NAPLAN process. If this letter has magically disappeared between school and home, which sometimes happens with teenagers, and you haven’t seen it we have printed it in this week’s newsletter.

At the start of Term I spoke to all students about sexting. It has been reported to me by staff that some students may have been sending or receiving sexually suggestive nude or nearly nude photos or videos via their mobile phones. Our children need to keep themselves safe at all times and I spoke to the student body about what sexting is and what are possible legal ramifications of sexting.

To further enhance our student’s knowledge of sexting, Mrs Waters has organised for the School Liaison Officer with the NSW Police Service to visit our school on Monday 12th May to talk to our female students about what constitutes a sexual image and the implications involved in taking, distributing and storing of such photos. We plan to have him return at a later date to talk to the boys about this issue as well.

I have included an information sheet about sexting in this week’s newsletter from cybersmart, a national cybersafety and cybersecurity education program funded by the Australian Government’s commitment to cybersafety. Please read this sheet and have a discussion with your child about sexting.

A date for your diary: The evening of Thursday 14th of August 2014 Cybersmart Outreach will be at Nambucca Heads High School where they will deliver a parent workshop. For more information about cyber issues and your child please visit [http://www.cybersmart.gov.au/](http://www.cybersmart.gov.au/)

As always, please contact me if you have any issues in regards to the education of your child at Nambucca Heads High School.

**My highlight of the week:** The mature way all students have settled back into the routine of the school day and in particular their positive behaviour both in and out of the classroom.

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<th>Date</th>
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<td>12th -14th May</td>
<td>Years 7 and 9 NAPLAN</td>
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<td>12th May</td>
<td>Police Liaison Officer talking on Cyber Safety</td>
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<td>16th May</td>
<td>Year 8 Maths Day UNE Armidale</td>
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<td>19th - 23rd May</td>
<td>Year 11 Half Yearly Exams</td>
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<td>20th - 22nd May</td>
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<td>26th May</td>
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<td>28th May</td>
<td>School Athletics Carnival</td>
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<td>30th May</td>
<td>Year 9 Drama visit to local Primary Schools, Year 11 Senior Science Field Trip</td>
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Eleven swimmers from NHHS made their way to Homebush Aquatic Centre for the State Swimming Championships earlier in April. Xanthe Ronan, Max and Kane Galo, Olivia and Molly Langley, Thibaut and Tanguy Clarke, Madeline and Annabelle McCullagh, Courtney Fuller and Timothy Daley all made the trip. The best result for the squad was a silver medal in the Invitation 4 x 50m girls U/15 relay. The students have all been training exceptionally well and gained their reward by qualifying for these championships and enjoying a trip to Sydney. A big thank you to the parents and guardians for supporting the school and allowing their child to compete and travel to the many carnivals. Onto another water based carnival with Madeline and Annabelle McCullagh competing in the Australian Surf Life Saving Titles held in Perth recently. The girls had a great time in Perth returning home for a well-earned rest.

Kane, Max, Molly, Courtney, Annabelle, Xanthe, Olivia, Thibaut

On Tuesday 8th April the Year 9 Visual Arts class at Nambucca Heads High School brought together a project they had been working hard on all term. The work was a life size appropriation of Renoir’s painting “Luncheon of the Boating Party” a painting many people would be familiar with. Pierre-Auguste Renoir (1841-1919) was a French Impressionist painter. In this painting he uses costume, colour and setting to convey the pleasures of a sunny afternoon among friends. Renoir set The Luncheon of the Boating Party at an establishment he knew well -- the upper terrace of the Restaurant. The students painted the back drop, the clothes, hats and accessories for the table taking great care with their attention to detail. They then dressed in the outfits and set themselves up in the quadrangle of the school. The hard work of the students and Ms Lyndee Thomas certainly made for an uncanny resemblance to the original painting, with some parents hardly able to recognise their child. It was also pleasing to have a number of parents come along and enjoy the “painting” and a light lunch. On the same day Ms Holliday’s Year 11 Art students, created an amazing installation in the style of contemporary Japanese artist Yayoi Kusama. Three garden beds in the Quad were transformed into spots and stripes, reminiscent of Kusama’s public installation in Singapore (2006). The students successfully negotiated the challenge of working in a collaborative manner, making collective, creative decisions and directing the installation themselves. Many thanks to Mrs Holliday for her organisation and design concept, Lyne Neal and Ms Stride for their supervision and to the students Jesse Brislane, Keely Stapleton, Savannah and Mercedes Peterkin, Leah Warwick, Jacinta Thiry and Indira Stone for their creative efforts and Anna Daley, Lucy Bush, Courtney Jarrett and Ms Zanderiggo for photographing the work. Congratulations. (Photo on back page)

As you’re all no doubt aware NAPLAN is to be completed next week !!! Years 7 and 9 are busy across the school doing preparation and we look forward to more excellent results in all areas. Our preparation program takes a whole school approach with all faculties working on building students literacy and numeracy skills and familiarising our students with the NAPLAN exam format. Students in English and Literacy classes are working on Literacy and language conventions in addition to a specific focus for Year 9 on Narrative writing. The Maths and Science faculties are working with the 6S strategy to build numeracy levels across the board. All other faculties are using some class time to develop students skills in persuasive writing - so get ready for some VERY persuasive students at home !!!

If you’d like to support your students with home activities there are a variety of practice tests available on the internet.

The SRC will be instigating a mobile phone recycling program at school. Please send in any mobile phone you no longer have any use for and there will be a drop box located in the front office. The phones will then be collected by the Jane Goodall Institute with all proceeds donated to that cause. The Jane Goodall Institute of Australia collects the coltan (a mineral used in many mobile phones) out of old phones for use in new ones. One of the exporters of coltan is the Democratic Republic of Congo, home of the Mountain Gorilla and other Great Apes. As there are very few regulations on mining by the Government in this country the mining of coltan results in the clearing of essential gorilla habitat. Gorillas are then being hunted for meat by militants. By supporting this cause you are aiding in the prevention of the gorilla habitat. The Jane Goodall Institute of Australia is a not for profit organisation that promotes Humane Education as a solution to a peaceful, just and sustainable world. They are committed to raising awareness of the connection between the demise of Great Apes and increase in mobile phone production.
ANZAC DAY

NHHS students commemorated ANZAC Day with a service at school on Friday 11th April. Several members of the wider community attended the service and gave an insight into their war memories. Mr Stephen Elsley gave an outstanding rendition of “The Last Post”. A large number of students also attended the ANZAC Day march held in Nambucca Heads on Friday 25th April. It was wonderful to have so many students involved in the march showing their respect for the members of our Armed Forces both past and present.

THE PROBLEM WITH TEENS TODAY

by Nathan Hulls  Teen Behaviour Specialist AND Motivational Speaker

Teen behaviour is simply a symptom of a greater problem. Teens are doing their best, doing the best they know how, to meet their core needs (See my report about the 6 Core Needs of Teens - download form on my website). Some are doing it in a resourceful manner, and some in very unresourceful ways. But no matter how they are behaving, they are simply doing what they have been taught and the strategies that have been modelled to them along the way. Imagine if when you were a child you were taught that you brush your teeth with a stick of celery, and that's all you ever knew. We can't assume that anyone 'should' know how to behave or expect that they will behave according to our 'rules for life' as we all have experienced a totally different upbringing which formed our beliefs, values, habits and world view.

So what is this PROBLEM?

Well to find out you'll have to go check out the latest article I've published on my website - sorry, it really wasn't a trick, I actually started writing it all in the email, then I realised that the email would have been a novel and probably taken you until 3.30pm to finish reading. So take a look at the full article on 'The Problem With Teens These Days' on my website. http://www.nathanhulls.com/ 

NEW ARTICLE - The Problem With Teens These Days

SCHOOL CROSS COUNTRY

The Annual School Cross Country was held on Wednesday 30th April. The day started off with a beautiful morning but as the day progressed the skies became more and more threatening. As a consequence Mr Hocking got the carnival off a bit earlier than expected and thankfully just as the last runners were completing the course the rain started. It was pleasing to see a number of students completing the course, some with excellent results. Students who qualified will now travel to Kempsey next week to compete at Regional level. Congratulations to everyone and best of luck.


If anyone is a keen theatre goer you might like to go to the Jetty Memorial Theatre from Friday May 9th to Sunday June 1st to see “Annie”. The production is being presented by the Coffs Harbour Musical Comedy Company. One of our many talented students, NATALYA BYRT, is part of the cast. Bookings can be made by telephone 6652 8088 or online www.jettytheatre.com/annie. We would like to wish Natalya all the best for the production and as they say, “Break a Leg”.
Nambucca Heads High School recently hosted Macksville High School for the first round of the Buckley Shield. Macksville started very aggressively, organising the time keepers to play 30 minute halves (with a 15 minute drink break), this despite the rules saying two halves of 25 minutes each and also being the away team. Then it was on with the game with NHHS starting well and were up 10-nil after tries to Elijah Edwards and Cameron Blair. Macksville now got some ball and started looking good, Co-Coach Lewis was looking edgy. Macksville scored three tries before another try to Daniel Teece-Johnson saw NHHS trail by 2 points at oranges. Highlight of the first half were the efforts of Cameron Blair who was playing No.6 but also helping the forwards out by doing their running and tackling. Conan Beuzaville, Jack Edwards, Dylan Taylor were also working hard without much of a break. Out wide Jacob Fidirikkos and Daniel Teece Johnson were dangerous but were being well contained. Nathan Woodland, Isaac Hodnett-Daly and Ted Wikaira were doing their job but weren’t getting many opportunities. In hot conditions the boys were asked to run harder and defend better. To their credit they were able to do this and scored 5 tries to Macksville’s 1 in the second half. In the second half the forwards responded to the challenge and were a lot better at sharing the work load allowing the team to play better football. Elijah Edwards and Sam Russo were carting the ball forward and this helped the team gain ground. Also, Beau Langford, Isaac Jones, Cameron Blair and Tyrell Jarrett-Marks organised the attack a lot better and points followed. All in all a solid effort with this team possessing some potential if they train harder and smarter. With only one player on the bench to Macksville’s six the boys put in a good effort in pretty warm conditions. Final Score: NHHS 36 – Macksville HS 24. Thanks To Nambucca Heads JRL and Trevor Keast for the use of the facilities, Garren Stig (for refereeing), Markus Duckett and Ryan McKay for being Touch Judges. 

Tryscorers: Tyrell Jarrett-Marks 2, Daniel Teece-Johnson 2, Elijah Edwards, Cameron Blair and Jacob Fidirikkos 1 each.

Year 12 Queensland University Excursion

Last Friday eight NHHS students visited the University of New England. Students were able to experience the College accommodation and look at the University other facilities. They also received information regarding specific courses, with most students coming away with a positive view of UNE.

Preparing for 2015

The Federal Government is looking at an “Earn or Learn” policy for school leavers which requires them to either get work or continue studying to receive government financial support. Otherwise students may be exempt for 6 months. Year 12 students who are thinking of attending University and applying for courses should be researching courses and universities now! Also, those pupils who are looking at further vocational training eg TAFE should also be looking at options now. ALL students can benefit by getting job ready whether part-time or full-time by updating their resumes and gaining any qualifications that they may complete prior to leaving school. The following websites are of value: www.nhhscareers.com, www.jobjump.com

YR 10 Careers Expo 2014

The Careers Expo is on again this year with over 50 exhibitors being present (employers, Uni’s, TAFE, industry groups etc). There will be hands on activities with a special emphasis on the Health Sector (the Health Sector is one of the biggest employers on the coast with predictions that it’s role will increase in the future). The Expo is on Thursday the 15th May and is open to Year 10 students with seats on the bus limited and filling fast.

Yr 10 Sydney careers Excursion

Pupils attending are reminded to keep payments coming in and try and stick with suggested payment schedule. Parents also need to be aware of the school’s requirements for their child’s behaviour (no level placements during term 2), regular attendance and the wearing of the school’s uniform are all required. The fundraising raffle tickets and monies are due back at the school by Friday 30th May for the raffle draw at the Nambucca Bowling Club on Tuesday 3rd JUNE at 7:00pm. The deadline for final payment for the excursion is Friday 30th May.

Yr 10 Work Experience

Year 10 students should have organised their first week of Work Experience for Term 4 with paperwork now overdue. Parents / Guardians can assist their child by ensuring pupils have made contact with potential employers and deliver the Work Placement Forms as soon as possible. These can also be downloaded from www.nhhscareers.com if they need to be emailed to employers.
Luncheon of the Boating Party—Nambucca Heads High School Style