Year 9 have had some interesting excursions of late. On the 31st March they had an introduction expedition for the Duke of Edinburgh Award scheme which they can begin next year. They travelled to Darkwood to begin their 6km walk which took them through the Bellinger River National Park. Although this was only a one night outing the students gained a valuable insight into what is expected of them on these expeditions. They had to carry their packs including food, clothing and bedding. After walking for about 3km the group decided on what they thought was a great campsite, beside a beautiful creek. Unfortunately, some didn’t realise that under the leaves were rocks which made for quite an uncomfortable night. Others weren’t too impressed when they asked where the toilets were and Mr Steward pointed to the trees. Although this was a short expedition the students now have an insight into what is in store for them if they decide to continue with this scheme, which a number of them have done. The Duke of Edinburgh Scheme is an extremely rewarding program, character building and something that is recognised world wide.

At the start of Term 2 Year 9 attended a four day camp to Minnie Waters. While driving into Minnie Waters the bus passed a sign saying “Caravan Park - showers, toilets, swimming pool etc. Thinking they had it made the students were very excited but with Mr Steward in charge there wasn’t much chance of stopping there. Instead they headed for the National Park where the camping conditions are a little less opulent - no electricity, no pool, no showers and pit toilets. Needless to say the students were less than impressed! However being the students they are they took it in their stride and decided to enjoy their time off school. The activities organised for the group were many and varied. They included kayaking, beach games, hiking, a surf school, relaxing and enjoying the serenity (Ahh the serenity). After two days at Minnie Waters the group decided to hike to another camp about 10km south to Diggers Camp. Both these camps are part of the National Park and although the amenities are “rough” the views and landscapes are beautiful. Year Advisors Ms Pat Nichols and Mr Matt Gilbert and Mr Steve Steward hope the students enjoyed their adventures and would like to thank the students for being brave and taking on the challenges that were put in front of them, even when tents were flooded in the middle of the night. Thank you to the staff for organising the excursions and bringing everyone home safe and sound.

(More photos are on our electronic newsletter and our website)
The cool weather is upon us and students are starting to transition into our winter uniform. Could I please remind all parents of our school uniform:

**Junior Uniform Year 7 to 10**

- Aqua Polo Shirt with sleeves and a collar
- Sky-blue button-through or polo style shirt with sleeves and collar is an acceptable alternative
- Navy Blue shorts, long pants, tracksuit pants or skirt (no logos)
- Navy Blue jumper (no logos)

**Senior Uniform Years 11 and 12**

- White polo style shirt with sleeves and collar or button through shirt with sleeves and collar
- Navy Blue shorts, long pants, tracksuit pants or skirt (no logos)
- Navy Blue jumper (no logos) or Senior Jumper

Denim is NOT an acceptable part of the school uniform in any year from 7 to 12.

Our uniform can be purchased in a number of places. The Nambucca T-shirt shop stocks our uniform and you can also purchase school clothing from Best and Less, Kmart in Toormina and from Big W in Coffs Harbour. If your child attends school without their uniform please make sure they have a note explaining this situation.

All students will have received information from their classroom teachers as to what they have to study in order to prepare for their half yearly examinations. Please ask your child what they have to do in each of their subjects and encourage them to do some study before Week 6.

Our Annual School Report is now available on our website. 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 exceptional results of our cross-country runners last Friday at zone trials. Congratulations in particular go to Charlotte Williams, Molly Langley, Olivia Langley, Jayde Hill, Madeline McCullagh and Blake Ryan who all won their age groups on the day.

Simon McKinney
Principal

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**DEPUTY PRINCIPAL’S REPORT**

Term 2 is well under way and students now should be focussing on their half yearly assessment and exams.

Year 11 exams are completed and Year 7-10 exams are in Week 6.


The School A to Z app has been created by the NSW Department of Education to help parents and their school-aged children, wherever and whenever they have homework and study questions.

It's available free for Android and Apple mobile devices, and is an essential tool containing:

- **English A to Z** - more than 350 definitions of commonly used English terms from primary and high school. Each word has an easy-to-understand definition based on the current school curriculum, with illustrations and help sheets explaining the rules of grammar.

- **Maths A to Z** - nearly 300 definitions to help you understand what is happening in your child's classroom plus illustrations, help sheets and 'how-to' videos.

- **Assignments**: Does your child have an assignment due soon and doesn't know where to start? **Assignment starters** for common classroom topics and themes point you in the right direction.

- **Technology A to Z**: Technology is changing at an ever-increasing pace and it's not always easy to keep up with the latest trends and terminology. **Technology A to Z** explains these terms in language you can understand.

- **Spelling Bee**: Does your child need to practise their spelling? The **Spelling Bee** game provides hours of spelling fun for students of all ages. There are three levels of difficulty and a leader board to track progress and improvement. Students can even load their own weekly spelling lists into the game for practise and revision.

- **Maths Monkey Times Tables**: Most students can use some extra help with their times tables, and the **Maths Monkey Times Tables** challenge makes it fun. Find out more and download your free School A to Z app

Jo Marshall
Deputy Principal
On Friday the 9th May our Year 12 students attended a study skills day at the Nambucca Heads RSL. This was a valuable day in preparation for the HSC that our students are working towards in October this year. The students rotated around four sessions during the day and were treated to birthday cake and fruit by the river for Abbee-Kate's birthday and then lunch in the RSL bistro.

The four sessions included:
1 - How to study, organisation and how to create a study timetable with Mr. Michael Major.
2 - Essay structure and how to write a powerful introduction with Ms Danielle Bowen.
3 - Healthy living, diet and exercise with Ms Jo Marshall
4 - Relaxation, stretching and yoga techniques with Ms Amanda Taylor.

The students were actively involved in each workshop and took many ideas, practical tips and information away with them that will assist them not only in the lead up to their HSC exams but will also be helpful during the exam period. We would like to thank the teachers that presented on the day and also the RSL for donating the space for us to use.

Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php.

The next meeting of the Nambucca Heads High School P&C will be held on Wednesday 27th May at 6.00pm in the school Library. Everyone welcome.

SRC NEWS

With money raised by the SRC last year they decided to purchase mats for the students in the support unit. The mats are made of recycled coke bottles and decorated with imaginative murals. They are a valuable addition to the support unit. The students are able to sit comfortably and safely on the ground. This was a great idea by the SRC and very much appreciated. On June 5th the school canteen will be closed so the SRC will have pizzas and drinks for sale. Order forms and more information will be given to students next week. Also, please remember the SRC’s mobile phone recycling cause which will be launched on May 27th in aid of saving the gorillas. If you have any old phones please send them in.
LIBRARY NEWS

Look who was spotted in the Library recently. Jacob and Isaac found information they didn’t realise was available to them in the Library. The Library at the moment is undergoing some changes, but it still offers the students the use of computers, fiction and research material for any assignment your child might have at the moment. Senior students have study rooms available to them when they have free periods scheduled.

BANGARRA DANCE WORKSHOP

On Wednesday 9th April Nambucca Heads High School Aboriginal Students along with Frank Partridge VC Public school students from Years 5 and 6 travelled to Camden Haven High School to attend the Bangarra Dance Workshop. To start the day we were shown a slideshow of the history of Bangarra Dance Theatre which was wonderful to see how far this group has come. Once that was finished the students were broken into boy and girl groups where we learnt contemporary Indigenous dance. The workshops were nonstop and full of fun. Les Freeman was a stand out with his contemporary movements. Thank you to all students for participating in this enjoyable experience your were a pleasure to take on this excursion. 

Felicia Jarrett

ZONE CROSS COUNTRY

On Friday 16th May a squad of thirty four students travelled to Kempsey to compete in the Zone Cross Country. On what was an unseasonally warm day NHHS came away with some outstanding results. First Place: Charlotte Williams 13, Molly Langley 14, Olivia Langley 15, Jayde Hill 17 and Madeline McCullagh 18. Second Place: Beau Langford 13. Third Place: Savannah Peterkin 16. Forth Place: Mercedes Peterkin 16, Timothy Daley 18. A number of other students finished in the top ten in their age groups which will now qualify them for the regional carnival which will be held in June at the same venue. Congratulations to this large squad of students. Not only were the results fantastic, but the sportsmanship and behaviour of our students was wonderful. Everyone had an enjoyable day out.

Jayde Hill

Jayde has been selected in the Australian Team to compete in the Oceania Championships to be held in Raratonga, Cook Islands from the 24th - 26th June. After a series of selection competitions held by Athletics Australia Jayde was thrilled when she received the news. She will fly from Sydney on Friday 20th June and arrive back home on Saturday 28th June. Jayde will be competing for Australia in the under 20 Women’s 5km Race Walk which is definitely the highlight of her Athletics career to date - remembering Jayde is still only 16 years old. Getting a chance to represent Australia, donning the ‘Green & Gold’ colours is going to be a proud moment.

The next month is going to be a very busy and exciting period for Jayde. She will be competing in a couple of lead up events, one being the NSW Team Walk on the 24th - 25th May in Sydney and the other being the Australian Federation Race Walk to be held in chilly Canberra on the long weekend, the 7th - 9th June. Then two weeks later it will be off with the beanie and gloves and onto the more pleasant climate of the Cook Islands.

This selection is just reward for Jayde who has been training extremely hard for a long time. We wish her every success in this competition and with her future in athletics. She is a very dedicated and hard working student and will achieve in anything she puts her mind to. Congratulations and well done Jayde.
Nambucca Heads High School travelled to Kempsey on Monday 19th May to take on Melville High School in the second round of the Buckley Shield. After playing and being soundly beaten by Kempsey (who Melville students play for) on the weekend prior this was going to be a challenge.

Not to be deterred, Nambucca started well and were looking organised in attack and moving up in defence. However Melville scored after 6 minutes and were then able to control the ball for the rest of the half. The boys lost their way and were forgetting to move up which allowed Melville to dominate and go into half time with a 28 – 4 lead. Elijah Edwards scored a try just before halftime.

In the second half Melville relaxed slightly which allowed Nambucca to cross for two tries but Nambucca’s defence was still a bit lack lustre and their heads were down. Dylan Taylor was outstanding with a wholehearted display. Beau Langford, Daniel Teece-Johnson, Te Rere Ote Mak Wikaira-Pehiri, Jack Edwards, Isaac Jones, Kane Galo and Luke Sheppard tried hard.

A big thanks to the parents who provided transport and encouragement on the day.

Final Score: Nambucca Heads High School 14 – Melville High School 50
Tryscorers: Elijah Edwards 2 and Cameron Blair 1 . Goals: Cameron Blair 1

This year Nambucca Heads High School students took advantage of a series of workshops which were held across a wide selection of career fields. The workshops focused on areas such as health – medicine, nursing, physiotherapy, psychology, dentistry, pharmacy and medical radiation science. Practitioners and graduates welcomed our students into the revolving workshop sessions.

Professional Services saw current industry team members and graduates hold group discussions around their occupation sectors and provided information on the pathways to enter the various careers. Guest speakers from accountancy, law, architecture, engineering, surveying and veterinary science were available.

Mr Horan, Careers Adviser, accompanied the students to the Expo and said the variety of workshops were especially popular as the presenters shared vital knowledge and information for future planning about career options and employment.

This was the 9th year that the Careers Expo has been organised by Youth Directions.

Youth Directions has worked with students in this region for 16 years providing support for career development, work placement and school based traineeships.

NHHS Year 12 student and School Based Trainee at Youth Directions, Madeline McCullagh was also on hand to assist with student enquiries. You can also visit www.youthdirections.com.au

NHHS students also had access to more than 60 representatives from universities, TAFE and other training institutions as well as personnel from a range of industries in the region, Australian Apprenticeships, group training organisations, NSW Police, Australian Defence Force, Local Government, NSW Fire Brigade, financial institutions, Forests NSW, MNC Hospitals, and many other service providers who had exhibits at the Expo.

If students or parents have any questions about the information which returned home from the Expo, please contact Mr. Horan at the school 0265686 777. Information about course options for students commencing Year 11 in 2015 will be available towards the end of Term 2.

Photo and article – Helen Mower, VET & SbAT Support, NHHS.

Parent Line NSW offers free professional help for parents and carers. Parent Line helps parents with a wide range of issues regarding their teenage children such as strengthening negative relationships, managing risk-taking behaviour including drug and alcohol use, difficulties in school and mental health issues in the family. Parent Line counsellors can support parents/carers whose teenage children are gaining assistance from youth services. Our counsellors are all fully trained professionals with specialised experience in working with families from many different backgrounds. Our service opening hours are 9.00am - 9.00pm on weekdays and 4.00pm - 9.00pm on weekends. Callers can leave a message outside of these hours and they will receive a call back during the next operation period. Information is also available at their website: www.parentline.org.au and the Parenting Counsellors can be accessed for the cost of a local call from a landline (some charges apply to mobile phones) on 1300 1300 52. You can also email the counselling team for information and further support on info@parentline.org.au
The winners of the most recent photography competition, “Close Ups” were announced at assembly on Friday, 16th May. Anna Daley was the overall winner with a beautiful shot of a passionfruit flower. Runners up were Brandon Gregory and Ellie Argent. There were some amazing photos submitted and Ms Holliday was extremely pleased with the number of entries and the standard of work. The brief for the next competition is “Smiles”. We have so many beautiful smiles in our school hopefully we will have a record number of entries. You have until Week 9 to get your entry to Ms Holliday. This year we also had students enter some images in the Nambucca River District Agricultural Show with some success. Three students, Anna Daley, Sophie Blair and Ellie Argent, won prizes at the show. Mr McKinney has also received a letter from the organisers of the competition, The Nambucca Heads Camera Club, recognising our entries and also commenting on the high standard, the imagination and attention to detail of the students entries.