This year forty five students from Nambucca Heads High School and eleven students from Bowraville Central School attended the Sydney Careers excursion. Pupils were exposed to a wide range of career related experiences. This was complimented by fun evening activities including this year’s State of Origin decider at Homebush stadium (maybe we were the lucky charm!).

During the week pupils had the opportunity to select six careers related visits. Options included venues such as Sydney University, University of New South Wales, HMAS Waterhen, University of Technology Sydney, Bedford Childcare College, Toni & Guys Salons, Australian Institute of Fitness, Australian Institute of Music, Southern Cross University Hotel School, NIDA, the Actors College of Theatre and Television, the ABC, Sydney City Ford, the Raffles School and Whitehouse Design. Quite a range of opportunities in that list. Students during the afternoons and evenings had the chance to attend the movies, a Harbour Jet Boat ride, lunch at a French restaurant, live theatre performance (The Lion King), and the NSW V Queensland Origin Match. This saw the mighty “Blues” finally vanquish the Canetoads and secure the series at last. This will be a significant memory for our kids. After an exceptionally busy week we all arrived home totally exhausted but with some great experiences and memories. Students have now been exposed to potential career options and this will hopefully help when they are considering their subject choices for their senior years.

Thank you to those staff who attended and were crucial to the success of this important opportunity for our students, Mr Darren Williams, Ms Pat Nicholls, Ms Alison Nowland, Ms Louise Lockyer, Ms Tracey Patu and Mr King from Bowraville.

Mrs Horan Careers Adviser

NHHS would like to congratulate Mrs Horan for organising such a fantastic and successful excursion that had something for everyone.
Dear Parents and Community

Welcome back to Term 3,

For our senior students this term is extremely important, Year 12 have less than ten weeks left of their school life and they sit their Trial HSC in Week 5. Year 11 will finish their Preliminary HSC this term and will begin their HSC in Term 4. For students in both of these groups please seek assistance immediately from your teachers if you have any questions or issues with your schoolwork, they will be more than happy to help.

This week we have had researchers from the University of Newcastle in our school observing eight of our teachers who are part of the Quality Teaching Rounds research that the University is undertaking around NSW. We were one of only twenty four schools around the state selected for this research that will take place over the next 18 months and this experience will only further increase the knowledge and skills of our teaching staff.

The Butterfly Effect and The Odyssey Program will be attending the school this term for all girls and boys respectively in Years 9 to 11. Both of these programs will build self-confidence and understanding of what it is like to be a teenager. These visits will occur every two years so that all students at NHHS will experience this program when they are in either Year 9 or 10. The Butterfly Effect was in the school today and I will be sending an information letter out to parents of Year 9 to 11 boys in the near future explaining more about their day on Friday 15th August.

By now you will have read your child’s Semester One report, please have a conversation with your child about their report, celebrate their successes and plan some goals so that their Semester Two report is even better. Thank you to all parents who attended our Parent teacher night last term.

As always please contact me at the school if you have any questions in regards to your child’s education at NHHS.

My highlight of the fortnight:

The NAIDOC assembly and community BBQ lunch which we held on Tuesday 22nd July. What a great celebration of our Aboriginal and Torres Strait Islander culture at NHHS. Congratulations to all award recipients and to the behaviour of all students at the assembly. Thank you also to our special guests and community members for joining us on the day.

Simon McKinney  
Principal

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<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>29th - 30th July</td>
<td>North Coast Debating Camp</td>
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<tr>
<td>31st July</td>
<td>P&amp;C Meeting 5.00pm School Library</td>
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<tr>
<td>1st August</td>
<td>North Coast Athletics</td>
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School Fees are now due. If you have not already done so please make your payments at the front office. While the School Contribution amount of the fees is voluntary all money contributed goes towards improved educational resources for students. Regular payments may be made.
BOCCIA CAMP

On Wednesday 18th June six of our support unit students, Jacinta, Sharney, Shane, Lara, Kerrie and Jye, attended a Boccia Camp held at Frank Partridge VC Primary School. Boccia is important to people with a disability as it enables them to learn from a real sporting challenge, develop skills, is an opportunity to play an elite sport and it can be played as a team or individual sport. Boccia is a similar sport to Bocce or lawn bowls. It is a game of skill and accuracy with the emphasis being on accuracy not strength. A total of five schools attended the camp, Port Macquarie High, Melville High, West Kempsey Primary School and FPVCPS. All students had a wonderful day and learned many new skills. Each school played four matches with NHHS winning two and losing two. This was an outstanding effort by our students considering they had not played Boccia before and some other schools play regularly and also play 10 Pin Bowling. Boccia is a highly inclusive sport for all levels of disability and is now a sport at the Paralympic’s. At the end of the day Sharney was named rookie of the camp, and Jye was most impressive player. The aim for the support unit now is to raise some funds to purchase a Boccia set for our students to use during sport and for leisure and next year maybe come away with four wins.

SCHOOL CAPTAINS VISIT THE NSW GOVERNOR

On Thursday 26th June, School Captains Abbee-Kate Milgate and Timothy Daley, travelled to Sydney to visit Parliament House and meet with the NSW Governor Ms Marie Bashir. The civics and citizenship program, conducted by the Parliamentary Education Section, recognises the leadership role of Year 12 School Captains and offers them the opportunity to develop their knowledge of constitutional and parliamentary proceedings and the role of the Governor. The day began bright and early for the two captains with an early flight to Sydney. After arriving and registering the students had an introduction to the NSW Parliament by the Parliamentary Education staff and Members of Parliament, they then viewed the Legislative Assembly from the public galleries. After lunch the students made their way to Government House for a guided tour by staff. After the tour students gathered to listen to an address by Her Excellency, Professor Marie Bashir. This is a wonderful day and a great opportunity for these students.

SPORTS DEPARTMENT

Congratulations to Jayde Hill who recently represented Australia at the Oceania Games in the Cook Islands and came away with a gold and silver medal. Jayde travelled to the Cook Islands with other Australian athletes in her first representation for Australia. While selected to compete in the 5000m race walk event once in the Cook Islands Jayde decided to contest the 10kml race for a bit of fun. As it turned out Jayde received the gold medal in her pet event (the race walk) then collected a silver medal in the 10kml race. Not a bad effort for an on-the-spot decision to contest this event. Jayde is now back at school preparing for her next contest and also studying hard on her school work.

On Friday 18th July, five students - Madeline McCullagh, Jayde Hill, Olivia and Molly Langley and Charlotte Williams competed in the State Cross Country carnival held at Eastern Creek in Sydney. The girls competed strongly and enjoyed the trip to Sydney and the competition.

At the Zone Athletics Carnival held last term NHHS students broke three records - Jayde Hill Open Girls 3000m Race Walk, Charlotte Williams 13 Year Girls 1500m race and Savannah Peterkin 16 years Long Jump. Congratulations to these girls and all the students who will now compete at the North Coast Athletics Carnival on Friday 1st August.
Each term in weeks 3, 6 and 9 we have either a literacy or numeracy focus across all of our subjects to help improve the learning outcomes for all of our students.

Our Literacy focus for Term 3 is punctuation and our focus for week 3 will be capital letters and full stops.

We would like parents and caregivers to be involved in our skills weeks and to help by encouraging your child to use capital letters and full stops appropriately.

**Using Capital Letters and Full Stops.**

**Capital letters:**
- The first word of a sentence
  
  *E.g. My mobile phone has to be off and in my bag while at school.*
- The pronoun "I"
  
  *E.g. I enjoy watching a good movie after I finish my homework.*
- Proper nouns (the names of people, places, organisations and sometimes things)
  
  *E.g. Nambucca Heads High School, Junior Lands Council.*
- The names of Gods, religious figures and holy books
  
  *E.g. The Bible, God, Buddha.*
- Days of the week, months of year and holidays.
  
  *E.g. Sunday, March, Christmas.*
- Names of countries, nationalities and specific languages.
  
  *E.g. North Korea, Italian, Spanish.*
- Titles for books, movies, songs and articles.
  
  *E.g. Stay With Me by Sam Smith.*
- Names of groups.
  
  *E.g. Nambucca Strikers, Labour Party, Greenpeace.*
- Abbreviations
  
  *E.g. NHHS, NRL, NAIDOC.*
- Trademarks
  
  *E.g. Nike, Sony, Kleenex.*

**Full stops**

To mark a full pause at the end of a sentence that is not a question or exclamation.

*E.g. NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920’s which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.*

After some abbreviations.

*E.g. max. – maximum, adj. – adjective, mob. - mobile.*

There are no full stops for abbreviations which use the first and last letter of the word.

*E.g. Mr – Mister, Lt – Lieutenant, Mgr – Manager.*

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**SPINE SOCIETY OF AUSTRALIA**

Recently we received information from the Spine Society of Australia regarding the National Self-Detection Program for Scoliosis (NSDP). July and August are the months when it is recommended that all schools with girls in Years 7 to 9 participate in the NSDP by downloading the Self-Detection Brochure for Scoliosis from the Societies website: [www.scoliosis-australia.org](http://www.scoliosis-australia.org). Scoliosis (spinal curvature) is an important health problem for adolescent girls. A significant number are at risk of developing a significant curve. Of this number some require active treatment (spinal brace or surgery). Because in the early stages the condition is most often asymptomatic, screening in the age range 11-13 years is a sound preventative health measure. The website contains comprehensive credible information about the symptoms and treatment of scoliosis. Enquiries concerning the NSDP in each state and territory should be directed to the state and territory representatives. Contact details are listed on the website.

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*The next meeting of the Nambucca Heads High School P&C will be held at 5.00pm on Wednesday 31st July in the school Library. Please come along and support your school*
It has long been deliberated, “Which is the better school, the Green School (Frank Partridge VC PS) or the Red School (Nambucca PS)." School Captain, Timothy Daley, decided he had the way to find out - a sports day. So, on the last day of Term 2 students from each of the schools competed against each other. Of course, the question then was - “What do we do with the students that attended other primary schools?” - Answer - We have a third team - The Blue Team. The competition consisted of skipping, handball, tug-of-war and dodge ball. The Green school got off to a flying start with the skipping (FPVCP use to be known as the skipping school, funny about that I think our school captain may have attended the Green School). Each time a student jumped the rope they scored a point. Ms Nichols (who I think may have had an affiliation with the Green School also) was the scorer. The red school made some ground up in the handball competition with some hotly contested matches. The Blue School were putting their best foot forward and were holding their own throughout the afternoon. Out to the oval for the tug-of-war. The Blue School may have been a bit outnumbered with the tug-of-war being dominated by the Red and Green Teams. For the final contest it was into the gym for Dodge Ball. Players start from a laying position, when the whistle blows they run to collect a small soccer ball sized ball made of foam. Then you have to tag an opposition player with the ball. The idea is to remove all the players on the opposition team. There is also two targets that have to be knocked down. Students were ducking and diving all over the court. James Weimer made an heroic effort on the part of his team in the final game of the day. This was such a fantastic afternoon with staff and students alike involving themselves. The quadrangle was full of skipping ropes and students. Everyone enjoyed the end of Term 2. As for the outcome to the quandary..........well, we would just like to say that no matter which school you originated from, when you come together at NHHS it makes for a great school.

FOLLOW US ON FACEBOOK

Nambucca Heads High School Official Page

- Keep up to date with What’s On at our school
- Share in celebrations, success and experiences of our kids

Nambucca Heads High
Not only do we have our students winning national titles but the newest member of Maths Department, Ms Laura Dempster-Newman travelled to the Northern Territory during the last school holidays to compete in the Australian National Polocrosse Championships. Laura was selected as part of the NSW Open Mixed Team. There were nine divisions based on age, men, women and mixed. The NSW team that Laura was a part of went through to the final undefeated where they met Queensland. As with the Rugby League NSW showed the Queensland team a clean pair of heels running away with the final 26-15. Quite a number of the finals were contested between NSW and Queensland. NSW won six of the nine divisions. Conditions for the competition were extremely hot - most days the temperature reached 30°C. The organisers of the carnival had to install industrial fans at each end of the field to cool down both the players and the horses. Laura had a great time and if playing polocrosse wasn’t dangerous enough just for fun she fed and swam with crocodiles while in Darwin. The next National titles will be in two years time in Albury. Hopefully Laura will be selected again.