On Friday 25th July Enlighten Education® visited our school and presented their in school program “The Butterfly Effect.” Enlighten Education® is an Award winning program written specifically to appeal to teenage girls. It has been developed by a team of teachers with vast experience in educating girls, student welfare and in engaging young people with their learning. The workshops provide multiple opportunities within the school framework to build resilience in every student; from participation in the workshops, through to supporting schools in evaluating their strategies and policies in mental health and other key pastoral areas. All girls in Years 9 to 11 at NHHS were invited to attend the full day workshop presented by Becca Johnson who presented with humour, drama and empathy - our girls responded with great enthusiasm and were thoroughly engaged in all activities throughout the day. Becca certainly made an impression on our girls who bonded immediately with her easy going manner and her enthusiasm for girl power.

Becca presented five workshops on the day: Forever Friends, Real Girl Power, Stop I Don't Like It, Chill Out and Love the Skin You’re In. The Butterfly Effect program had an enormous emotional impact on our girls who at the end of the day felt empowered, inspired and enriched by the experience.

The following provides feedback from the presenter, Becca Johnson, and our girls:

Thank you so much for allowing me the privilege of working with your girls. They were delightful and so friendly! Their feedback indicates that your girls also thought it was a very powerful experience. I was so thrilled that the girls really enjoyed and valued the workshops. Spending the day with the ladies from Nambucca Heads was an absolute pleasure – getting so many hugs from those gorgeous girls made my day!’ Becca Johnson

Students were asked if they would recommend this program to other students? 100% said Yes

During the closing session, the girls also took the time to write quite lengthy comments. They had so many wonderful, positive things to say:

• Thank you so much for this – it was amazing and nothing like I thought it would be. I’m now ready to accept me. I loved the relaxation techniques, writing affirmations for our friends, and hearing about Becca’s personal stories.

• I LOVED today! My favourite part was ‘Love the Skin You’re In’ because it opened my eyes and made me feel super confident and I just loved the way I felt after listening to Becca.

• Thank you for today – I learnt how important it is to be comfortable in your own skin.

• Please come back – we need more of this in our school! I absolutely loved Becca! I really enjoyed the relaxation exercise and getting to just forget about everything that’s stressing me out.

• I really enjoyed the ‘Chill Out’ workshop. Becca is such a positive person – it’s so lovely to see.

• Thanks so much. My favourite part of the day was listening to Becca’s stories – she was so open with us, it was awesome.

• I can’t wait to tell my family about today! I LOVED today. Becca is such an inspiration to all young girls.

• I loved all of it! It was a perfect day!

NHHS will aim to include the Butterfly Effect workshops in the school’s welfare program every two years ensuring all girls are given the opportunity to experience these fantastic workshops. Angela Bagordo Head Teacher CAPA/Welfare

http://www.essentialkids.com.au/older-kids/development-for-older-kids/no-shame-in-acting-like-a-girl-20140714-3bvos.html This is an interesting site to visit
Dear Parents and Community

We are attempting to make our Facebook page an informative and current source of information for our school community. I would encourage you to find us and then follow us on Facebook. Our Facebook page is Nambucca Heads High School Official Page.

The P&C and the SRC have expressed a desire to evaluate our school uniform. Last week I emailed and posted on Facebook the P&C uniform survey. I encourage all parents to have their say as to our uniform and I have included a copy of the survey in today’s newsletter for those parents who cannot complete it online or via the Facebook link. Please complete the survey and get your child to drop the survey in the survey box in the front office next week. All students will get the opportunity to complete the survey over the coming weeks. We will close the survey on Friday 22nd August.

The school has purchased Assessment Alert for all families which is an app you can use to get regular updates as to your child’s assessment tasks and due dates. Information as to how you can upload the app is found in the newsletter.

Last Thursday evening at Bowraville Central School I was honoured to present our Education Week Awards to our worthy recipients. Congratulations to Jayde Hill, Chris Hewgill, Leah Lucas and John Cochrane for their service to public education.

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 Butterfly Effect for all of our girls in Years 9 to 11 that was held Friday 25th July. The day provided the girls with an opportunity to hear, talk and experience positive affirmations as to what a strong, confident and young woman is. We will be holding The Odyssey Program next Friday for all boys in Years 9 to 11 and look forward to another successful day.

Simon McKinney
Principal

Nambucca Heads High School is pleased to introduce an innovative and convenient way for you to know when your child has an assessment task or assignment due.

We now have available for you a new smart phone application called Assessment Alert which allows you to download all of your child’s assessment/exam due dates to your smartphone and synchronise them to your calendar and receive regular alerts before they are due.

We encourage you to take advantage of this product. If you have an iPhone, iPad or iTouch simply go to Apple App Store or if you have an Android device visit the Google Play Store and follow the prompts.

It is simple, easy to use and will help students and parents become more organised and engaged with their studies. Please visit: http://assessmentalert.com/ and click on the play the intro video to see how it works.

Set Up guides for Parents/Students can be found at: http://assessmentalert.com/news/

**PRINCIPAL’S REPORT**

**CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11th - 18th August</td>
<td>Trial HSC</td>
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<tr>
<td>14th August</td>
<td>Cybersmart - Parent/Carer session 5.30pm</td>
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<tr>
<td>20th - 22nd August</td>
<td>Duke of Edinburgh Year 10 Silver Expedition</td>
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<tr>
<td>23rd August</td>
<td>Year 12 Open Day Coffs Harbour Radiology</td>
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<tr>
<td>26th - 27th August</td>
<td>Year 9 Sydney excursion attend Macbeth</td>
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<tr>
<td>27th August</td>
<td>P&amp;C Meeting 5.30pm School Library</td>
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<td>28th August</td>
<td>Year 11 Study Skills Day, U/15’s Basketball to Port Macquarie, Year 12 Open University Day Sydney</td>
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**P&C NEWS**

The next P&C meeting will be held on Wednesday 27th August in the school Library at 5.30pm. We will be analysing the results of the recent school uniform survey. The school uniform survey is included in this newsletter or you can complete the survey online at https://www.surveymonkey.com/s/nhhs_uniform_survey. Please take the time to complete the survey or come along to the meeting to share your views. We will also be holding a special meeting on the 17th September extending an invitation to the P&C committees from the local primary schools to attend to become acquainted with the high school before their children attend.
SCHOOL BASED TRAINEE

Samantha Eastwood commenced a School Based Traineeship in Community Services - Early Childhood Education and Care with Giguy Gamambi Preschool in April this year. Samantha attends the Preschool one day per week and is paid to assist the other childcare workers with the young children. Samantha enjoys working with pre-schoolers. In the photo Samantha is asking the children to call out the names of the children in the photos. Additional training is also provided by OTEN (Open Training and Education Network) which is a TAFE organisation who deliver training flexibly online. A school based traineeship also counts towards your HSC and is a head start to any career. More information about School Based Traineeships is available from the school’s Careers Adviser, Mr Declan Horan or Mrs Helen Mower (VET and SbAT Support).

NHHS 2014 EDUCATION WEEK AWARD RECIPIENTS

Student – Jayde Hill

Jayde Hill is a Year 11 student at NHHS who has amazing time management skills and is a worthy recipient of the 2014 Education Week Award. Jayde manages to combine an athletic training regime of Olympic proportions with a conscientious approach to school life where she is not only one of the Presidents of the school SRC but also a high achiever in the classroom where she always works diligently. In 2014 alone Jayde has won five walking events ranging in distance from 1500m to 5000m at NSW Country, NSW and ACT championships. At the end of Term 2 Jayde represented Australia at the Oceania Championships in the Cook Islands where she won gold in the Under 20 5000m race walk. Jayde is a role model to all students at NHHS in and out of the classroom and in the Nambucca community. Jayde had a prior engagement on the evening but her mum, Carol, accepted the award on Jayde’s behalf.

Community Member / Parent – Chris Hewgill

Chris Hewgill is a well-known face around all of the high schools in the valley as he goes about his job as SANDS Co-ordinator for The Links to Learning program and as the youth worker at the Nambucca Youthe. Chris works with students who are at risk of dropping out of mainstream education and he has worked with hundreds of students across the Nambucca Valley where he helps them through difficult times and gets them to see the possibilities of success in their lives. We at NHHS would like to acknowledge this fact. Thank you Chris for all of the work you do with the young people of the Nambucca Valley.

Staff – Leah Lucas

Leah Lucas has worked as a cleaner at NHHS since 1994 and previous to that worked casually at FPVC and Nambucca Heads High from 1992. Leah is an unsung hero in our school; she goes about her work in a fastidious fashion and always with a smile on her face and a cheerful hello to follow. Leah is a valued member of the NHHS community and it is with great pleasure that we acknowledge over 21 years of service to public education and awarded her the Education Week Award for 2014. Thank you Leah.

John Cochrane

John Cochrane has taught at all three high schools in the valley since he moved here in the mid 1980’s. John started at Macksville in 1985, came across to Nambucca Heads High in 1995, went out for a stint at Bowraville in 1999 and finished back at Nambucca in 2005 from where he retired at the end of Term 1 this year. John is an exceptional educator and he has imparted his knowledge on many students in the Nambucca Valley and undoubtedly set them up for post-school success. John epitomises the ethos of public education and NHHS congratulates John on his career and wishes him a very happy and contented retirement. Thank you John.
This year NAIDOC Week was celebrated at Nambucca Heads High School with an assembly attended by some local elders and a BBQ lunch for the whole school. The theme for this year’s NAIDOC celebrations was ‘Serving Country: Centenary and Beyond’ honouring all Aboriginal and Torres Strait Islander men and women who have served with honour and pride in military conflicts and engagements across the globe. The assembly was lead by Kythera Cohen and James Donovan. Shantahla Jarrett-Marks then did Welcome to Country in Gumbaynggirr. Nambucca Shire Mayor, Mayor Rhonda Hoban gave a speech acknowledging our indigenous population and their contribution to the many conflicts Australia has been involved in. Our Principal, Mr Simon McKinney, gave a speech on one particular Indigenous serviceman, Flight Sergeant Leonard Waters. Flight Sergeant Waters overcame incredible odds to eventually become the first and only Aboriginal fighter pilot during World War II. Leonard Waters was one of eleven children born at Euraba Mission near Moree. He left school at thirteen and worked as a shearer. In August 1942 he joined the Royal Australian Air Force and was trained as an aircraft mechanic. In 1943 he applied to do a pilots’ course and was one of the few applicants chosen. Len Waters graduated among the top five in his course. During World War 1 over four hundred Aboriginal Australians served. Despite the sacrifices made by these servicemen and women abroad, they returned home to a prejudicial society. They were denied the right to vote, an equal wage, custody of their children and control of their finances. Many Aboriginal veterans were also denied veterans’ benefits and excluded from Anzac Day events. Over the past few months there has been a competition running for students to design a logo that encouraged reconciliation. There were some fabulous designs entered, with the winner, Elijah Edwards, receiving a tablet for his efforts. Because there were so many fantastic entries the top six were printed on T-shirts and put on display. Academic and cultural awards were presented to students. Uncle Rob Bryant was a very special guest. He is a returned serviceman having served a tour of duty in Vietnam. Uncle Abby Wilson also attended the celebrations proudly displaying his father’s medals who was a Rat of Tobruk. At the conclusion of the assembly our SRC had a BBQ cooked and ready for the special guests as well as the whole school. It was a wonderful celebration of our Indigenous heritage.

On the 4th June forty five students attempted the State wide Science Challenge. We received some outstanding results: Lewis Gooch, Josie Sutherland and Kawana Crow received distinctions. In a school the size of ours it is wonderful to receive so many distinctions. Lachlan Morriss, Timothy Daley and Benjamin Ford received credits and Lily Dedman received merits. NHHS would like to congratulate these students on their results and also acknowledge everyone who participated.

LIVING WITH LADY MACBETH

IN Week 9 of this Term, a couple of weeks after THE HSC Drama examinations, Year 10 DRAMA is presenting the play, Living with Lady Macbeth which is exploring some aspects of the Scottish play, particularly with the designs. The class has been rehearsing for much of this year and are now in full production, being supported by some Year 8 and 9 students. Costumes are being made and sourced, sets are being painted by Sophie Blair and the audio is being recorded by Haydn Shannon. Ryan Mackay is gradually putting together his lighting design and of course, actors are learning their parts and rehearsing during Drama periods in the performance space. The play, “Living with Lady Macbeth” is about a girl called Lily (Hayley Kelly-Tipler, Natalya Byrt and Jenevieve Kennedy share this role.) Lily desperately wants the part of Lady Macbeth in the school play. Even her best friends, Mon and Mel (Morgan Robins and Jali Williams) think that school plays are crap and would rather see Stephanie Boyce (Zoe Ahern,) one of the popular girls, get the part. Even Lily’s own mother (Sharna-Lee Martin), the teacher (Zahra Hocking) and the Principal (Courtney Jarrett) don’t believe in her. Her mother thinks the part is far too dark for a school play and for Lily’s sweet and kind personality. Of course, her brother (Flynn Franklin) and boyfriend (Max Galo) agree. What should Lily do? The play takes a dark and sinister twist which appeals to Assistant Director and Stage Manager, Anna Daley. In the end, Lily forges a connection with Macbeth (Chloe Moxon) and respect prevails. Lily shows the popular girls (Sharlotte Hoffman, Shani Langford, Sarrease Paull, and Anne Gilbert) just what she’s made of. Posters will be going up soon, thanks to the design team of Cathleen Brodie-Kerner, Emily Axtell and Brittany Berry. Tickets will be sold in the next few weeks. Keep your eyes open.

Ms Cathy McSkimming
Homebase 1 has been studying a cross-curricula unit on Australian Weather and Environments. They have been attempting to gain better insights into what a snow environment is like through dressing in snow gear and equipment, such as bib and brace ski outfits with jackets, ski boots, skis and stocks, gloves, glasses, balaklavas and a bum bag. The students were amazed at how warm the outfits made them.

The students would like to thank Ms Holliday who taught the students how to paint the alpine scenes that were used as backdrops in our photo shoot. The students would one day like to visit the alpine country of Australia and feel the snow.

**Year 12**

Year 12 are starting their Trial HSC Exams in week 5. Students should then start to organise their post school options. Applying to UAC to record their University preferences opened on the 6th of August. Early Entry Applications are due to the Careers Adviser by the 12th of September.

Parents please ensure your child reads the information which has been emailed and given out in paper form at school, to students. It includes important dates and information about the processes involved. Depending on where and what a student wishes to study there may be exceptions to the above date eg. University of Wollongong, closes 29th of August.

Of particular interest is the information for UNE (University of New England) and SCU (Southern Cross University). Many of our former students have attended these Universities. They also provide very attractive Early Entry or Principal Recommendation schemes which students are encouraged to apply for. See links below.  [http://www.une.edu.au/study/study-on-campus/get-early-entry](http://www.une.edu.au/study/study-on-campus/get-early-entry) [http://scu.edu.au/futurestudents/index.php/29](http://scu.edu.au/futurestudents/index.php/29)

Parents who wish to find out more information, please feel free to contact the Careers Adviser with any questions.

**Year 11**

Students are getting ready to complete their Preliminary studies for their HSC. After Term 3 pupils will commence the HSC Course work and may consider changing their course of study by dropping Units where applicable. This is not automatic and around 1/3 of HSC students study twelve units in Year 12 (the requirement is at least 10 Units). This may give a student a “safety net” with only the top 10 ATAR Units counting towards a student’s ATAR results. Pupils will be interviewed early next Term to give guidance about these choices.

**Year 10**

Students are reminded that their Work Experience needs to be finalised. Any students who have not organised this need to see Mr Horan if you require assistance. The dates for Work Experience are; First week (24th – 28th November), second week (1st – 5th December). Parents please encourage your child to participate in this valuable program and complete your paperwork ASAP.

Mr Horan - Careers Adviser

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**VALLA COMMUNITY PRESCHOOL 2014 TRIVIA NIGHT 30TH AUGUST**

**THEME - FABLE AND FAIRY TALE.** DOORS OPEN AT 6.00PM  TICKETS $20.00 TABLES OF 10

**DRESS UP AND DECORATE YOUR TABLE.** B.Y.O FOOD AND DRINKS. Gold coins for games

Contact - 0428045583 or stockyer88@gmail.com  Compare: Michael Major
The Nambucca Valley Cycle Club invites you to a FAMILY-FRIENDLY mountain bike event at Jacks Ridge track, off Old Coast Road, Nambucca Heads on Sunday 10th August commencing at 8.00am.

For track directions and enquiries, visit Nambucca Valley Cycle Club on facebook, email nvcc55@gmail.com or ring Jemma Burtonwood on 0416337164.

EVERYONE WELCOME WITH APPROPRIATE SAFETY GEAR.