Following on from the popular Butterfly Effect program that our girls attended on Friday 15th August, presenters from the Odyssey Program attended our school to deliver workshops to our male students. The Odyssey Program emphasises the unique value of each boy and helps them to see that they are all in the same boat when it comes to the confusing and often daunting task of managing their journey into manhood. The program aims to help foster empathy, understanding and relational support among the boys and is therefore an effective addition to the school’s effort to combat bullying, anger, depression and suicide, substance abuse, disengagement and other issues that they may one day have to confront. The boys attended five workshops throughout the day.

**What’s Up Man** - This workshop challenged the boys to redefine the social construction of masculinity, power, success, mask wearing and to search for new role models that can offer them healthy qualities.

**Me and My Mates (Part 1 and 2)** - This workshop explored friendship - what makes a good friend and how to be one, what friendships offer. Pressures, positive and negative. What to do when things go bad, what is cyber bullying and its repercussions, coping strategies for when life becomes difficult, how to support others and where to get it.

**My Shout** - This workshop was about self protection, drinking and drug use. As boys are under increasing pressure to experiment with alcohol and drugs education and safety are key. The psychological and physical short and long term effects of alcohol, cigarettes, cannabis, methamphetamine, ecstasy, heroin and volatile substances are explored in depth. The legalities of using drugs and safety skills.

**Girls, Girls, Girls** - This workshop asked the boys to identify media’s representation of male to female relationships and then challenged them to question if these are real, obtainable or even desirable. If these are not satisfying relationships – what do they want and what are the qualities that make up healthy relationships between men and women? What “NO” means, how girls feel about themselves and what they want in relationships. The Presenters were thrilled with how much the students engaged with the material and the insightful answers they all gave. Some of their comments were:

*It was great learning how to be a man and how to treat women right and not to take drugs or alcohol. I learnt to be respectful of girls.*

*It was really fun doing activities with everyone - I learnt you don’t have to be chiselled to be a man and I learnt about stereotypes - It was really informal and I learnt a lot.*
Dear Parents and Community

Last week we had a number of outside providers in the school. The Cybersmart Outreach Program presenter on Thursday delivered a presentation to students, staff and parents. These presentations were well received by all and the feedback has been that it was a very worthwhile exercise. The school has some copies of the Parents’ guide to online safety in our foyer if you would like one or you can access www.cybersmart.gov.au for more information.

On Friday we had two presenters from The Odyssey Program in the school to take all boys in Years 9 to 11 through their program. There is more information about this highly successful day in this week’s newsletter. This term we have had The Butterfly Effect and The Odyssey Program deliver their programs to all girls and boys respectively and the feedback has been that these events have had a positive impact on all students involved. We look forward to offering this experience to all students when they are in either Year 9 or 10 at NHHS.

Year 12 have just finished their Trial HSC and I would like to remind them all that there is still plenty of time for them to further improve their marks or to further consolidate their subject knowledge. They will do this by implementing a concerted home study program, being at school and actively engaged in lessons for the rest of this term and approaching their teachers for assistance if and when needed. Your HSC result will be what you make it Year 12, good luck and study hard!

Last week we had some excellent news in regards to four of our Year 9 students. Lamaya McLachlan, Joeshua Bromely, Jason Warwick and Thomas Barbour have all been selected to participate in The University of Newcastle’s Summer School programs in December. Lamaya was chosen in the Girls’ Choices Summer School and Joeshua, Jason and Thomas were chosen to attend the Live It! Program for boys. The students will spend nearly a week at Newcastle University experiencing what it is like being a university student. The university selects only 100 girls and 100 boys from Year 9 around NSW to attend this program, so to have four students selected was a great result.

As always please contact me at the school if you have any queries at all as to your child’s education.

MY HIGHLIGHT OF THE FORTNIGHT:

For the last few weeks we have had many students participating in various sports at lunch. As I walked around the school last week I saw two games of touch footy and one game of soccer on the oval, two half-court basketball games on the outdoor basketball court, Duke coaching his basketball crew in the hall and handball being played in the quad. Students from Year 7 to 11 are all mingling together in their chosen sport in a very positive environment. This to me was just another reminder of what a great school NHHS really is.

Simon McKinney
Principal

CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>26th August</td>
<td>SCU visit to Year 12, Year 9 Excursion to Macbeth</td>
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<tr>
<td>27th August</td>
<td>P&amp;C Meeting School Library 5.30pm</td>
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<tr>
<td>28th August</td>
<td>LNC U/15s Basketball</td>
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<td>3rd - 6th September</td>
<td>Combined High School Athletics Homebush</td>
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<td>16th September</td>
<td>Year 12 Farewell Social</td>
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<td>17th September</td>
<td>Year 12 Breakfast and Final Assembly</td>
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<td>19th September</td>
<td>Last Day Term 3</td>
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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. 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.
Justin Matters is a graduated professional film maker who completed his HSC at Nambucca Heads High School in 2010. He currently works at J.M.C Academy in Sydney as a creative video producer. Recently Justin was nominated at the annual ‘Screen My Shorts’ film festival for five awards including - Best Director, Best in Editing and Best Documentary for his film “Sanctuary” based on Homelessness. He will be travelling across Europe in 2014/15 participating in the first global interactive film project working alongside famous directors such as Mona Marlowe, Jonas Akelund and Steven Klien. Justin was lucky enough to have had great mentorship from teachers such as Nigel Hazelwood, Paul Webster, Angela Tate and Kerry Dedman who all steered him onto a great work ethic path! His installation ‘Don’t Hold the Wall’ will be featured in Paris’ The Lourve from November to January. His latest music video was filmed in Nambucca Heads and can be viewed on YouTube under the title ‘As Seen on TV’. Justin encourages everyone with any kind of dream to study hard and apply themselves and you will be able to achieve anything you want to. ‘Don’t just chase the dream, reach out, tackle it and become it’.

On Tuesday 12th August Year 11 Art students travelled the short distance to Hungry Head to visit David Bromely an amazing printmaker, graphic artist and painter who lives and works there. Our students witnessed how he cuts and prints his lino blocks as well as how he draws his satirical cartoons for newspapers worldwide. They also had the opportunity to question him about his ideas. The students (and the teachers) were amazed to learn that a drawing he creates in Hungry Head on a weekend can be influencing world opinion the next week. The staff and students would like to thank David for being so generous with his time, ideas and knowledge of the art world. Seeing how people can work with various art forms first hand is a wonderful learning experience for our students.

The girls in the Under 14’s Netball team travelled to Macksville on Friday 15th August to take on the very strong Macksville girls. Unfortunately the girls didn’t have a lot of training as a team leading up to the game, however, most were familiar with each other from the Saturday competition. The girls didn’t get off to the best of starts, which was unfortunate as from the second quarter they played quite well. Three new girls to the school, Pyper-Rae Wagstaff, Brooke-Lynne Capell and Peka Wikaira-Pehiriri (who is only 12) played some great Netball and melded with the rest of the team very quickly. Our shooters, Jaya Hastings and Zoe Baxter had an amazing game considering the Macksville defense were much bigger girls. From the centre position Xanthe Ronan and Molly Langley were very fast around the court proving to be very evasive. Peka and Brooke-Lynne did a great job at feeding our shooters. Our two defenders, Pyper-Rae and Jemima McKinney came up with fantastic intercepts and deflections. The girls put in a top performance but were unlucky on the day going down to a much bigger team from Macksville. Thank you to Tahnee Milgate for coaching and umpiring, Michael Ronan for helping with transport and Ms Pat Nichols for organising the girls and the game. Ms Nichols can see the potential of these girls and is looking forward to the Under 15’s carnival next year.

Brooke-Lynne, Peka, Molly, Jaya, Jemima, Pyper-Rae
Tahnee, Xanthe, Zoe
A large contingent of students from Nambucca Heads High School attended the North Coast Athletics Carnival held in Coffs Harbour on Friday 1st August. Competing in various events all students performed admirably both on and off the field. Two of our students broke records, Jayde Hill in the 5000m Race Walk and Savannah Peterkin in the Long Jump. Twelve students, Georgia Dent, Zane Elphick Ttooulou, Samuel Grant, Jayde Hill, Ethan Hocking, Shantahla Jarrett Marks, Olivia Langley, Mercedes Peterkin, Savannah Peterkin, Jacob Phelps, Te Okeingaroa Wikaira-Pehiriri and Charlotte Williams have now qualified to compete at the State Championships to be held in Homebush in September. Congratulations, the whole school community wishes you best of luck in Sydney.

Year 12
Year 12 have now finished their trial HSC Exams. Students should now 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. For more information please go to the following sites:


UNE representatives visited our Year 12 students on Thursday 21st August to discuss issues like Early Entry, Scholarships and Accommodation. SCU will also be visiting on Tuesday the 26th August.

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

Year 11
Students were interviewed last week to give guidance about their HSC subjects. After Term 3 students will commence the HSC Course work and may consider changing their course of study by dropping units where applicable. Students are encouraged not to make a rushed decision. Around 1/3 of HSC students study 12 units in Year 12 (you are required to do 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.

Year 10
Students are reminded that their Work Experience needs to be finalised. Any students who have not organised this needs 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.

The Science Department are recycling batteries. Please send in any used batteries and place them in the bin in the Science Staff Room where they will be disposed of in an environmentally friendly manner.
The “Op Shop” social held on Tuesday 5th August was yet another successful event organised by our SRC. Approximately 180 students attended the social. There were some great outfits on the night. Prizes were awarded for Best Dressed and the winners were: **Year 7/8** Billy Robertson, **Year 9/10** Haydn Shannon, **Year 11/12** Dakota Edwards, Limbo Buster Faulkner and for the Group The Spice Girls. It was fantastic to have some international guests for the night. Nearly $200 was raised on the night which will be used by the SRC for ongoing projects. The SRC would like to thank all staff members who attended the event and helped out on the night. Also, a big thank you to all students on their behavior.

The most recent photography competition brief was “Smiles”. With a number of beautiful smiles submitted it came down to the final minutes of being able to enter before the winner was selected. A great photo submitted by Courtney Jarrett of Les Freeman was named the winner. As you can see it is a beautiful smile. Runner ups were: Indira Stone with a photo of Erin Wattison and Caroline Higgins with a photo of Ellie Argent. The brief for the next photography competition is “Year 12”. With our Year 12 students finishing at the end of this term it would be great to see some entries of these students either by themselves, in a group or with a younger student. Entries close at the end of Week 8, 5th September. The Nambucca Heads High School “Archibalds” competition is also running during this time. Submissions of a portrait of a staff member or a student should be given to Ms Holliday also by 5th September. There are some great prizes for the winners, and we have some wonderful artists in our school. The competitions are open to the whole school, not only the photography or art students.

Late last year the PE department decided to gather some gym equipment and put together a small gym for the students to use. They have gratefully received a number of items donated including weights, benches and rowing machines. Recently they received some good news from AMart All Sports. Through the Community Awards program the school received vouchers that allowed them to purchase new equipment. The weights machine they purchased is a great addition to the gym. The gym is setup in a new space at the back of the gym and is available for all students to use.
Our School Library is taking shape with the arrival of some new furniture. The Library has been reconfigured to include a new circular shaped lounge providing students with an area to sit and work as a group. We have also purchased two new chairs that makes a fantastic reading area. It is great to see the students using and enjoying these areas.

**Woolworths Stickers** - Woolworths are currently giving out stickers to customers that allows them to purchase Jamie Oliver products. Please collect these stickers and if you are not using them send them into school for the TAS Department to purchase items. Please place the stickers in the box in the front office. Thank you for your support.