On the 20th August the Year 10 Duke of Edinburgh group went on a three day expedition from Bellwood to Scotts Head in kayaks and the school’s new Canadian canoes. Paddling against the tide and wind and finding our way around the creek our endurance and navigation skills were tested. We eventually made our way along the creek and found an area that was clear enough to set up base camp. We unpacked our waterproof drums and dry bags holding our equipment and food and then proceeded to set up our tents. After setting up base camp there was still plenty of daylight so we made the most of it. Some kids decided to try to catch their dinner while some walked through the sand dunes to South Beach. The next day the group set off again to travel further along Warrell Creek eventually arriving at Scotts Head. Once we arrived we were lucky enough to walk to the shop and buy some real food, chips, hamburgers and various other nutritionally valuable foods. Usually on a Duke of Edinburgh expedition we are out in the wilderness so we felt fairly lucky to be able to stop in at a shop. We then made our way back to base camp and more fishing, walking and some even game enough to swim. The next morning we were up early to pack up and make our way back to Bellwood to civilisation. With the completion of this expedition the Year 10 students have progressed another step in their Duke of Edinburgh Award. A big thank you to Ms Pat Nichols and Ms Dianne Ryan for attending the expedition and also to Mr Steve Steward for taking us on many expeditions and organising the award scheme. This was a great expedition and everyone had a great time. I would absolutely recommend the Duke of Edinburgh Award Scheme to any student. It is great to get out on expeditions whether in the kayaks or walking.

Submitted by Frederick Henstock
Dear Parents and Community

This week is School Administrative and Support (SAS) Staff Recognition Week. The theme for this year is *Stepping Up to the Challenge*. Our SAS staff work throughout the school in a myriad of positions and they all play a huge part in making NHHS the great school that it is.

The NHHS community recognises and thanks the following SAS staff members for their tireless efforts: Corinne Potter, Vanessa Barbour, Gina Crooks, Susan Hamilton, Felicia Jarrett, Annette Welsh, Peter Lewis, Gayle McNamara, Lynne Neal, Mark Neal, Kim Robbins, Dianne Ryan, Barry Simmons, Ken Smith, Barry Dobson, Edrica Jarrett, Robyn Burrows, Gary Lee, Heidi Besmehn, Sharon Wilson, Brock Janssen, Jeanette Thorncroft, Leanne Johnson, Mark Duckett, Kai Lawson, Cheryl Jones, Pam Provost, Leah Lucas, Chris Lucas and Mick Guff.

At last week’s P&C we discussed the results of the uniform survey. We had over 230 people complete the survey. The results were as follows:

**Q1. Do you like the current school uniform?** 45% yes and 55% no.

**Q2. Do you think the school uniform needs to change?** 77% yes and 23% no.

**Q3. What would you like the school uniform to represent for students, the school and the wider community?** 166 responded to this question and the responses were varied. Some of the common themes were: pride, neat and tidy, modesty, respectful, separate seniors from juniors, comfortable, stylish, immediately recognisable as NHHS and belonging.

**Q4. Indicate your opinion to the following question. How important to you is the following in regards to uniform?** In terms of strongly agree respondent’s ranked comfort as the most important factor followed by availability, modesty, washability, affordability, colours, style, fabric type and variety.

**Q5. Any other comments in regards to our uniform?** This response gave all respondents the opportunity to voice their personal opinion as to the uniform and the 135 responses consequently were very varied.

I will meet in the coming weeks with the SRC to discuss these results. Early in Term 4 we hope to have the P&C and SRC meet together in order to discuss the next step in our new school uniform. I look forward to working with both the P&C and the SRC in order to come up with a uniform that both parents and students alike feel ownership of and pride in.

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:**

Congratulations to Ms. Patu and Mr. Hocking who took all of Year 11 out of the school for a getting ready for Year 12 day last Thursday. The students were given advice and tips on how to study, how to write essays, relaxation techniques, post-school study and employment options amongst other things. Well done to all of the students who approached the day with enthusiasm and maturity and thank you to the guest speakers who came on the day, especially our past students Ruth Curtis and Jake Hoban who spoke about their HSC experience at NHHS.

**Simon McKinney**
Principal

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**CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th-12th September</td>
<td>Creative Writing Camp</td>
</tr>
<tr>
<td>11th September</td>
<td>Living with Lady Macbeth Performance</td>
</tr>
<tr>
<td>17th September</td>
<td>Year 12 Breakfast and Final Assembly, Special P&amp;C Meeting 6.00pm School Library</td>
</tr>
<tr>
<td>19th September</td>
<td>Last Day Term 3</td>
</tr>
<tr>
<td>7th October</td>
<td>First Day Term 4</td>
</tr>
</tbody>
</table>
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 9 will be the use of apostrophes.

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

**Apostrophes:**

There are two types of apostrophes:

**Apostrophe for omission/contraction, for example:**

<table>
<thead>
<tr>
<th>Without</th>
<th>With apostrophe</th>
</tr>
</thead>
<tbody>
<tr>
<td>wouldn’t</td>
<td>wouldn’t</td>
</tr>
<tr>
<td>wouldn’t</td>
<td>wouldn’t</td>
</tr>
<tr>
<td>we’ll</td>
<td>we will</td>
</tr>
<tr>
<td>you’re</td>
<td>I’d</td>
</tr>
<tr>
<td>I’m</td>
<td>he’d</td>
</tr>
<tr>
<td>they’ve</td>
<td>I’ll</td>
</tr>
</tbody>
</table>

**Be careful with these words as they are not contractions:**

- Its - belonging to it
- Whose - belonging to who
- Your - belonging to you
- Their - belonging to them
- There - a place

**Apostrophe for possession:**

An apostrophe is used to show ownership. It goes after the owner’s name and before the s. With plurals, if there is more than one owner and the word ends in s the apostrophe still goes after the name but no s is added. For example:

<table>
<thead>
<tr>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>The boy’s hat</td>
<td>The boys’ hats</td>
</tr>
<tr>
<td>The cat’s bowl</td>
<td>The cats’ bowls</td>
</tr>
<tr>
<td>The car’s garage</td>
<td>The cars’ garages</td>
</tr>
<tr>
<td>The child’s homework</td>
<td>The children’s homework</td>
</tr>
</tbody>
</table>

**Remember** - you don’t use apostrophes in these personal pronouns:

- its, hers, his, ours, yours

**Its and it’s**

- Its claws were very long.   
- Personal pronoun
- It’s over there.   
- Shortened form of *It is over there.*
- It’s been a long time.   
- Shortened form of *It has been a long time.*

**PHOTOGRAPHY—OLD SCHOOL**

Year 9 Photography students took a leap back in time when they constructed a camera from plastic packaging and aluminium foil. Held Year 9 Photography students went back in time to build their own cameras. Constructed out of black packaging plastic and held together with rubber bands the cameras were a great success. Once they had taken their image they then developed the photo. It was amazing to see the photo appearing before our eyes. It was a great exercise for the students and they were amazed at how easy it was to construct a camera and take a photo.

A special P&C Meeting will be held on Wednesday 17th September. Members from the various primary schools P&C in the area have been invited. Come along and meet our committee, view our HSC D&T and Art major works. The meeting will commence at 6.00pm in the school Library.
Guide Dogs Australia

Earlier this year the SRC organised a visit from Guide Dogs Australia. Ms Kathryn Stephenz who is visually impaired came to the school with her dog Perry to explain what life is like for blind people and the help they gain from a guide dog. Kathryn explained to the students how important the work of a guide dog is. She explained how important it is not to distract a dog from its job. The presentation was humorous, but serious. She told some funny stories about getting lost and having to ring a taxi to try to find her and adding a tin of peaches to the spaghetti bolognaise. Kathryn explained how life is becoming much easier with the advancement of technology. She now has an app on her mobile phone which scans grocery items and then tells her what it is. The visit was a wonderful way for the students to gain an understanding of the everyday dilemmas vision impaired people face and how the general public can help. Guide Dogs are a fantastic organisation supported completely by public donations and does not receive any government funding. If you would like to make a contribution to Guide Dogs Australia please visit https://www.guidedogs.com.au/help-us/donate.

Onesie Day

After the success of onesie day last year, and hearing several reports of animal cruelty in the media, Nambucca Heads High School decided to raise some money for the RSPCA. The SRC asked students and staff to dust off their onesie and wear it to school for a gold coin donation, and the result was great. The SRC also held a cake stall at recess and sold sausage and steak sandwiches for lunch. It was a colourful and successful day with nearly $300 raised.

RFS Visit

On Friday 22nd August the Newee Creek Rural Fire Service visited Nambucca Heads High School to give a demonstration of fire fighting to staff and students. The display was very informative with hands-on activities allowing the students the use of the fire fighting equipment. Former staff member, Mr Neil Gerard, explained some of the techniques used in fighting fires and also spoke about the importance of fire alarms and keeping your property clear of rubbish and debris during the dry months. The SRC also had a mufti day and lunchtime BBQ raising $240 for the Newee Creek Rural Fire Service. The SRC would like to thank Woolworths in Macksville for donating all the bread and sausages for the BBQ. They have also donated fruit to the SRC which has been distributed to students during recess and lunchtimes. Their donations are greatly appreciated.

Nambucca heads High School’s Debating teams have met with mixed success during this term.

The Year 9 team, consisting of Olivia Langley, Jemima McKinney, Kiara Taylor and Hannah Bartlett defeated both Macksville High teams and had a forfeit from the Melville High team to be Mid North Coast Zone winners. Subsequently they travelled to the North Coast Debating Camp to participate in the workshops available and to compete in the finals’ series. Despite a very good effort the team was narrowly knocked out in their Inter-Zone final by Woolgoolga, who went on to win the Final of the North Coast Championships.

The Year 8 team attended the camp as well and used the experience they gained there to defeat two different teams from Orara High School. This team, with Gabrielle Hall, Flynn Franklin-Baker, Jacob Fidirikkos, Riley Hayden and Oran Muir-Wren contributing, will now debate Nambucca’s Year 7 team with a real chance of being Zone winners.

The Year 7 team of Kyah Lulham, Josie Sutherland, Ellie Gooch and Kawana Crowe have their first debate this week, a video-conference debate with Orara High’s B team and will take on the Year 8s next week.
Since 1998 Reach Out have been delivering Australia’s leading youth mental health service, making it easy for young people to get the help they need, where and when they need it.

Together with our valued supporters, ReachOut.com has helped millions of young Australians get through tough times. Despite 1.4 million unique users of ReachOut.com each year, the following statistics mean we’ve still got an enormous way to go as a community:

- 1 in 4 young Australians live with a mental health difficulty
- 75% of people with mental health difficulties will experience its onset by the age of 24
- Suicide is the leading cause of death for young Australians aged 14-25

ReachOut.com is Australia’s leading online youth mental health service. Designed to help young people under 25 stay connected and get through tough times, the service provides practical tools, forums and information in a safe and anonymous online environment.

YEAR 9 VISIT MACBETH

On Tuesday 25th August eleven students along with Mr Michael Major and Ms Annette Welsh, hopped the train and headed for Sydney Town to attend a theatrical performance of ‘Macbeth’. The train trip, although a little long, was quite pleasant with plenty of time to read, play some games or the favourite pass time for the students—eat! We arrived in Sydney on time and made our way to the YHA Railway Square where we were staying. A quick change and we were out for dinner. Pizza at the Rocks then the short walk to the Sydney Theatre Company for the feature “Macbeth”. The students, and Mr Major, thoroughly enjoyed the performance which featured Hugo Weaving in the lead role. Wednesday morning we hit Paddy’s Market for a bit of retail therapy then on the train and home again. After a busy couple of days it was quite nice to hop on the train for a relaxing trip home, although we could have done without the two hour delay on the way home. Nonetheless, these types of experiences are a fantastic opportunity for our students to not only attend a wonderful theatre performance but also gain a bit of independence and learn a bit about living in the city. A big thank you to Mr Major for organising the trip.

At the conclusion of the North Coast Combined High Schools Athletics Carnival held earlier this term Nambucca Heads High School has placed 3rd. This is an outstanding achievement considering schools participating at this carnival are from Camden Haven in the south to Tweed Heads in the north and also considering the size of NHHS compared to other schools. Savannah Peterkin was named 16 Year Girl Age Champion and Jayde Hill broke the record in her event. Congratulations to everyone who participated at the carnival.
HSC ART WORKS

Skye Benson

Keiana Bateman

Brent Russo
LIVING WITH LADY MACBETH

Year 10 Drama students will be performing Living with Lady Macbeth on Thursday 11th September commencing at 6:30pm in the performance space at Nambucca Heads High School

Tickets can be purchased from the front office and will be $6.00 for adults and $2.00 for students.

Come along and support our wonderful thespians
More photos from the recent Duke of Edinburgh expedition.