Year 10 were busy last week attending various workshops as part of the WRALS (Work Related A Life Skills). The courses offered the students experience in a range of professions that will help them gain either part-time or fulltime employment. Courses offered were—first aid, RSA, RCG, barista, boat licence, aged care, construction projects, aboriginal art, masterchef where they made a croquembouche and a textiles course where they made a tie-dyed bag. This week and next the students are out doing work experience with various employers around the area. The school would like to thank those employers in the area for taking on the students. Then in Week 10 Year 10 students will be involved in Senior School and Interview preparation. This will involve workshops such as—interview skills, police presentation, mental and sexual health, drug use and resume writing. This will finish off the year for Year 10 students. During Week 11 (14th December to 16th December) will be the attendance camp. This is a three day camp for any student that has an attendance rate of 95% with any absence explained and has actively participated in and out of the classroom. If you’re not sure if your child qualifies please contact their Year Advisor. There are only fifty places available. This camp is subsidised by the school so will only cost $25, which includes camping costs and food. This is a lovely way to finish off the school year—there is no expectation on the child at this camp—they will have the opportunity to swim, kayak, fish or just relax under the tree.
Dear Parents and Community

On Wednesday it was White Ribbon Day and at Tuesday’s assembly I spoke to all students about the White Ribbon initiative, a male led campaign to end men’s violence against women and the vision of White Ribbon that all women live in safety free from all forms of men’s violence. With Rosie Batty being The 2015 Australian of the Year, domestic and family violence has been a large part of our national conversation this year.

In particular I spoke about how sexist insults and jokes and prejudice and stereotypical put-downs are a form of violence. By not speaking up when a sexist joke or a stereotypical putdown is made we are condoning the actions of the person who has made this statement. This type of language feeds into violence supportive attitudes in our society.

People may say I didn’t really mean it but this is also an excuse made by men who commit domestic violence. I asked students to show their opposition to this behaviour by doing such things as:

- **Make your concern known using ‘I’ statements**
  - “Hey mate, that’s sexist and I don’t think it’s funny.”
  - “I think those words are really hurtful.”

Refrain from laughing when you’re expected to. This focuses on your feelings rather than criticizing the other person.

**Personalise the violence or injustice:**
Make the harms associated with violence more real by personalising them. Bring it home by asking:

“What if that was your sister / daughter / mother?”

“I hope no one ever talks about you like that.”

This prevents someone from distancing himself from the impact of his actions.

**Remind him that she has feelings and rights:**
Sometimes a simple statement is a reminder that we are all human beings and deserve to live free of abuse:

“Just like your mum or your sister, she has the right to be treated with respect.”

As part of White Ribbon Day, men are encouraged to swear the oath and let the world know where they stand. The oath is:

*I swear never to commit, excuse or remain silent about violence against women. This is my oath.*

All males on the assembly stood and took the oath. I encourage all fathers, brothers, uncles and grandfathers in our school community to do the same.

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

**Highlight of the fortnight:**

The work of students and staff at NHHS. I would like to acknowledge the behaviour and attitude of all of our students and the teaching skills of our teachers. Last week I took a call from Mr John Cochrane, an ex-teacher of the school, who has recently been in the school helping to run the HSC examinations. He had rung to tell me how well the students had behaved whilst he was here. He said that students were in class and actively engaged with their learning and he just wanted me to know how impressed he was. Well done to all.

**Simon McKinney**

Principal

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## Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>30th November</td>
<td>Year 12 Biology Excursion to Botanic Gardens</td>
</tr>
<tr>
<td>1st December</td>
<td>Year 9 History Excursion to Trial Bay Gaol</td>
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<tr>
<td>4th December</td>
<td>Rewards Excursion to Dreamworld and the Cinema</td>
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<tr>
<td>3rd—4th December</td>
<td>Year 12 Queensland University Visit</td>
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<tr>
<td>8th—11th December</td>
<td>Duke of Edinburgh Gold Expedition Nymboida River</td>
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<tr>
<td>14th December</td>
<td>Presentation Day</td>
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<tr>
<td>14th—16th December</td>
<td>Attendance Camp (qualification list on notice board outside Ms Marshall’s office)</td>
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After School Fitness Program

Teachers, Mr Aaron Parker and Ms Sarah Magill, have been running an after school fitness program for students at NHHS. The classes commence at 3.30 and finish at 4.15 and the time goes by really quickly because it’s a lot of fun. They focus on the components of fitness which are; flexibility, strength, power, endurance and speed. Tuesday’s program will now include more games and both boys and girls are able to participate on this day. At this stage, the Thursday classes are only for the guys. To attend classes like these at a gym would cost about $10 a session, these classes are free of charge and the teachers are qualified to lead the classes.

Some of the activities we do include; weights sessions, circuits, boxing, cross-fit activities, Tabata, and usually a game or two. Feel free to quiz some of the people you seen in the photo about what they think of it. It would be great to see more students attending the classes, getting fit and having fun.

Science in the Bush

Last week, ten Year 8 Science students, were lucky enough to be involved in a program called Science in the Bush. No, we didn’t go out into a paddock to do an experiment, we travelled to the University of New England in Armidale to be immersed in a day of fun filled science activities. Science in the Bush is part of a nation-wide program that encourages students to explore career options in Science.

We left Nambucca at 6.30am sharing a bus with twenty Macksville High students. It was very quiet on the way up. This may have been because we were still half asleep or we were concerned about being outnumbered by Macksville. When we arrived at the University we met with the other 600 students from around the region and our UNE tour guides.

Out of the twenty possible activities we participated in an Astrophysics lecture, a Sports Science experiment, Chemistry experiments and a session on Injuries and wounds. The Chemistry Lab was spectacular because of the colourful reactions and the use of liquid nitrogen but the wounds session gave us a chance to demonstrate our creativity. We also learnt that there are a wide variety of career and research options in Science.

A fun and educational day was had by all. We even developed friendships with the Macksville students. The trip home was very long due to an unfortunate road accident but nobody seemed to mind, as we had lots to talk about with our new Macksville friends.

We would like to thank Mrs Dedman for giving us the opportunity to be involved in such an educational and fun day.

Kawana Crowe
Year 10 students, parents and Year Advisors attended a dinner at the Nambucca Heads Island Golf Club on Thursday 19th November. It was a beautiful evening with the students scrubbing up quite nicely. It was a great way for them to finish their junior high schooling. It is now only two years before they will be doing their HSC—and look how fast the last four years have gone.