Another year has come and gone in the blink of an eye. It has been, yet again, another very busy year with students completing assignments, entering academic and sporting competitions and making many trips to various parts of New South Wales, Queensland and even to Europe. The Duke of Edinburgh expeditions were many this year. Students made their way through rugged terrain, along beautiful coastlines and down some challenging rivers. There are now ten students waiting approval for their Gold award and seventeen on Silver level. They have had an extremely successful year this year. We also staged the very successful musical, Back to the Eighties, which was enjoyed by the whole community. One of the nicest comments to come out of the whole experience was “I got to know students from all other years that I’d never spoken to before”. This truly was a whole school production with input from every faculty. On Friday 4th December, students attended their Reward Excursion. Some travelled to Dreamworld on the Gold Coast, which from all reports was a fantastic day out. Others visited the cinema in Nambucca Heads. They too enjoyed their day out coming back to school laughing about the movie. It is so wonderful to see students from all age groups enjoying each other’s company. To finish off the year students who have 95% attendance and are actively involved at school are eligible to attend an attendance camp at North Beach Caravan Park. This will be held on the 14th, 15th and 16th December. The group will leave the school at approximately 12.00 after the Presentation on Monday 14th December which commences at 10.00am. Students should come to school in full school uniform for Presentation. They will be give an opportunity to change before leaving for camp.
Dear Parents and Community

This will be our final newsletter for 2015 and I would like to thank the parents and community members of NHHS for your support throughout 2015. Without your support we would not be able to achieve the great outcomes that we constantly do in academic endeavours, on the sporting field and in drama and the arts.

On Monday we will acknowledge those students who have received awards for their efforts this year at our annual presentation day. Congratulations to all of our award winners.

In this forum however I would like to acknowledge the work all our students have done in 2015. In the past week I have read all reports from Years 7 to 10 and the comments by the teachers just reiterated to me the great things that your children do in the classroom every day. As I said to the students at our last school assembly on Tuesday (8/12) the majority of students have received an exceptional report and they are to be congratulated on this.

Please read through your child’s report with your child when it comes home to you this afternoon. Have a genuine conversation about what your child’s teachers have written. Celebrate their successes and ask them what are their goals going to be in the classroom in 2016? As I constantly say to the students – my mantra- you will get out of school what you put into it.

This has been so true in 2015.

At our school assembly on Tuesday every student who was involved in the musical was acknowledged and congratulated. These students who were involved in the musical have had an experience they will never forget. In 2035 they will still have vivid memories about Back to the 80’s and the fun they had and friendships they made.

On Tuesday’s assembly we also had our regular Duke of Edinburgh update where the Year 9 students talked about their 70km trek through the wilds of Washpool National Park. This program certainly takes our students out of their comfort zone and makes them achieve things they would not have thought possible. The experiences for these students will also be something that they will remember for the rest of their lives.

NHHS will provide your child with great experiences both in and out of the classroom. Please encourage your child to take up every opportunity available to them.

I wish everyone in the NHHS community a happy and safe Christmas.

Simon McKinney
Principal

Calendar

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>14th December</td>
<td>Presentation Morning</td>
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<tr>
<td>14th—16th December</td>
<td>Attendance camp at North Beach Caravan Park</td>
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<tr>
<td>16th December</td>
<td>Final Day for Term 4 for students</td>
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<td>28th January 2016</td>
<td>First Day Term 1 2016</td>
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<tr>
<td>2nd February</td>
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<td>3rd—5th February</td>
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<td>10th—12th February</td>
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MERRY CHRISTMAS
This year we entered two teams in the Premiers Debating Challenge—one from Year 7 and one from Year 8. They met with mixed success.

The Year 8 team consisted of Elly Gooch, Isaac Jones, Kyah Lulham and Josie Sutherland, with Kawana Crowe filling in as a reserve. Unfortunately, they narrowly lost their three debates however, this was a new combination and they took time to find their feet. Their efforts and experiences this year will see an improvement next year.

The Year 7 team—Eamon Lee, Rohan Duguid, Hannah Donnelly and Travis Hayden—achieved some better results. They defeated Norfolk Island (who were North Coast winners at this level last year), Dorrigo and our own Year 8 team to be Zone winners.

In the Final’s series they were narrowly defeated by Toormina in the first round. Each member of this team showed fantastic ability and promise. The experience they have gained this year and their success should hold them in good stead for 2016.

Bill Richardson

On Sunday 29th November a group of NHHS students, Ms Amanda Midson and I travelled to Coffs Harbour to contend the inaugural Dye Hard Fun Run. Dye Hard Fun Runs are held all over Australia and raise much needed funds for charities. The event in Coffs Harbour was supporting the McGrath Foundation. The event consisted of a 5 kilometre course around Coffs Harbour Jetty. Coloured powder is sprayed throughout the course at a number of colour stations. It is blown in the air, sprayed or squirted from bottles. Nothing hurts, nothing but a rainbow of colour for you to walk, jog or stroll through. There were multiple colour zones. At the start of the ‘race’ everyone was given a sachet of colour and at the end of the event everyone got together and sprayed their sachets into the air. It was a great way for the event to finish. I thoroughly enjoyed taking the students to this fun event and hopefully they will attend again next year.

Mr Aaron Parker

BEFORE

Indianna Naylor, Kawana Crowe, Kaylah Naden, Brooke Elphick, Luwarna Cohen, Amber Jenkins, DakirraWilliams, Adam Cross, Amanda Midson, Aaron Parker

AND AFTER

Josie Sutherland, Elly Gooch, Isaac Jones, Kyah Lulham, Kawana Crowe
We knew this was going to be one of the hardest expeditions we would do for our Duke of Edinburgh experience so before we left we had to plan what we would need to take with us. Top of the list was good nutritious food that was light and easy to cook. We had to plan for all weather conditions, however, clothing still had to be minimal.

Day 1: We arrived at our starting point, Coachwood, at 11.30am and went for a swim, got all our equipment and started walking out of the rainforest. We walked 12 kms when we reached Grassy Creek camping area where we set up camp. The next morning we left early to walk up Haystack Mountain which was a very steep climb and we had to walk through thick scrub. When we reached the top we over looked Gibraltar Range. After that we had to walk another 10 kms to Boundary Falls where there was a toilet (yay), and everyone had a swim in the beautiful cold water. We then had to walk another 12 kms to Surveyors Creek. We slept on the track because there was no campsite. This was our longest and hardest day consisting of 23 kms.

Day 2: We woke up early this morning to get moving to go to Dandahra Crags. That is where we climbed up steep granite rock faces. After a large hike to the top there was a lovely view that was well worth the walk. After that we had to keep moving to our next lunch destination. After a long, hot but peaceful walk we got to a massive swimming hole that we called the “Olympic Pool Swimming Hole” where we had a swim. Some people went a little astray however, we did find them and continued on our walk to our “campsite” in Fern Gully. We arrived to our coordinates, however, we were confused because there was no campsite. We waited for Stewie (Mr Steward) to arrive to see where we were camping. He said, “right here on the track”. Although there were no campsites and it was filled with flies and ants there was lovely running water, beautiful nature and millions of fire flies that lit up the night sky like stars. All up it was the best last night.

Day 3: We woke up to Stewies famous Rooster call at 5.00am. We all got going early because we were excited to go home. For 1.5 kms we climbed up a slight incline but from there it was all down hill. We got back to a tar road and entered into where we started, Washpool National Park. It felt like a real accomplishment having completed a loop of the National Park. We waited for the bus to come and on the way home we had Subway in civilisation. All up it was an amazing trip and experience. It was a large group on this expedition. We would like to thank all the teachers who came along with us—Ms Herdegen, Mr Parker and Ms Dennis. Also a big THANK YOU to Stewie from everyone who is involved in the Duke of Edinburgh Award Scheme. He organises incredible expeditions and takes us to some amazing places that we may never have seen. We all had a great time through the blood, sweat and tears.

Caroline Higgins, Ellie Argent

This year has been an outstanding year for the Duke of Edinburgh Scheme at Nambucca Heads High School. Currently we have seventeen students on Silver level and ten students will hopefully achieve Gold level early next year. We have had expeditions to the Bellinger River for three days whitewater training, a four day walk on the Emu Track, Washpool National Park, four days to the Nymboida River whitewater rafting, Guy Falkes five day expedition and kayak training on the Nambucca River. I would like to congratulate all the students who are taking part in this program. It is very challenging and each are to be congratulated on their achievements. I look forward to more expeditions in 2016.

Mr Steven Steward
Nambucca Heads High School Philosothon teams participated in this year’s Philosothon hosted by Bishop Druitt College. NHHS has participated every year since 2012 and our number of participants swells each year as the students share their experience and enthusiasm for the event with their peers. This year we fielded three teams involving eleven students, from Year 8 through to Year 11. With one hundred students participating from ten schools, this contest of minds drew students from across the region to compete in a Community of Inquiry into important philosophical and ethical issues. This year Flynn Franklin-Baker in Year 9, was awarded the medal for Spirit of the Philosothon in the Junior Division, an excellent achievement. Elly Gooch in Year 8 was also commended on her excellent results, ranking 6th in the Junior Division and missing out on an award by a single point! Congratulations to all the students on their efforts.

Mrs Amanda Taylor—Coordinator

Sporting and Community Notices

SCHOOL HOLIDAY ACTIVITIES
FISHING @ Bellwood 9am – 2pm Wednesday 13th January Fishing workshop for 8-16 year olds presented by NSW Fisheries Includes rod, reel and tackle box to take home. Lunch included FREE – Places Limited Bookings Essential Contact Reno French at Council on 6568 0225
SCOTTS HEAD BEACH DAY 9am - 2pm Friday 15th January Day at the beach for 11-16 year olds; includes surf lifesaving activities Contact Paul at Council on 6568 0254
WATERWAYS 2 day program presented by Trent Munro and the YMCA Monday 18th & Wednesday 20th January Age: 12-15 years Water and surf skills, paddle board lessons and other activities Pool, river and beach. Lunch included CANOEING @ BOWRAVILLE FREE – Places Limited Bookings Essential Contact Naj at Council on 6568 0255 Lunch included FREE – Places Limited Bookings Essential Thursday 21 January Age: 12-16 years Canoeing on the Nambucca River, lunch included FREE – Places Limited Bookings Essential Contact Paul at Council on 6568 0254
INDIGENOUS LEARN TO SWIM PROGRAM Presented by YMCA 18 – 22 January Free. To book a place contact the YMCA on 6568 1445 Age: 2 ½ -10 years
EVENING FAMILY FUN AT THE POOL Cost $5 per child for all activities including all inflatables, face painting and slide. $2 per adult. Half of all proceeds go towards the Swimathon. Wednesday 6th January from 5-8pm @ YMCA Macksville Memorial Aquatic Centre

For more information and consent forms go the Nambucca Shire Council website www.nambucca.nsw.gov.au

VALLA BEACH COMMUNITY CAROLS
Valla Beach Community Association invites you to come along to this event on Friday 11th December commencing at 6.00pm at the Valla Beach Reserve (Lion’s Park). Food will be available for purchase or you can bring a picnic. Pre-carols entertainment will be provided by the Macksville Primary School Circus Troupe. Santa will make an appearance at the evening will culminate with a display of fireworks. Glo-Candles and Glo-Sticks will be available for purchase at the event and song sheets will be provided.

Make this a date in your diary to get you off to a good start for a great Christmas season.

Nambucca Heads High School wishes you a very Merry Christmas and a safe and happy 2016
The NSW Government’s “Youth Frontiers” mentoring program is an electorate based program that focuses on leadership and civic engagement. It targets Year 8 and 9 students with the capacity to benefit from having a mentor. This year I was lucky enough to be selected for Nambucca Head High School so I put my application in and was accepted. The program was for six months (it went very quickly) with fifteen one on one sessions and fifteen hours in group sessions that included other kids from Macksville, Bowraville, Bellingen and another two students from NHHS. Around twelve hundred young people in NSW have the opportunity to participate and I highly recommend you do. I have learnt so many new skills like organisation, leasing and communication as well as getting a greater understanding of how Nambucca Heads community council works. I also recommend putting yourself out into the community and giving a helping hand, you never know what you will get out of it.

The aim of this program is to create a community project with your mentor that you are paired with at the orientation workshop. I was lucky enough to have the Nambucca Shire Mayor Rhonda Hoban as my mentor. I recognised that there was limited seating in parts of the Nambucca alley and wanted to address the issue. So Rhonda and myself went through the process of locating a possible position for the seats. We also had to look for financing for the program as there was no funding available in the program.

Last month was the showcase of the results we achieved from the program—personal achievements and project achievements. The seating will be installed on the Northern end of the V-Wall soon!!!!! Enjoy everyone!

Some Year 8 students have expressed an interest in getting involved next year. I would highly recommend this program.

Caroline Higgins

I participated in a program called ‘Youth Frontiers’, this project is to help the community. I had a mentor to help guide me through the six months of mentoring sessions in the school Library. My mentor, Mrs Jill Andrews, and I organised a ‘Nambucca Clean Up Day’. We started from Gordon Park to Wellington Beach. Thanks to the help of thirteen great people who participated they found so much rubbish in total four big rubbish bags were full. We found glass and plastic bottles, MacDonalds packaging and much more. I presented Nambucca Clean Up Day as my project on presentation day at the Nambucca Heads RSL Club. I presented my project as a slideshow for all the guests to view. There was a large number of people looking at all the projects that were being presented. Each guest was asked to give each student feedback on their project. It was all very positive. To conclude the presentation evening each of the participants were presented with a certificate for their hard work.

This was a great experience and opportunity to be involved in this program. I learned a lot about our community and met some very interesting and helpful people.

Ellie Argent

This year I participated in an extracurricular program called “Youth Frontiers”. It was the first time it was run on the Mid-North Coast and myself and two other students from Nambucca Heads High School were also selected to participate. The aim was to create and run a not for profit community beneficial program with the help of our very own mentor. My mentor was a former NHHS student, Ruth Curtis, who is currently attending university completing her doctor’s degree. At the start we decided to do a reading program. We met every week until a syllabus and goal was completed. At the end of the program we had a showcase and presentation to show our progress. I found the program extremely rewarding and would encourage anyone in Year 8 to be involved in this program.

Brooke-Lynne Capell
Earlier this year Mr Gary Cattanach attended a “Recognise” meeting in Sydney about constitutional change in Australia. The meeting was lead by Mr Mick Gooda, the Commissioner for Human Rights. The Recognise program is about having the Australian Constitution changed to include Aboriginal people in that document with acknowledgment, dignity and respect. After this meeting Gary was so inspired he came home with a vision to promote this change into the forefront of the Australian consciousness. He came up with the idea of building seats, which he designed, and in conjunction with Earnshaw Engineering, had the seats built by students who were completing work experience as part of their VET course in metals and engineering. It was then painted and decorated by the students and Community members. Gary has also written a song about constitutional change which he played in the Sydney Town Hall to a large audience of about seven hundred people this year. His overall vision is to have seats placed all over Australia recognising the Aboriginal people as the first Australians and to be included in our Constitution. The first seat has been installed by the students at the V-Wall in Nambucca Heads.