Hannah Donnelly - Year 7

Last Monday we went to Bonville for our Year 7 Peer Support Camp. We were split into three groups and began with some bonding games that were really awkward. The Commando Course was fun, but torturous at the same time. Some groups had to carry a rope and others had to swim in the mud. The Giant Swing was ten meters tall, but from the top it looked a lot further, almost everyone got a wedgie from the harness and the last group got rained on. Once it got dark we played ‘Capture the Flag’, boys verse girls. The girls won, but according to the boys they cheated! When we all went to bed everyone talked and almost nobody got any sleep. When we went bushwalking we all got eaten alive by mosquitoes. We also had a fashion show on Monday night where we chose a model and made an outfit for them out of newspaper. Most of the boys dressed as girls and one team made a devil. The Year 7 Peer Support Camp really helped us get to know each other, and all it cost was an old set of clothes.

Rohan Duguid - Year 7

Last Monday, Year 7 and some Year 10’s went to the Bonville Adventure Centre for an overnight excursion. We did lots of activities on the camp…… sleeping was not one of them. We were split into three groups to do the activities. My favourite activity was the Giant Swing. You get strapped into a harness and pulled up 10 metres. It doesn’t look that high from the ground, but when you’re up there you start to have second thoughts. When you pull the string, you don’t expect to drop SO fast. For the first five seconds after stopping, it felt weird to be back on stable ground. We also did the Commando Course. This was a mud filled, crazy course with steep hills, monkey bars and rock walls. It was raining at the time we did it, so it made it a lot harder and a lot muddier to do. We went swimming in a pool. It was the afternoon when my group went, it was sunny and the pool was very warm and relaxing. Lastly, we played ‘Capture the Flag’ at night. It was boys verse girls. I remember waiting for the perfect moment to dash for the flag…… only to be tagged straight away (that was a bad move). All in all, it was a fun camp and I would do it again, just with a bit more sleep.
Dear Parents and Community

Last week Year 7 and selected Year 10 students went out for the Year 7 Camp at Bonville. Reports back from Mrs McKinnon and Ms Dennis were that it was a very successful two day camp and thank you to all involved. On Wednesday Mr Gilbert and Mrs Nichols took Year 10 to Hat Head for two nights for a study camp. This too was a successful venture and the Year 10s have come away with some good tips to improve their outcomes in all courses and to start preparing themselves for the 2017 HSC.

A reminder from the maths department, **all students Year’s 7 to 10 need a scientific calculator** to access the course curriculum. If your child has not got a scientific calculator you can buy one for $22 from the front office. If you need student assistance to get your child a calculator please call the school and we will help you.

On Wednesday we had Mr Glenn Pleasance, our new Director for the Mid North Coast, in the school for his first visit. He was most impressed not only with our excellent facilities but also our superb students who were all engaged and hard at work as I showed him our great school.

On Thursday, Mr Cattanach flew down to Melbourne to accept a national education award. He was presented with the Arthur Hamilton Award for Outstanding Contribution to Aboriginal and Torres Strait Education. Mr Cattanach has been teaching at NHHS since it opened and this award is a great honour for him. Congratulations Mr Cattanach on receiving this prestigious award and thank you for all you have done for Aboriginal and non-Aboriginal students at NHHS.

Congratulations also to Ms Morrison who has been appointed as our new school librarian replacing Mr McCollom.

If your child is in Year 8 to 12 please ask them to go through their, no doubt, spotlessly clean bedroom and return any textbooks they may have forgotten to return from last year. We are having a draw for an iPod Touch for students who have returned all of their textbooks by Monday 2 March.

I look forward to meeting our Year 7 parents at our **Meet your teachers Year 7 breakfast on Wednesday 25th February** and many new parents at our first P&C meeting of the year in the school library at 5pm on the evening of the 25th.

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:**

Have you seen our school bus ad? The bus is on the 358 route - Macksville, Nambucca, Valla, Urunga and Bellingen return. On our bus we have four photos of what we provide at NHHS – **engaged learning** – the boys in Art, **exceptional facilities** – our fresh new library and our outstanding Trade Training Centres and the opportunity to challenge yourself with our Duke of Edinburgh scheme. Keep an eye out for it, it looks great. Thank you to Jacob, Sam, Issac, Jayde, Georgia, Connor, James, Natalie, Indira and Lucas for being our model students.

Simon McKinney  
Principal

### CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>24th February</td>
<td>Bangara Dance, Lions Youth of the Year Speaking Evening</td>
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<tr>
<td>25th February</td>
<td>Year 7 Breakfast 7:30am, P&amp;C Meeting 5:00pm Library</td>
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<tr>
<td>26th February</td>
<td>Film Workshop, Learner Driver Workshop School Library.</td>
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<tr>
<td>26th—27th February</td>
<td>ArtExpress Sydney</td>
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<tr>
<td>3rd March</td>
<td>U/15s Zone Touch Football Bowraville</td>
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<tr>
<td>5th March</td>
<td>Regional Swimming Carnival Lismore, Year 7 Vaccinations (Year 8 Catch-ups)</td>
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<tr>
<td>6th March</td>
<td>Vaccinations</td>
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<tr>
<td>9th March</td>
<td>Zone Rugby League Trials</td>
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**The annual Year 7 Breakfast will be held on Wednesday 25th February. All parents and carers are welcome to join with their child to meet the staff at Nambucca Heads High School. The breakfast will be held in the TAS Quadrangle from 7.30am. It will be hosted by Year 7 Year Advisors Ms Kristle McKinnon and Ms Ellie Dennis. Please join us for a lovely morning.**
Congratulations to these students on becoming Age Champions for 2015. Trophies will be presented at our Annual Presentation Day. Max Galo had a big day. Not only is he the 16 Year Boy Champion he broke the record in the 50m Butterfly which had stood for 20 years.

**2015 SWIMMING CHAMPIONS**

<table>
<thead>
<tr>
<th>AGE</th>
<th>FEMALE</th>
<th>MALE</th>
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<tbody>
<tr>
<td>12</td>
<td>Isabella Ronan</td>
<td>-</td>
</tr>
<tr>
<td>13</td>
<td>Charlie Dent</td>
<td>Bradley Stone</td>
</tr>
<tr>
<td>14</td>
<td>Alex Cowan</td>
<td>Kane Galo</td>
</tr>
<tr>
<td>15</td>
<td>Xanthe Ronan</td>
<td>Jacob Fidirikkos</td>
</tr>
<tr>
<td>16</td>
<td>Annabelle McCullagh</td>
<td>Max Galo</td>
</tr>
<tr>
<td>17</td>
<td>Shani Langford</td>
<td>James Weimer</td>
</tr>
</tbody>
</table>

**CANTEEN 2015**

We would like to introduce ourselves as the new operators of your Canteen at Nambucca Heads High School. Our company is a long established catering operation which diversified into school canteens in Sydney eleven years ago where we operate in both high and primary schools. We are also residents of the Nambucca Valley and have our own farming enterprise and are very involved in the local community. As operators of your school canteen we will deliver fresh and interesting foods to the students and staff. We appreciate the maturing palates of high school students and will work with you to provide healthy, tasty home-made foods. A copy of our menu was given to students last week. If you didn’t receive one please ask at the front office for a copy. You can also find the menu on the school website. Come and make yourselves know to Jenny, Susie and Di.

**ONSTAGE 2015**

Two of our students, Jayde Hill and Hosannah Launt, along with staff member Ms Catherine McSkimming, combined with students from other high schools in our area travelled to Sydney to attend “OnStage” which is a performance of some of the best Year 12 2014 drama HSC Individual Performances. They are selected from around the state. The performances provided an amazing diversity of styles from many different schools. It was extremely inspiring and stimulating for our students. Hosannah and Jayde also attended the Australian Theatre for Young People monologues, “Between Us,” from which they have chosen scripts for their own HSC Drama performances later this year. They were also lucky enough to enjoy a motivational session with actress Jean Kittson, have a backstage tour of the Sydney Theatre Company, a workshop with Bell Shakespeare Company and also attend a performance of “After Dinner” by Andrew Bovell. It was a very busy three days which included travel to and from Sydney. Ms McSkimming, Jayde and Hosannah had a fantastic time attending shows and enjoying the company of some new friends. For any student studying drama this is a wonderful excursion for them to attend as it can highlight many different types of acting and also give them some experience with highly qualified professionals.
We have had a number of enquiries regarding school contributions at NHHS for the 2015 school year. Individual invoices are currently being processed and will be sent to parents/carers in the near future. Enclosed in this newsletter is a list of all fees. We would like to thank you for your contribution to NHHS as these funds are used to improve the learning outcomes of students.

**APPLYING FOR SPECIAL PROVISIONS—HSC**

The Board of Studies has a program to help students with practical support in their Higher School Certificate examinations. This practical support, known as provisions, assists students to read examination questions and to write their answers. Provisions include rest breaks and extra time.

**Students may need provisions for:**

- a permanent condition, such as diabetes or a reading or writing difficulty
- a temporary condition, such as a broken arm, or
- an intermittent condition, such as back pain when sitting for long periods.

Provisions help students to show the markers what they know and can do.

To apply for provisions, the school submits an online application to the Board of Studies. This application tells us which provisions the student is requesting and includes recent evidence. Evidence may include medical reports, reading results, spelling results, writing samples and teacher comments.

Much of the evidence can be collected by the school, but the parents’ role is welcome and needed. Parents help by talking with the school, describing the student’s needs, and providing the school with medical or other reports.

Applications for provisions should be submitted by the school to the Board of Studies by the end of Term 1. Late applications are accepted for an emergency, such as a broken arm, until the time of the examinations.

Once the Board of Studies has made a decision about which provisions are approved or declined, a decision letter is provided to the school. The school will provide the student with a copy of the letter.

**If you think that your child may require support in completing the Higher School Certificate examinations, please discuss the matter with one of the Year Advisers or Rod Cross, Head Teacher Support.**


**GIFTED AND TALENTED PROGRAM**

This year students will have the opportunity to extend themselves through a range of school based and extra-curricular activities. These will include activities to encourage students to think outside of the square by linking into existing programs such as Tournament of the Minds, Science and Engineering Challenge, Australian Problem Solving Maths Olympiad and other externally run competitions that will be announced later in the year. Students may be nominated by themselves, their teacher or their parent. In the table below are the first of the competitions students can be involved in. The Australian Geography Competition is conducted in three age levels with a $3 entry fee. It will run for thirty-five minutes and is multiple choice questions. The Great War and Me can be an essay, video or artwork. You can only enter one category. Entries should tell the story of the life and experiences of a soldier, pilot, sailor, nurse, medic or even an animal that served in the Australian Armed Forces in the Great War of 1914-18. Mr Elsley has more information on the Geography and Great War competitions. Or for more information on any of the competitions please see Mrs Nowland and keep an eye on future newsletters for details on each of the activities.

| Competition                  | Years | Closing Date | Format                                                |
|------------------------------|-------|--------------|                                                      |
| Australian Geography Competition | 7-12  | 27th February | Multiple Choice Questions                             |
| Australian Problem Solving Maths Olympiad | 7-8   | March        | One Hour preparation each week leading up to Olympiad Questions during Terms 2 and 3 |
| The Great War and Me         | 7-10  | 12th April   | 500 word essay, two minute video, artwork             |
CAREERS

Year 12
Throughout this year, students in year 12 at Nambucca Heads High School will be given the opportunity to participate in activities and excursions that assist them to understand the range of employment, TAFE and university options available to them upon completion of secondary school. The excursions and activities below are a sample and additional opportunities will be promoted throughout the year.

University Roadshow:
Representatives from Southern Cross University, Charles Sturt University and University of New England will be visiting Nambucca Heads High School on Friday 6th March from 9:15am – 10:15am to talk to interested students about career, course and campus options. The event will be held in the staff common room and is open to all students in Year 12. See Mr Horan to register.

University of New England Excursion
Careers Advisers from the Coffs Harbour district will be conducting an excursion to the University of New England Schools Open Day in Armidale on Friday 1st May. This excursion is a valuable opportunity for students to get a feeling for the university campus, investigate possible course and career opportunities and to look at the on-campus accommodation. Cost is approximately $20 per student and places are limited.

University of Newcastle Excursion
This one day excursion is a valuable opportunity for students to get a feeling for the University of Newcastle campus, investigate possible courses and career opportunities and to look at the on-campus accommodation. Cost is approximately $40 and places are limited. This excursion is due to be held on Thursday 25th June.

Post Options Expo
All Year 11 and 12 students are given the opportunity to discuss post-school options first-hand with representatives of Universities and TAFE Colleges from both NSW and Queensland in addition to Private Colleges and employment originators/providers. This excursion is held at the Coffs Harbour Education Campus on Wednesday 22nd July. Entry is free and ALL Year 12 students are encouraged to attend this informative event.

Applying to University
The application process for university entry for 2015 opens in early August of each year and closes on 30th September. University applications are overseen by different organisations depending upon the location of the university. For NSW universities UAC http://www.uac.edu.au/ is the governing body and QTAC http://www.qtac.edu.au/ for Queensland based universities. Most courses require students to be eligible for an ATAR as part of their senior school studies. Applications must be submitted online. Approximate cost to apply is $30 per person. UAC and QTAC course hard copy guides will be available to students in early August.

Applying to TAFE
Many students will consider a vocational pathway upon completion of their HSC. North Coast Institute of TAFE offers a wide range of course options with flexible delivery. TAFE course booklets are available to students in late August and full details are provided on their website http://northcoast.tafensw.edu.au/Pages/Default.aspx TAFE prefers applications for 2016 study to be submitted by the end of October 2015.

What Next?
Year 12 students will be surveyed and interviewed throughout 2015 to gain a better understanding of their post-school intentions. Students and parents are welcome to make an appointment at any time with the Careers Adviser and take the initiative in planning their future. Should you have any questions about any career related aspect for your son / daughter, please feel free to contact me on 02 6568 6777. Additional information can also be obtained from the School Careers Website. www.nhhs careers.com.au OR www.jobjump.com.au/

Year 11
Year 11 are finalising their subjects with students being allowed no more subject changes after this week. Pupils studying a TVET Course will be able to adjust their study program after this week (for most students this will involve “dropping two units or one subject). Also no more TVET course applications will be allowed by TAFE (i.e. studying a TAFE course at a TAFE Campus).

Year 10
All students in Year 10 are being asked to organise their work experience for Term 4 now. Pupils need to submit their paperwork for the first week (23rd – 27th November) by the end of this Term. Paperwork for the second week (30th November - 4th December) is due the end of Term 2. Work experience is a very important part of a student’s time at school. They may decide to pursue a career seriously or even get offered part-time or full-time employment. Parents please support this program by ensuring that your child is actively organising their experience as soon as possible.

Also those students who are wishing to attend the Sydney Careers Excursion will receive their initial information outlining cost and the program very soon. Parents and students also need to be aware of the behaviour, attendance and uniform requirements. There will be information regarding these requirements included with the information package.

Mr Horan - Careers Adviser

The first of the vaccination days will be held on Thursday 5th March. Forms have been handed to students in Years 7, 11 and 12. Please return these forms to the front office by Monday 2nd March, 2015.
**Beaches Netball**

Beaches Netball Club will be holding a sign on day on Saturday 2th February from 9.00am—12.00pm at the Nambucca Heads Plaza. Any interested player from 5 years of age can register. There has also been some interest in getting a Ladies team together so if you are interested in playing go along, everyone is welcome. **For further information please contact Meg 0402788382 or Tilly 0407455873**

**Scouts**

**Scouts** is for kids aged 10 ½ to 15 years. If you are younger you can come join the **Cubs** section—aged 7 ½ to 11 years, who meet on Thursdays from 5.30pm to 7.30pm - or if older, the **Venturers** section—aged 14 ½ to 18 years, who meet on Wednesdays from 6.30pm to 8.30pm. **Want to know more? Call our Group Leader Anissa Ruitenber 6569 6157 (ah) or 0417 448 204. Visit [www.nambuccavalleyscouts.org.au](http://www.nambuccavalleyscouts.org.au) for more info!** Why not contact us now to find out how to get started - we offer a four week try out period for a single payment of $30 (which provides insurance cover).

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**Year 10 Science students are reminded that their Individual Research Project in due very soon. Important dates to remember are: 27th February the Preliminary Report is due and 23rd March the Report and Log Book are due to be handed in to Mrs Dedman. It would be appreciated if parents/guardians could talk with their child about this project to ensure it is completed by the due date. This project is a major part of their assessment.**