15th May, 2015 ISSUE NO. 6

DUKE OF EDINBURGH—EMU WALK

On the 4th of May, twenty-one Year 10 students, accompanied by four teachers headed to Sandon River to embark on their last trial expedition for the Duke of Edinburgh Award. Once we arrived at Sandon, we faced our first challenge, which was crossing a river, luckily a friendly gentleman named Rob (not the dentist) assisted us across in a boat. After that we broke off into smaller groups, and each group explored different ways to reach our first destination, Illaroo, where we camped for the first night. With our trusty GPS’s we each made our way along the beach or a bush track. After setting up our tents we were ready for the evening. Early next morning, we departed on the second leg of our journey which took us to Diggers Camp. On the way we stopped at the Minnie Waters Store, to have a quick ice cream, and soft drink refresher (which isn’t really in the rules but it was soooo good). This leg of the journey we were surrounded by beautiful scenery as we made our way along the beach. The third day proved to be the hardest day, with a 20km walk from Diggers Camp to Pebbly Beach, which also included a 3km river crossing at the halfway mark, Wooli. After the river crossing, we were faced with a rocky and steep coastline to walk along, and when we weren’t walking on rocks, we were walking on soft, rocky sinking sand. When we arrived at the camp, Pebbly Beach, we were all exhausted and most of us just wanted to sleep. We had never been happier to see a tent and a sleeping bag.

The last day was fantastic, we got to sleep in seeing as we only had a short 2km walk to meet the bus.

We walked a total of 55km over 4 days, which was a massive achievement for us all as we had to carry our packs with our tents and food in them for the four days. A big thank you to Ms Nichols, Ms Dennis and Ms McKinnon for coming along to make sure we were all OK.

We would also like to thank Stewie for making this trip possible, and providing an amazing expedition along the Emu Track through the Yuragir National Park. Submitted by Kiarra Taylor, Thomas Barbour, Xanthe Ronan, Olivia Langley
Dear Parents and Community

Last Thursday we were visited by two ex-South Sydney NRL players, Nathan Merritt and David Peachey, who spoke to Year 9 and 10 students about domestic violence and how the students can play their part in ridding our society of it. The Nambucca Heads Local Government Area is ranked 33 out of 150 in NSW for domestic violence and Nambucca Heads High School is proud to support the Nambucca Roosters RLFC as they take a stand against domestic violence as part of the NSW Government’s Tackling Violence program.

Nathan and David spoke to the students for two periods about domestic violence, the signs of it and how to get help if you are aware of it and their message was certainly taken in by the students. Before they left David and Nathan were able to show their skills in a game of touch footy with our students and some Year 5 and 6 boys from FPVC Public School.

Mrs Waters has just returned from delivering a paper at the Protecting Children and Youth Online Conference in Sydney. The focus of the conference was sharing best practice initiatives through an education perspective, on keeping children and young people safe online.

Ms Waters delivered a presentation called “Respectful Relationships and Media Program” – now named #friends (named by students at Nambucca Heads High School). This project was initially funded by Google and trialed in the Northern Territory and at Nambucca Heads High School. The program was developed by the National Association for Prevention of Child Abuse and Neglect (NAPCAN) based on youth consultation – which said that children want to learn how to manage relationships in the context of technology not just more cyber safety.

Nambucca Heads High School was the only public school Australia wide chosen to present during the conference. Congratulations to Mrs. Waters on being selected for this prestigious event.

As always please contact the school if you have any questions about your child’s education.

HIGHLIGHT OF THE FORTNIGHT

Sophie Blair receiving the Public Education Foundation’s Mamma Lena & Dino Gustin Foundation Scholarship to Rome for a five week intensive Italian language course at the end of the year.

This takes to three the number of students who have received a Public Education Scholarship after Ellie Argent and Genevieve Gardner won The Harding Miller Foundation Scholarships. We will report more about these three young ladies after they have been to their award ceremonies at Sydney Town Hall next week.

Mr Merritt is employed one day a week to source and then write funding and scholarship applications for our students. Please encourage your child to approach Mr Merritt when he publicises the scholarships he has sourced. As you can see we are getting students selected for these wonderful opportunities.

Simon McKinney
Principal

A reminder that now that the weather is starting to cool down the winter uniform is NAVY JUMPERS (NO LOGOS). Tights and jeans are not a part of our school uniform and should not be worn to school. Navy trousers/track suit pants are acceptable.

Congratulations to Sophie Blair, Genevieve Gardner and Ellie Argent who have all been notified that they have been successful in receiving Public Education Scholarships. The girls will travel to Sydney next week to attend an awards ceremony and be presented with their scholarship.

CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 20th</td>
<td>School Athletics Carnival</td>
</tr>
<tr>
<td>May 21st</td>
<td>Year 10 Careers Expo Coffs Harbour, Maths Olympiad</td>
</tr>
<tr>
<td>May 25th—29th</td>
<td>Year 10 Careers Excursion to Sydney</td>
</tr>
<tr>
<td>May 27th</td>
<td>P&amp;C Meeting 5.30pm School Library</td>
</tr>
</tbody>
</table>
On Friday May 8th, students from the Year 9 and 10 Marine Studies classes at Nambucca Heads High School visited Port Stephens. We left school at 5am and travelled 4 hours to our destination.

Our first visit was to the Irukanji Shark and Ray Centre, where we learned about all species of cartilaginous fish from Ryan, our host. He spoke about the general characteristics of sharks and rays and their importance in the ecosystem. We all donned wetsuits and were able to get into the pools with about 30 cartilaginous fish including Port Jackson Sharks and Eagle Rays. Our students were able to feed and touch the fish which was a real highlight. We then got into the pool with the largest ray (320kg) and again, our students enjoyed touching the ray and learning about her.

Before we left the centre we spent time feeding a Shovel Nose ray and Fiddler rays. All students thoroughly enjoyed the visit to the centre and many of them wanted to stay longer to talk to Ryan who was incredibly knowledgeable and very easy to talk to.

We then drove to Birubi Surf Club and went on a 4WD bus trip to the sand dunes for a spot of sand boarding. Our guide taught us how to sit on the board and explained the safety rules. We then spent the next two hours speeding down the sand dunes and crashing at the bottom. We all came away with faces and clothes full of sand but we had a terrific time.

We drove home that evening, arriving at Nambucca at 8pm. All students had a fantastic day and we plan to make the excursion an annual event. A big thanks to Mr Cross who drove the bus for us.

Ms Tracey Patu

---

On Thursday 7th May former NRL players David Peachey and Nathan Merritt visited NHHS and presented a workshop on domestic violence to Years 9 and 10. The ‘Tackling Violence’ program is a community education, early intervention and prevention program, to promote changed attitudes and behaviours to domestic violence in regional NSW communities. David and Nathan began the workshop showing the students an audio visual display of a lady who in her teens was attacked by a jealous boyfriend and was left with permanent injuries. David and Nathan then led the students through discussions on what domestic violence is and how they can recognise the symptoms in someone. It was an extremely informative and age appropriate workshop that the students were very involved in. David also spoke about the importance working hard and applying yourself to whatever it is you would like to do with your life. He told the story of rugby league great Arthur Beetson visiting his school and giving him the incentive to do well and achieve his goal of playing in the NRL. His goal now, through this program, is to hopefully inspire young people and help them to achieve the same way he had been inspired by someone he looked up to.

Year 9 and 10 students with David Peachey and Nathan Merritt

---

At our most recent P & C meeting, we spent a substantial amount of time viewing and discussing uniform samples from a variety of uniforms suppliers. Many ideas were discussed and choices were made concerning colours and designs for both boy and girl students. The two uniform suppliers who have shown initiative and enthusiasm towards our quest for a uniform change have received requests for further samples to be made and presented at the next P & C meeting on Wednesday 27th May. Following on from this next meeting, the P & C hopes to meet with the SRC to present and have modelled the selection of P & C uniform choices for their input and feedback. Anyone from our School Community is welcome to join us at our meetings to view and discuss the uniform choices being currently discussed for our Nambucca Heads High School students. The opinions expressed so far on the examples that have been tabled are extremely favourable. We are hoping for a change to the uniform as soon as next year. If that occurs it will be phased in over a period of time so don’t panic if you have recently purchased new uniforms, they will still be able to be worn for some time.

Our next P&C meeting will be held on Wednesday 27th May at 5.30pm in the school Library.

Alison Daley—Secretary

---

The school newsletter is available to be received via email. The newsletter in this form contains more photos and more links to educational information. If you would like to receive the newsletter via email please contact the school with your email address.
A dozen of our finest engineers took up the challenge to design and build a bottle rocket. They headed to Macksville High School to take on all who came before them (Macksville and Bellingen High). The students from different year levels combined to build the rocket which, although aesthetically looked the best (which in this world of materialism is an essential trait for design success) our entry plummeted back to Earth just short of the entry from Macksville High. Our team also collaborated to design and build two planes from Balsa wood. These “Skylap” planes were designed for speed and height. After a whirling frenzy of five laps, our planes tied for second place. The highlight of the day was the dogfight at the end. Based on the principles of a smash up derby in three dimensions our planes fought valiantly to take out their opponents by removing their tail fin. All agreed that it was a fabulous way to learn in collaboration across year groups and can’t wait for next year.

Ms Nowland

THE DA VINCI DECATHLON

Students are invited to form or join one of our teams to participate in the da Vinci Decathlon to be held at Port Macquarie on 20th and 21st July. The da Vinci Decathlon is an inter-school academic gala day designed to challenge and stimulate the minds of students. This is a wonderful enrichment activity that will require students to work collaboratively with team mates, as they solve problems and engage in a variety of disciplines including:

1. **Science** - students will be provided with higher level scientific concepts and be challenged to apply them.
2. **Creative Producers** - a sub-group from the team will have ten minutes to develop and present a 30 second commercial to promote a particular product.
3. **English** - spelling, word origins, definitions, scrabble and writing.
4. **Philosophy** - dealing with logic, observations and evidence.
5. **Mathematics** - emphasis on problem solving, number patterns and logic puzzles.
6. **Engineering** - a building task designed to test creativity and ingenuity.
7. **Art and Poetry** - the team will develop a poem plus a complimentary work of art on a given theme.
8. **Cartography** - reading and designing maps.
9. **Code Breaking** - in the spirit of World War II, students will aim to decipher several codes.
10. **General Knowledge** - current affairs, issues, history, science, entertainment, sport and world facts.

As you can see from the list of activities it is many and varied. You don’t need to be skilled in all disciplines (but if you are that’s great) because you will be in a team of students all with different talents. This will be a great day for anyone attending.

For more information see Ms Dempster or Mrs Nowland.

BACK TO THE EIGHTIES

The preparation for the musical is well under way. Sets are being built and painted, actors, dancers and bands are rehearsing and it is all looking fantastic. Don’t forget to mark your diary. The musical will commence on 19th October with several matinees and evening performances scheduled over a two week period. Tickets will be on sale at the front office very soon.
Two students, Jade Naden and Kiarra Cohen, have been selected to attend the Young Indigenous Leadership Summit. This is a week long leadership and personal development program that brings together Indigenous young people from around Australia. The summit is one of Australia’s premier youth leadership events and sees aspiring leaders from across the country come together to participate in an eight day program at Outward Bound’s National Centre in Tharwa, ACT. The girls will be involved in theory based workshops and then implement their learning’s through practical, experiential activities that will provide them with the necessary skills, resilience, confidence and self-awareness to return home with a Community Action Plan to make a difference in their local community. The summit is offered as part of AIME’s (Australian Indigenous Mentoring Experience) mentoring program which supports Indigenous students through high school and into university or employment at the same rate as all Australians. Throughout the summit Jade and Kiarra identify a community project they would like to work on when they return to school. The community project may be conducted on their own or with others around the country. Outward Bound will be supporting the girls to create their Action Plan and carrying it out. AIME program managers will assist on the ground once the girls return to their communities. This will be an extremely exciting and challenging program and we wish the girls all the best and hope they enjoy their time away.

Late last term the Year 11 Science GATS class undertook water quality testing at Bellwood. Overall the results were quite good; however, there were high levels of nitrates present in the water. The students discussed the different ways they could reduce pollution entering our local waterways. One option was to make the other students at school aware of their findings and explain to them that a lot of the pollution enters the waterways through the stormwater drains that flow straight into the ocean. They have decided that one way to raise awareness would be to write slogans on the drains at school. So, then they decided to run an in-school competition to find a slogan that can be painted on the drains at school to stop students (and staff) pouring anything other than rainwater into them. The idea is to write a slogan and drop it into the entry box in the Library. Ideas from the group include:

- Don’t poison my ride
- This is our ocean
- The water is not a hoarder
- Don’t put your potion in the ocean
- Pollocean

The winning entry will have their slogan painted on the drains and they will receive a double pass to the movies. Second place will receive a single movie pass and just for entering you will be in the draw for a box of chocolates. For further information please see Ms Nowland.

Ms Alison Nowland

The annual school athletics carnival will be held on Wednesday 20th May. All students are expected to be at school and have a go at some of the events. While we realise not everyone is a good runner or jumper, there are a number of other events that you can enter. Remember for every event you go in you will earn points for your house. Year 12 will be running a canteen on the day so there will be plenty to eat and drink.
Two students, Luke Bennett in Year 9 and Rory Dignam in Year 8, recently completed their first TAS assignments just in time for Mothers Day. Luke made a beautiful jewellery box in cabinetwork which he decorated with a piece of mistletoe that he also carved. Luke’s work was finished to a very high standard and he was suitably proud of his work. Rory tie dyed a scarf for his mother in textiles. Using a new technique the scarf produced a beautiful pattern with no running of the different coloured dyes. Congratulations to both boys on producing some beautiful pieces.