ANNUAL CROSS COUNTRY

With the weather looking threatening the day for the School Cross Country was fantastic, a little hot possibly. With a few practice runs under their belts each age group was sent off at different times to compete the course that wound it’s way from the oval at the front of Nambucca Heads High School up to Frank Partridge school, down to EJ Biffin Oval, up through McDonald Drive, through the bush at the back of the school and back to the beginning. It was great to see so many students either running or walking (which is OK) the track. Two of our staff members, Ms Alison Nowland and Ms Louise Lockyer, also completed the course in a very creditable time. Students that qualified from this carnival then travelled to Kempsey to compete in the Zone Cross Country Carnival which was held on 15th May.

ZONE CROSS COUNTRY

Twenty three students travelled to Kempsey to represent Nambucca Heads High School in the Zone Cross Country. Once again the weather was kind and offered great running conditions and NHHS came away with some fantastic results from this carnival. Five students placed 1st—Jayde Hill, Olivia Langley, Isabella Ronan and Blake Ryan. Two students placed 2nd—Molly Langley and Charlotte Williams and five students placed 3rd. A number of other students finished in the top ten. Congratulations to everyone who took part in the cross country. Your sportsmanship and representation of NHHS was wonderful. A number of these students have now qualified for the Regional Carnival which will also be held in Kempsey on the 5th June. Good Luck!

AGE CHAMPIONS

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
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<tbody>
<tr>
<td>12</td>
<td>Isabella Ronan</td>
<td>13</td>
</tr>
<tr>
<td>13</td>
<td>Charlie Dent</td>
<td>Adam Cross</td>
</tr>
<tr>
<td>14</td>
<td>Charlotte Williams</td>
<td>Isaac Clinch</td>
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<tr>
<td>15</td>
<td>Molly Langley</td>
<td>Beau Langford</td>
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<tr>
<td>16</td>
<td>Olivia Langley</td>
<td>John Knevett</td>
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<tr>
<td>17</td>
<td>Jayde Hill</td>
<td>Blake Ryan</td>
</tr>
</tbody>
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Carissa Galagher, Sophia Fidirikos

John, Bailey, Blake, James, Charlie, Kirra, Molly, Kiarra, Charlotte, Beau, Isaac, Ethan, Georgia, Olivia, Bella, Xanthe, Chloe, Amber, Declan
Dear Parents and Community

Over the last few weeks I have been reading a book titled “In the Middle The adolescent brain, behaviour and learning” by Michael C Nagel. The author is an Associate Professor in the School of Education at the University of the Sunshine Coast and one of Australia’s leading experts in child development. The book explores current research into brain development in adolescence and the changes in the brain as humans move into adulthood. This book seeks to use neuroscience to help parents, teachers and adults better understand the changes that occur in the brain during the transition from childhood to adulthood.

The book has provided me with plenty to think about how the brain develops, matures and restructures itself. The following two quotes from the book, I feel, sum up what we as adults need to remember at all times about the adolescents in our care.

‘Even the smartest, meekest, most obedient and sensible adolescents do seemingly stupid things and find themselves facing the angry, disbelieving face of an adult who asks, ‘What were you thinking?’

‘Adolescence is an amazing time of growth and development. It is a time of life that has been the focal point of discussion, debate and derision among generations of adults, who often forget that they were once adolescents too.’

On Tuesday we had brainstorm productions visit the school where they performed Verbal Combat to all students in Years 7 to 10. This production was about Cyberbullying. Social networking is definitely one part of an adolescent’s life where they do not always make the right decisions and there are definite times when an adult has asked what were you thinking in relation to what they have done or said when online. The production allowed students to learn more about what cyberbullying is and their own behaviour in regards to it.

All students engaged with and enjoyed the performance. Please continue to have conversations with your child about their on-line behaviours. A great resource for parents is www.cybersmart.gov.au

As always please contact the school if you have any queries as to your child’s education.

Highlight of the fortnight:

The selection of Leyam Buchanan, Kiarra Cohen and Courtney Jarrett to attend the University of New South Wales Winter School in the second week of the July school holidays. For a week these three students will get to experience university life. This is a nationwide program where only 100 students are selected. To have three students from a small high school on the Mid North Coast of NSW selected is something the whole school community should be very proud of. Well done Leyam, Kiara and Courtney.

Simon McKinney
Principal

<table>
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<tr>
<th>CALENDAR</th>
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<tbody>
<tr>
<td>2nd—4th June</td>
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<tr>
<td>5th June</td>
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<td>10th June</td>
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<td>12th June</td>
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After doing some water testing at Bellwood earlier in the year, Year 11 Science decided they would like to make the staff and students aware of the damage rubbish washing into stormwater drains does to the environment. They are running a competition that involves writing a slogan about pollution. 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
Sophie Blair, Ellie Argent and Genevieve Gardner, who are recipients of Public Education Scholarships for 2015, attended the Public Education Awards night held at Sydney’s Town Hall on Wednesday 20th May. The girls attended the evening to receive their scholarships which are listed below:

**Sophie Blair:** The Public Education Foundation’s Mamma Lena & Dino Gustin Foundation Scholarship.

This is a prestigious and highly competitive Scholarship which aims to encourage and support students to pursue the study of Italian language. For more than fifty years Mamma Lena and Dino Gustin provided assistance and compassion for Italians migrating to Australia. Their tireless work ranged from all aspects of social and financial assistance to fundraising in times of natural calamities. Firstly through Mamma Lena’s newspaper columns in “La Fiamma” and then through their weeknight radio programs spanning from 1957 to 1985. Mamma Lena and Dino kept the Italian community in Australia informed of current news, social and entertainment events from Australia and Italy. As a brilliant producer of radio programmes and organiser of events, Dino galvanised the Italian community.

The Mamma Lena & Dino Gustin Foundation was established in 2001 with the express purpose of performing random acts of kindness and assistance towards people in need. The Mamma Lena & Dino Gustin Foundation provides the opportunity for a high school student to undertake an intensive Italian language course in Rome. The scholarship will allow Sophie to spend six weeks in Italy. As the lucky and deserving recipient of this award Sophie will be heading to Rome during the December/January holidays. She is understandably excited about this trip and the benefits she will receive from spending this time soaking up the Italian language and culture.

**Ellie Argent and Genevieve Gardner:** The Harding Miller Foundation Scholarships

The Public Education Foundation’s Harding Miller Foundation Scholarship assists female students in the middle years of high school. The Scholarship provides successful applicants with financial support during Years 9 and 10, encouraging participation and achievement and in some cases, may be extended for another year. Scholarships will range from $1,000 to $2,000 per annum. Both Ellie and Genevieve have their own set of circumstances, interests and learning needs. The Scholarship will offer flexibility and be shaped by the needs of the student with input and support from Mr Simon McKinney. Examples of what the Scholarship funds can be used for include – uniforms, textbooks, internet access, software, excursions, participation in extra-curricular and sporting activities, tutoring and mentoring. Ellie and Genevieve received their scholarships from Cara Varian, Director, The Harding Miller Foundation.

NHHS school community would like to congratulate these students and commend them on their excellent attitude towards their education and their obviously bright future. Mr Alan Merritt is employed at NHHS for the express intention of sourcing scholarships for students. Please encourage your child to speak with Mr Merritt. They can find him in the Library on Friday’s.

**YEAR 10 GEOGRAPHY EXCURSION**

On Thursday the 14th of May year 10 geography students undertook field studies in the Coffs Harbour Region. The field trip provided an opportunity for students to reinforce the knowledge and skills developed in the classroom. Specifically the field work which encompassed coastal management processes as well as waste management practices.

The first stop of the trip was to the Coffs Harbour Waste Management Facility. It was during this visit that we discovered how our waste is processed. Additionally we discovered how Coffs Harbour is leading the way through technological advancements in recycling. This was followed by a visit to the newly reconstructed Coffs Harbour break wall and Jetty foreshore area. A local representative from the Department of Lands provided students with a detailed overview of the history and future directions of the Coffs Foreshore planning and development. A big thank you must go to Mrs Fogarty for her organising such a fun and engaging day.

*Mark Werner (HSIE Prac Student)*

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**ARRIVEDERCI SOPHIE**

Sophie Blair with Dr Rose Cantali

Genevieve Gardner

Ellie Argent

Year 10 at the Recycle Plant in Coffs Harbour
**BRAIN STORM PRODUCTIONS—VERBAL COMBAT**

On Tuesday 26th May Years 7, 8 and 9 attended the production of “Verbal Combat” presented by Brain Storm Productions. Brainstorm Productions tours live, innovative, interactive educational theatre that brings about positive social change through a range of bullying programs, cyber bullying programs and positive behaviour programs. We tackle bullying in school, cyber bullying, violence, prejudice, cyber safety, under-age drinking, binge drinking, teenage drug abuse, youth depression, eating disorders, family separation, values, ethics and discrimination. They are committed to reducing bullying in schools and encouraging positive student behaviours by incorporating sound educational principles with a creative, entertaining, engaging and action packed theatrical experience! Their live in school performances have been created to leave a lasting impression and challenge even the most cynical students to examine their patterns of behaviour. The students were presented with the show “Verbal Combat” which examined bullying and the use of social media in bullying. It was a very insightful performance with a discussion session at the end.

**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 Macquaire 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.*

**OCEANIA GAMES—JAYDE HILL**

Just a little update on Jayde. In early June Jayde competed for Australia at the Oceania Games in Cairns. Once again Jayde competed at a very high standard coming away with a second placing in her pet event, the 5km walk race. While there Jayde decided to enter the 5km run, which is an event she enjoys but doesn’t necessarily train for, so a 5th placing in that event was a fantastic result. Considering the conditions weren’t the best with Jayde saying it was the hottest temperatures she had competed in. Jayde also carried an injury into the competition after twisting her ankle during the school cross country. It was a very busy time travelling to and from the fields and competing. NHHS would like to congratulate Jayde on her many successes and wish her all the best for future competitions and the upcoming HSC.
Nationally Consistent Collection of Data on School Students with Disability Notification for Parents and Carers

From 2015, all Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the Disability Discrimination Act 1992 and Disability Standards for Education 2005. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education and Communities is provided in such a way that it cannot be used to identify any individual student or school.


Privacy Protection

The NSW Department of Education and Communities follows the requirements of the Privacy and Personal Information Protection Act 1998 and the Health Records and Information Privacy Act 2002. Schools will collect, record, store and use data about individual students in line with these requirements. Data security and protection is a priority and students’ personal details will be kept confidential.

Under Clause 52 of the Commonwealth Australian Education Regulation 2013, data collected by the NSW Department of Education and Communities for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth Privacy Act 1988 when handling any data provided by NSW Department of Education and Communities in connection with the national data collection. A privacy notice has been developed to by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department’s website at http://education.gov.au/notices

If you have any questions about the data collection please do not hesitate to contact the Principal, Simon McKinney at Nambucca Heads High School.

COMMUNITY AND SPORTING NOTICES

Fun Day for Ryan Cartwright

A fund raising day will be held for Ryan Cartwright at the Taylors Arm Pub on Sunday 31st May. Ryan is a 15 year old boy who attends Macksville High School. He has been diagnosed with a rare eye condition known as Uveitis which will eventually send him blind. The day will commence at 11.00am with raffles, show bags, jumping castle and live music. Food will also be available for lunch.

Understanding Your Childs Brain

Understand why children choose tantrums, talking back and disobeying rules as part of their behaviour. A workshop will be held at the Urunga Neighbourhood Centre on the 4th June 10.30am - 1.3pm, 34 Bonville Road, Urunga. Presented by CRANES

Standing Strong

Standing Strong workshop will be held on 11th and 18th June 9.30am - 12.30pm at the Urunga Neighbourhood Centre, 34 Bonville Road, Urunga. Reclaim your strengths and learn to be a more assertive and confident parent. Presented by CRANES

CRANES Community Support Programs - 02 6642 7257, www.cranes.org.au
NEW IN THE LIBRARY

Fiction

Just a Queen, by Jane Caro

A gripping and page-turning young adult book about one of history’s greatest women. The Queen of Scots is dead and they say I killed her. They lie! Just a girl to those around her, Elizabeth is now the Queen of England. She has outsmarted her enemies and risen above a lifetime of hurt and betrayal - a mother executed by her father, a beloved brother who died too young and an enemy sister whose death made her queen. Not knowing whom she can trust, Elizabeth is surrounded by men who give her compliments and advice but may be hiding daggers and poison behind their backs. Elizabeth must use her head and ignore her heart to be the queen her people need. But what if that leads to doing the one thing she swore she would never do: betray a fellow queen, her cousin, Mary, Queen of Scots? 'A vivid insight into the heart and mind of Queen Elizabeth I.' Georgia Blain, author of Closed for Winter. University of Queensland Press

There are a number of new titles available in the Library. They include: “Dropping In” by Geoff Havel, “One True Thing” by Nicole Hayes, “Footy Dreaming” by Michael Hyde, “Stay With Me” by Maureen McCarthy and “Prince of Afghanistan” by Louis Nowra. If there is a book or series you are interested in and we don’t have it in the Library please see Ms Morrison and she may be able to source it for you.