On Tuesday 18th August Years 9 and 10 Commerce students hosted a Market Day at the school. During semester 1 the students spent a great deal of time learning what it takes to run a successful business. During class lessons they were put into groups and each had to decide on what products they would be selling on the day. They then had to form a business partnership, create a logo, product design, marketing and business plan in order to maximise profit for their businesses. There were nine stalls selling a variety of sweet and savoury foods—pancakes, slices, nachos, pizza, banana splits and garlic bread. It was a hugely successful event with most businesses selling out of their products. Thank you to the whole school who got involved in the morning and made it fun and profitable. It was a great atmosphere with music playing and tables and chairs to relax in. Well done to all involved. A total of $660 was raised by the businesses which will go towards an excursion for the students to Coffs Harbour in Term 4. Mrs Kristle McKinnon, their teacher, is extremely proud of the students enthusiasm and commitment to their stalls.
Dear Parents and Community

Last week we took delivery of our brand new 24 seater bus. The bus will open up many more educational opportunities for NHHS students. Those excursions in the past that we have not been able to access either due to a bus not being available to be hired or that when you factored in the cost of hiring the bus made the cost of the excursion prohibitive are now able to be offered as a result of the bus. I look forward to seeing the positive impact the bus will have on our school community in the future. Please keep an eye out for it as it makes its way around the valley.

Congratulations to Kawana Crowe of Year 8 who has been offered a position at the 2015 YMCA NSW Junior Parliament. Junior Parliament is an apolitical program that introduces young people to the legal and parliamentary process of NSW and empowers them to be advocates for their community. Young people have the opportunity to create solutions to the problems facing NSW and debate those ideas in NSW Parliament House in front of real MPs. Junior Parliament involves a week long camp in the September holidays. Participants receive skills training and leadership development before heading to NSW Parliament to spend two days debating in the chamber in front of real Members of Parliament! “Junior MPs” will debate ideas and solutions they have created to problems in NSW that they have identified. All passed legislation is handed to the NSW Government and Opposition at the conclusion of the week. With respect to educational factors, School Breakfast Programs were perceived to contribute positively to:

- Student punctuality
- Student attendance
- Student behaviour
- Student academic outcomes
- Student concentration
- Students’ social skills
- Student engagement with class activities

(http://www.healthyfoodforall.com.au/school-breakfast-program/)

Does your child skip breakfast? At our Year Advisor’s Planning Day last term we decided to implement a breakfast program in order to give all of our students more opportunities for educational success. Next week we will start a breakfast program on Wednesday and Thursday from 8.30am to 8.50am at the canteen. Please encourage your child to utilise this program. As always please contact me at the school if you have any issues in regards to your child’s education.

Highlights of the fortnight:

I have two this week:
1. The positive efforts of our students this week, especially Year 10, in getting the art room and performance space cleaned up after both rooms were damaged by intruders over the weekend.
2. The Market Day organised by Mrs McKinnon and run by our Year 9 and 10 commerce classes. Students formed groups where they planned, prepared and then sold food items to the school at recess on Tuesday. The quad had a very festive feel about it.

Simon McKinney - Principal
On Wednesday 12th August Year 11 Animal Studies, a VET course run at the school on Wednesday afternoons during sport, travelled to Port Macquarie to the Koala Hospital and Billabong Wildlife Park. During our visit to the Koala Hospital we observed Koalas in rehabilitation and care. At the Billabong Wildlife Park we learnt about animal identification. We had a great time at the two venues actually being able to see some of what we have learnt in our classes in action.

Outward Bound

Kiarr Cohen and Jade Naden were fortunate to be selected for a scholarship, funded by AIME, to participate in a week of activities to help leadership in Aboriginal Kids from all around Australia. On the 19th June they travelled down to Canberra where the temperature was as low as -4 degrees. They went to Outward Bound Australia Base Camp to meet the mentors and other attendees. The theme for the week was ‘To push your comfort zones’ and they defiantly did. Kiarr had a fear of heights so to overcome this fear she abseiled down a 15 metre ridge. There were so many activities that let us engage with the other leaders and gave them more confidence in ourselves. We had two special guests Cleveland McGhee an under 20’s Raiders Football Player to give a motivational speech of his life and how he overcame his fears through AIME. The other speaker was Melina Saunders a retired netball player. She spoke about playing netball and also listened to a speech we had to present at the end of the week. Although it was extremely cold it was worth it to be able to to hike through the beautiful mountain ranges around Canberra and what a privilege it was to be able to go down and make memories and defiantly new friends. We had a fantastic time and would encourage any Aboriginal student, if given the opportunity, to consider attending this camp.

Animal Studies

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Our Newsletter is available to be received via email. The eNewsletter has more photos and links to various educational sites. If you would like to receive the newsletter in this format please contact the school with your email address and we will add you to the mailing list.
<table>
<thead>
<tr>
<th>Name of Scholarship</th>
<th>Due Date</th>
<th>Eligibility</th>
<th>What it Covers</th>
<th>For Me: Y/N</th>
</tr>
</thead>
</table>
| First Seeds         | 12th October | - Currently in Year 11  
- Australian citizen or permanent resident  
- Potential to do well at school  
- Have a positive attitude to school and high rates of attendance  
- Intention to complete their HSC and continue to tertiary education  
- Experiencing financial hardship which will restrict their education  
- An active participant in school life | - An initial payment of $2,000 in Year 12 and a further $2,500 for tertiary studies  
- It will cover such items as tutoring, uniforms and equipment, stationery and books, laptop and excursions and camps | Y |
| Harding Miller Foundation | 27th November | - To lift the educational and career aspirations of a significant number of girls with potential who are facing disadvantage  
- For female students entering Grade 9 in 2016 (now in Year 8)  
- Australian citizen or permanent resident  
- For those students experiencing personal or social disadvantage  
- A willingness to achieve academically and professionally, and go on to tertiary studies | - An annual bursary of $3,000  
- To cover such items as tutoring, uniforms and equipment, stationery and books, excursions and laptops | N |
| Mulaya Yousaafa | 12th October | Bill Mulaya Yousaafa was the victim of a murder attempt for daring to promote the rights of girls to attend school. He has been an inspiration to Pakistan, and students throughout the world and was a co-recipient of the Nobel Peace Prize in 2013 for his struggle to achieve the right of all children to an education  
- Currently in Year 8  
- Australian citizen or permanent resident  
- An appreciation of the value of education for girls  
- Potential to do well at school  
- An active participant in school life  
- The scholarship will help them make a significant contribution to completing their schooling | - An annual bursary in Years 9 and 10 to assist with resources  
- Will cover such expenses as tutoring, uniforms and equipment, laptop, excursions and camps | Y |
| Susan and Isaac Wall Foundation Scholarship | 12th October | - Financial assistance to Year 12 students who wish to continue studying either at TAFE or university post Year 12  
- Seeks to provide a gateway for those who suffer disadvantage in areas of skills shortages  
- Australian citizen or permanent resident  
- Experiencing financial hardship which will limit the student  
- An active participant in school life | - Will provide financial assistance to transition into and progress through post school education eg university degree, apprenticeships, TAFE Advanced Diploma  
- An annual payment at the commencement of each academic year (3 years maximum) with further assistance for those relocating from a rural or remote community  
- An intention to study in these areas although not limited solely to them: Childcare and Early Childhood Education, Electrical trades, construction, surveying, food trades, hairdressing, automotive trades | N |
| Trades and Technology Opportunity Scholarships | 12th October | - To encourage Years 11 and 12 students with an interest to pursue a career in trades and technology  
- Potential to do well at school  
- An aptitude to do well in subjects which are based around technology or trade-related  
- An active participant in school life | - An annual bursary of $1,000 for Years 11 and 12 and a further $2,000 may be provided if they progress to a trade  
- To cover educational expenses such as: tutoring, uniforms, laptop, excursions | N |
| Unions NSW | 12th October | - To support public school students studying subjects | - Will provide financial support of $2,500 In Year 12  
- To cover such educational expenses as: tutoring, equipment, stationery and books, laptop, excursions | N |
| Scholarship | | with aspects of un replication such as Economics, Business Studies, Legal Studies and Modern History  
- Currently in Year 11  
- Potential to well at school  
- A positive attitude and a high rate of attendance  
- An active participant in school life | | N |
| The Una May Smith Senior Scholarship | 12th October | - Aims to support Indigenous students to successfully complete schooling and progress to tertiary education and/or training  
- The scholarship will be available for as long as they remain enrolled in a public school or tertiary institution  
- Currently in Year 10  
- Aboriginal or Torres Strait Islander  
- Experiencing financial hardship which will limit the student  
- An active participant in school life | - To cover educational expenses up to the following amounts:  
- Years 11 – 12 $4,000 and Tertiary Education (maximum 4 years) up to $9,000 | N |
| Walter and Eliza Hall Trust Opportunity Scholarship | 12th October | - To provide financial assistance to students who have a physical disability  
- Will provide a student with a physical disability to transition into tertiary education  
- Currently in Year 10  
- Has a permanent physical disability  
- Potential to do well at university  
- Those who are experiencing financial hardship  
- Evidence that the student is an active participant in school life | - A total of 4 scholarships in 2016  
- Three scholarships of $6,000 each  
- One scholarship of $10,000 specifically for a student re-locating from a rural area to commence university | Y |
Public Education Scholarships

Included in this newsletter is a list of Public Education Scholarships. If you would like to find out more about any scholarship please see Mr Merritt who is at the school on Fridays in the Library.

Urunga 6 a side Soccer Competition

Urunga Football Club will be running a 6 a side Soccer competition commencing on 8th October. Age groups will range from 8 year olds to an A and B grade seniors and mixed competition. For more information go to [www.urungafootball.com](http://www.urungafootball.com) or facebook and search Urunga SIX-A-SIDE. For more information please contact Dixie Erlandsen 65695687.

Staying Healthy and Keeping Active

Physical activity is any activity that gets your heart beating faster, gets your body moving and/or makes your breathing quicker. It is recommended, for health benefits that young people aged 13-17 years should accumulate at least 60 minutes of moderate to vigorous intensity, physical activity, everyday. Physical activity should incorporate a variety of aerobic (eg: walking/running, cycling, swimming etc) activity, as well as activities that strengthen muscles and bones.

Benefits of Physical Activity include

- Creating opportunities for fun with friends
- Develops cooperation and teamwork skills
- Improves self-esteem and confidence
- Helps you manage anxiety and stress
- Improves concentration
- Promotes healthy growth and development
- Builds strong muscles and bones
- Improves physical fitness, including coordination and movement skills
- Reduces your risk of disease and unhealthy weight gain

As an Accredited Exercise Physiologist, I specialise in exercise and movement for the prevention and management of chronic diseases and injuries. If you or someone you know, needs help staying healthy and keeping active, your local exercise physiologist can help. Contact Kate-Lyn Low, Accredited Exercise Physiologist. Soulitude Health, Macksville. Telephone (02) 6568 2185, email: exercisephys@soulitudehealth.com.au

Nambucca Heads High School SRC will be holding a BBQ at the Woolworths Supermarket on Sunday 19th September. If you are in the area call in and support the students fundraising efforts.
See Ms Nowland if you would like more information.