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TAS
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HSIE/CAPA
Mr Greg Honan (Rel)

YEAR ADVISERS:
Yr 7 Miss Brookes
Yr 8 Mr Thakur
Yr 9 Mrs Bodiam
Yr 10 Mrs Wallace
Yr 11 Mrs Mussen
Yr 12 Mrs Fisher

Newsletter 16
3 November 2011
Term 4 Week 2B

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PRINCIPAL'S REPORT

Results of the School Culture Survey

Thank you to everyone who completed the surveys about school culture. Your comments were especially appreciated and will help with future planning. Areas in which we are doing best are:

- the school's structures and strategies recognise and celebrate achievement
- the school understands and responds to the context of the community
- the culture of the school promotes improved student learning outcomes

Areas most in need of development are:

- all plans, policies and practices are supported by the school community
- the school recognises and supports the diversity of its learners
- the school's culture fosters a sense of belonging and collective responsibility.

Uniform Review Update

The P&C met on Monday night to continue discussion about possible changes to school uniform. All comments made on the surveys from parents, students and staff are being considered. It is hoped to be able to present recommended changes to the school community for consultation before the end of the school year. Any changes will be made over a two year period.

Another NHS student Excels

Congratulations to Joshua Beahan. He has been rated as outstanding in five of six key areas assessed by his Year 11 Information Processes and Technology teacher at Dubbo School of Distance Education. Joshua has a natural aptitude for technology and willingly donates his time to share his skills with others.



Exam Time

Students have applied themselves well in the exam rooms this week. Our aim is to have them well prepared to cope with exam conditions when they are required to sit for external tests such as NAPLAN, ESSA and the HSC.

Professional Learning for Staff

Our teachers are committed to ongoing professional learning. On Tuesday, staff attended a workshop by the international expert on leadership and change management Dr Michael Fullan. His workshop was very timely as we are finalising planning for the next three years.

I Like How Small the Classes Are

These were the words of a 2012 Year 12 student when meeting with me this week for morning tea to celebrate the commencement of their final year. It has been a pleasure to meet with the students during a series of morning teas. The group has become smaller in recent weeks as several students have gained full time employment, including apprenticeships.



Extra Curricula Activities Continue

Students have again participated in the Illawarra Coal Fair, thanks to Mrs Davison and Mrs Daymond. This is an important enrichment activity for our students. A report will be provided in the next newsletter. Nathan Leach has returned from RYAG, a Rotary sponsored program that enhances the understanding of agriculture. We are grateful to Rotary for their ongoing support of our students.

Local schools, local decisions

You have until Friday 18 November to contribute to the online forum of the NSW government's 'local schools local decisions' planning process.

The NSW Government wants to hear from people about giving schools greater control over decision-making in order to improve teaching and learning, and achieve the best outcomes for students.

Everyone with an interest in public education is invited to contribute ideas on five areas of reform:

- making decisions
- managing resources
- staff in our schools
- working locally
- Reducing red tape.

To have your say go to the online forum at: <http://haveyoursay.nsw.gov.au/localschools>

Please Contact Us

Please don't hesitate to contact the school about any matter of importance to you. We will endeavour to address your concern and provide speedy feedback.

Angela O'Callaghan
Principal

Narromine High P&C

When: Mon 28 November

**Where: Staff Common
Room**

Time: 7pm

All welcome

**NARROMINE HIGH
SCHOOL
ANNUAL PRESENTATION
DAY
THURSDAY 15
DECEMBER 2011
COMMENCING 12.00 at the
MULTI-PURPOSE HALL
Year 10 students will be
presented with portfolios at
this assembly**

SLR and Marine Studies



On a beautiful Monday SLR and Marine Studies students made their way down to the boat ramp for a day of kayaking. The focus of the day was on skills and techniques with many students excelling at both. In early December the students are going to kayak approximately 10km on the Macquarie as part of their HSC courses.



Agriculture News

Year 8 Tech Mandatory with the assistance of some very handy Year 10 boys have been busy building some raised garden beds in the Field Centre. These garden beds will be used for students to grow vegetables and herbs which will be used in the food technology and hospitality subjects.

A special thanks to Daniel Battishall, Braydon McManus, Brody Monaghan and Matt Hughes who have been instrumental in this project. We are looking forward to the completion of this project and being able to use the vegetables and herbs.

Amanda McCutcheon
Agriculture Teacher



YEAR 8 MATHS EXCURSION TO SYDNEY!

A memorable time!

Excited and ready for Luna Park, 31 students all learnt how to use the machines to buy their tickets from Central to the city circle. When we arrived at Wynyard station, and located the York Street exit (Mr Leite set us the challenge of getting our own way there), we had an adventurous walk across the Sydney Harbour Bridge. The first group, accompanied by Mr Leite, had to wait for the slower groups at the



park. Many people enjoyed playing on the equipment and taking photos by the water. Once Luna Park opened, we completed a maths booklet that was based on some of the rides at the park. We had to calculate the speed of some rides, and the probability of winning some of the games. For most of us, it was our first time at Luna Park. We enjoyed the rides that were there and had a great time – we'd all go back again! After a fun filled day we caught a ferry back to Circular Quay.

Dinner for us was a new experience as we dined at Chinatown. It was a fun walking through all the little market to the restaurant. Most of us enjoyed the Chinese food for dinner. After dinner we went to a playground where people could amuse themselves while waiting for our IMAX movie which we thoroughly enjoyed with the help of 3D glasses.

On returning home to the accommodation at almost midnight we were energetic and didn't sleep much. Waking up early to catch our 7am train was hard for some people. The excursion was enjoyed by all and will stay with us as a memorale event in our schooling. Thanks to Mr Leite, Miss Althofer and Miss Sproats for making it an exciting and fun excursion.



By Isaac Thompson, Siobhan Gleeson and Cody Potter

Careers

Applications for the Charles Hawker Scholarship will open 5 December, closing 6 January 2012. Please go to www.hawkersscholarship.org for information and applications. This very valuable scholarship (worth up to \$60,000 over 4 years) is available to students entering their first year of study, at a selected range of universities which includes UNE, Adelaide, South Australia, Flinders, ANU and Marcus Oldham College. Selection is largely based on personal qualities as well as academic abilities.

Sheran Fisher
Careers Adviser

Parent
Line

1300 1300 52



Surviving Exam Stress

You may have heard the saying that “parents are only as happy as their least happiest child”. If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

- Maintain perspective: Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person's mental health or their relationship with their parents may not be worthwhile.
- Tune into what your child wants to achieve. This may be completely different to the goals that you hold for your adolescent.



- Help your child to think about goal setting – knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.
- Support your child to find a level of balance in their life of study, socialising, and recreation that is appropriate to the goals that they wish to achieve.
- Notice and praise your child’s efforts at developing and maintaining a study plan. If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone-calls etc.
- Ensure that your child has an appropriate environment for study. They should have a dedicated, quiet space that is comfortable, has adequate lighting and is free of clutter.
- Provide emotional support: Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.
- Be supportive by giving your child space and leeway as they go through a very stressful time in their life. Try to have realistic expectations about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.
- If your child feels unprepared and anxious, don’t panic with them or make things worse with “I told you so’s”. Reassure them that they can only do their best and help them to develop and apply relaxation and time-management techniques.

Lastly, and very importantly, prepare yourself for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child’s despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge and give them time to feel, to heal and then move on with problem solving.

If you want to talk about how you are managing parenting a HSC student with one of our professional counsellors, call 1300 1300 52 or visit our website www.parentline.org.au for tips sheets and parenting stories.

Nov 5A	7 ←	8 →	9 Yr 7 exams, Yr 10 School Certificate	10 ←	11 →	12/13
Nov 6B	14 White Card Training Yr 10	15 RSA Yr 10	16 Lizzy Wagner Training Yr 10	17 First Aid Yr 10	18 First Aid Yr 10	19/20

Community News

Centacare Wilcannia – Forbes
OHS White Card Training
Tuesday 9 November
8.45 to 4.30
\$145 per person Students \$70
RSVP 4 November to Petra 6889 4932
Email: p.mellor@centacarewf.org.au

Have Your Will Prepared for \$40

Thursday 10th November 2011
The Salvation Army
112 Gipps Street, Dubbo

Local Solicitors will be on hand to prepare or change your will*.

Times 8am - 6pm
Cost \$40 (per will)
(All money raised will go towards funding The Salvation Army in the local region)

Don't miss out on this great opportunity to take care of the future.

Phone The Salvation Army to make an appointment on (02) 5809 9948

*Simple wills only. We regret that more complex wills are unable to be accommodated by the program due to time constraints.



The Salvation Army
Australia Eastern Territory

The Mo'onia Gerrard Indigenous Netball Clinic

3 hour clinic for Indigenous netballers 8 – 15

Thursday 10th Nov, 4 – 7pm at Nita McGrath Netball Courts Dubbo

\$40.00 clinic and T Shirt

Places limited phone

Kristy 0409 485 801

Would \$500 assist you with education costs?



You could receive up to \$500 to help pay for educational costs including text books, computers, excursions and swimming lessons.

Saver Plus is delivered by The Smith Family in your local area and is looking for new participants.

You may be eligible if you or your partner:

- have a Health Care or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work
- have a child at school, or attend accredited vocational training yourself

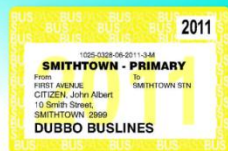
John Edwards
Saver Plus Coordinator
(02) 6881 8032

john.edwards@thesmithfamily.com.au

The safest way to and from School may be absolutely **FREE!**



Most children are eligible for free school bus travel.



Contact Dubbo Buslines
Phone: 6882 2900

Discounted Term Passes available to non-eligible students

33 White Street Dubbo, www.dubbobuslines.com.au



Narromine High School
Respect, Responsibility & Care

