



NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

TUESDAY 28TH OCTOBER, 2014

TERM 4 WEEK 4

PO Box 156 Cobar Street NYNGAN NSW 2825

Phone: 02 68321004 Fax: 02 68321769

Email: nyngan-h.school@det.nsw.edu.au

Website: www.nyngan-h.schools.nsw.edu.au

DATE/EVENTS

UP COMING DATES

Homework Centre Monday
and Wednesdays 3.30pm
5pm

Senior Study Evening 7.00pm
to 9.00pm Wednesdays

Monday 27th October - Stage
4 Exams commence

Monday 3rd November -
Stage 5 Exams commence

Friday 7th November and
Monday 10th November -
MID TERM BREAK

Tuesday 18th November -
Scholarship Applications Due

NYNGAN HIGH SCHOOL

3 RIVERS



Nyngan High School students holding the 3 Rivers Shield - pictured above are: Mitchell Williams, Stanley Lord and Jayden Bonello.

Newsletter

Principal's Report

Year 12 Exams

Wow! Some Year 12 students have completed their Higher School Certificate Examinations! Congratulations to all of our students as they finish their exams. The final days for the HSC exam timetable is as follows:

2014 HSC Timetable • Week 3

	Monday 27 October	Tuesday 28 October	Wednesday 29 October	Thursday 30 October	Friday 31 October
	HSC Day 11	HSC Day 12	HSC Day 13	HSC Day 14	HSC Day 15
AM	Chemistry 9.25am–12.30pm	Studies of Religion I 9.25am–11.00am Studies of Religion II 9.25am–12.30pm	Legal Studies 9.25am–12.30pm	Earth and Environmental Science 9.25am–12.30pm French Beginners 9.30am–12.10pm French Continuers 9.30am–12.30pm	Business Services (VET) 9.25am–11.30am Physics 9.25am–12.30pm
PM	Classical Hebrew Continuers 1.55pm–5.00pm Drama 1.55pm–3.30pm Financial Services (VET) 1.55pm–4.00pm Spanish Beginners 2.00pm–4.40pm Spanish Continuers 2.00pm–5.00pm	Mathematics Extension 1 1.55pm–4.00pm	Chinese Extension 1.55pm–3.55pm Classical Hebrew Extension 1.55pm–3.55pm Design and Technology 1.55pm–3.30pm Malay Background Speakers 2.00pm–5.00pm	Electrotechnology (VET) 1.55pm–4.00pm English Extension 1 1.55pm–4.00pm Primary Industries (VET) 1.55pm–4.00pm	Automotive (VET) 1.55pm–4.00pm Society and Culture 1.55pm–4.00pm

2014 HSC Timetable • Week 4

	Monday 3 November	Tuesday 4 November	Wednesday 5 November
	HSC Day 16	HSC Day 17	HSC Day 18
AM	Visual Arts Art criticism and art history 9.25am–11.00am	Geography 9.25am–12.30pm	French Extension 9.25am–11.25am Retail Services (VET) 9.25am–11.30am
PM	Food Technology 1.55pm–5.00pm Chinese Beginners 2.00pm–4.40pm Chinese Continuers 2.00pm–5.00pm	History Extension 1.55pm–4.00pm Chinese Background Speakers 2.00pm–5.00pm	Entertainment Industry (VET) 1.55pm–4.00pm Information and Digital Technology (VET) 1.55pm–4.00pm Web and software applications Network and hardware Digital animation

Year 12 students on Platinum level are invited to our rewards excursion to watch Schools Spectacular on Friday 28th November at the Sydney Entertainment Centre. Students wishing to take up this opportunity are asked to remain enrolled in the school until the end of the excursion. Please contact excursion coordinator, Mrs Walsh for more details.

All other Year 12 students are asked to return all texts or borrowed items to the school and sign out. Please be safe when having a fun time celebrating the end of your schooling.

Stage 4 and 5 Exams

This week Stage 4 students will be doing their first of two weeks of yearly exams.

Next week Stage 5 begin their first of two weeks of yearly exams.

ROSA Literacy and Numeracy Tests

In 2014, the Record of School Achievement literacy and numeracy tests will be conducted between the dates 23–29 October. Students wishing to leave school prior to completing their HSC have the option of completing these test to show employers the level of literacy and numeracy skills they have attained.

The content of the tests is as follows:

- The tests focus on the literacy and numeracy skills required by school leavers for employment and further education.
- There will be one test for literacy and one test for numeracy, with concepts drawn from the Australian Core Skills Framework (ACSF) developed and endorsed by the Australian Government Department of Education, Employment and Workplace Relations (DEEWR).
- Each test consists of 60 questions and is 60 minutes long.
- The test results are reported separately from the RoSA and are not a requirement for award of the credential.

Students wishing to enrol in and complete the test are asked to see Mrs Walsh as soon as possible please.

A New Name for xsel

Xsel as we know it ceases to exist in name from the beginning of 2015. It has been announced that the Department of Communities new Virtual Secondary School will be called Aurora College. Aurora College begins in 2015 for years 7 to 10 as a virtual selective school and year 11 for students unable to access particular subjects in their home school.



Tongling

Our 10 travellers returned to Dubbo Airport on Thursday last week tired, yet satisfied that they had taken every opportunity to have a great time in China. Further details on the trip will be outlined by Mr Walsh and Miss Rixon both in this newsletter and our local paper next week.

3 Rivers

A good time was had by all last Thursday when Coonamble visited Nyngan as part of the 3 Rivers tradition. Thank you to the staff who organised and supervised the broad range of activities available on the day.

Level Up Careers

The NSW Government, with the support of renowned chef and Director of the Rockpool Group, Mr Neil Perry AM, has launched the “Level Up Careers” campaign to promote careers in hospitality to young people between 13 and 17 years of age.

The campaign features videos of talented professionals as well as a **competition** to win prizes that will give young people a taste of the industry and an opportunity to have their own ‘level up’ moment. The campaign is running during October with the competition **closing on 31 October 2014**.

All content is available at www.facebook.com/levelupcareers.

The Harding Miller Foundation Scholarship

Application deadline is Friday 31 October 2014.

The Public Education Foundation's Harding Miller Foundation Scholarship assists female students in the middle years of high school who, due to financial circumstances, personal situation or other hardship, may experience difficulty in reaching their full potential.

The Scholarship provides successful applicants with financial support during Years 9 and 10, encouraging participation and achievement. Subject to demonstrated commitment to their studies, students may also receive further support.

Applicants must be in year 8 and enrolled at a public school in NSW or the ACT. Students attending disadvantage schools will receive priority at the time of a applying.

Application forms can be found at <http://www.publiceducationfoundation.org.au/scholarship-archive/harding-miller-foundation-scholarship/>

Entry to Government Selective High Schools For Year 7 Entry in 2016

Applications due 17 Nov 2014

Applications for placement in Year 7 at a selective high school in 2016 will be open to parents of students in Year 5 from 14 October to 17 November 2014.

Multiple copies of an application information booklet will be sent to public schools around 14 October 2014 for distribution to parents along with a template letter to parents that can be used by schools to ask parents to express their interest in applying for selective high school placement for their children.

Ten Tips To Help Boys Succeed At School

School principal Paul Tracey, and expert on boys' resilience and motivation Professor Andrew Martin, give their best ideas on helping boys to excel at school.

1. Good relationships are vital

If boys feel liked and respected, they'll respond in a really positive way.

"As a parent or caregiver, show that you respect and care for them, that you want them to do well, and you really like them," says Paul Tracey, principal at Callaghan College, Wallsend campus.

"For boys to be receptive to the positive messages we send them you've got to be on the same page and you've got to have credibility," adds Professor Andrew Martin, a research fellow with the University of Sydney's Faculty of Education and Social Work.

Characteristics of a good relationship

- Giving respect
- Showing patience
- Having a sense of humour
- Actively listening to them
- Knowing who they are, who their friends are, and what they like and dislike
- Seeing things from their perspective

2. Get involved in your son's homework

Sit down with your son and show interest in his homework, says Paul.

"It's not so much being able to do it, but being able to talk with them about what they're doing and to make sure it's seen as really important."

This makes boys feel like homework is worthwhile, which is great for motivating them.

3. Ensure your son goes to school every day

Research shows that school attendance has a critical role to play in a boys' academic success, Paul says. Children who miss out on eight days of school a term will miss a year's education by the time they finish primary school and not much less for high school.

"When a boy comes to school they are able to learn. If they stay at home, they can't. It's as simple as that," he says.

4. Ensure your son is learning using a variety of styles

Boys thrive when they are given opportunities to tap into the way they learn best, says Paul.

"As parents, we have to make sure that kids are being given possibilities to learn and get assessed in a whole variety of ways. If they're coming home with the same sort of projects, that would ring alarm bells for me," Paul says.

If his work is not varied, discuss with your son if there are options as to how the task can be done. The school's year adviser can also talk with you about ways your son can approach his learning.

Assignments using different learning styles

- Group projects
- Speeches
- Written stories

Technology-based research, or building wikis or blogs

5. Keep an eye on technology use

With access to technology and laptops at school, boys have the opportunity to read and communicate using many different forms, but it doesn't mean technology should take over to the detriment of books, magazines and talking with people, Paul says.

"Parents need to ensure their boys don't spend too much time on the computer; there are other ways they can access information and communicate with people. That's one to really watch," he says.

6. Recognise the good things in boys' lives

Shutters come down fairly quickly if the first thing you do is point out negative aspects of your son's school life or behaviour, says Andrew, also author of *How to Motivate Your Child for School and Beyond*. Point out things that your son is doing well at school before moving to a specific area where they're not doing well.

"It's a nice way of saying you don't think the whole thing is going badly," he says.

7. Help boys experience success often

Boys love success, Andrew says.

"They gravitate to teachers where they experience competence and they gravitate to subjects where they feel better about themselves and their capacities."

When your son comes home with an assignment, suggest 'chunking' the project into smaller tasks so that he can experience 'mini successes' along the way.

Ways boys can achieve 'mini-successes' in their assignments

- Break the question into key parts
- Really understand each part
- Search for the information on the internet
- Visit the library for some good books

Sort the information into major themes

8. Help boys experience even more success

Not all boys have to come top of the class to be successful.

"Too often people labour under a narrow view of what success is – marks, pecking order, rank," Andrew says.

Success in the steps of learning such as improvement and knowledge building are equally important, if not more important, for a boy's ability to do well after school.

"All of these are achievements in the academic domain," Andrew says.

"They're the attributes that walk a boy through life."

Success in the steps to learning

- Improving in marks or grades
- Achieving personal bests
- Developing skills
- Understanding something

Participating in class

9. Help your son value school

The best way for your son to value their learning is by pointing out the connections between what they do at school and what's going on in the world, Andrew says. This may include connections between their current interests and their future work life. Valuing school yourself is also important.

"Boys won't value school if parents are running the school or teachers down in front of them," Andrew says.

"Parents will have issues and gripes with the school and the teacher, that's inevitable across 13 years of school life, but it's important for that to be conducted between parents and not with the child," he says.

10. Be courageous about failure

Boys can have a disproportionate fear of failure and hate making mistakes or looking dumb. Parents need to help their son develop the courage to have a "frank and fearless" view of mistakes, Andrew says.

"Mistakes are information for future improvement; setbacks are windows of opportunity," he says.

It's where boys can learn something about themselves and learn to do things better next time.

"Parents really need to encourage their boys to see that effort sets them up for improvement, not a fall."

A note for young boys

All of these principles can be used as early as preschool, Andrew says.

"Just valuing and modelling the importance of learning, the importance of falling over and getting up again, always having conversations and discussions about the wonders of effort ... these ideas all cater very nicely to young boys," he says.

"If you're building up these principles in those infant and primary years, it then doesn't need to be such an explicit exercise in high school."

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/10-tips-to-help-boys-succeed-at-school>

Ten Tips To Help Girls Succeed At School

School principal Jenni Wilkins and experts in learning and resilience, Dr Maria Pallotta-Chiarolli and Professor Andrew Martin, give their best ideas on helping girls to excel at school.

1. Ensure your daughter goes to school every day

A lot of girls think they can stay at home and study, Birrong Girls High School principal Jenni Wilkins says. Children who miss out on eight days of school a term will miss on about a year of education by the time they finish primary school and not much less for high school.

"The best way to learn is to come to school," Jenni says.

"Evidence from the School Certificate and the HSC demonstrates that our highest performers are also those students who have the best attendance rates."

2. Be involved in your daughter's learning

Teachers ensure girls are engaged in learning, however parents/caregivers also need to be engaged in their daughter's education, Jenni says.

"Ask your daughter what they're up to, what they're learning and why it's important to them to learn because this shows you're interested in their school life."

Also find out when their next assignment is due or when their trials begin.

"This allows parents to know when their daughters are under pressure," she says.

3. Lend a helping hand

Help sort out problems your daughter may be experiencing with schoolwork and support them to produce good work.

"It's amazing what parents can bring to their daughter's schoolwork," Jenni says.

"A lot of parents sell themselves a bit short – but if they can understand what's being produced then the teacher will understand it as well."

However, if you find this a challenge for any reason, remain in close contact with the school or have a chat with the principal to get some support. Also, don't underestimate the power of encouragement; it's a great way of helping with schoolwork.

4. Set up a place for learning

It's important to give your daughter a place to work at home – a table where she can work in a quiet area away from brothers and sisters and away from distractions such as the television, Jenni says. This allows girls to concentrate on what they're doing and also shows that the family values her schoolwork.

5. Know what's going on in their life

Girls' concern over their self-image and their vulnerability to being bullied or cyberbullied often gets in the way of learning, Jenni says.

"It's important you monitor it closely."

Talk to your daughter about what's going on in her life, and go along to the parent-teacher nights and P&C meetings to find out how schools manage these issues.

You can also ask teachers what they're noticing, she says.

Girls need lots of encouragement and reinforcement that they in themselves are beautiful and they're intelligent. Dr Maria Pallotta-Chiarolli Deakin University.

6. Reduce their concerns about self-image

Girls' abilities to succeed at school are strongly influenced by the social culture around them, says Dr Maria Pallotta-Chiarolli, lecturer at the School of Health and Social Development at Deakin University. Many girls struggle between traditional ideas of femininity versus being more independent and assertive. Instead of these attitudes helping girls to learn and achieve, they begin modelling themselves on traditional boys' behaviour – binge-drinking, being anti-authoritarian, anti-learning and being sexually aggressive as they try to throw off the 'goodie goodie' image. Back in the classroom, this behaviour can also cause problems, Maria says.

"Girls need lots of encouragement and reinforcement that they in themselves are beautiful and they're intelligent. As parents, especially mums, it's important we model self-assertiveness, confidence, independence and self-assurance," she says.

7. Check your expectations

If girls are put under excessive pressure from parents about their school performance or the career they should pursue, they can sometimes withdraw, experience anxiety issues or switch off from learning, Maria says.

"Parents have to put aside what happened to them, how they feel and what their ambitions were for themselves and are for their girls and ask, 'What does my daughter want, what is my daughter capable of and how do I encourage her as an individual to do the best she can to carve her space out in the world?'" she says.

"Parents need to come across as cheerleaders and critical friends from the sidelines and someone who doesn't expect them to be perfect."

8. Reinforce your daughter's self-confidence

Girls are often motivated about learning but are also anxious about it and can doubt their abilities, says Professor Andrew Martin, a research fellow at the University of Sydney's Faculty of Education and Social Work.

"They often worry about failing tests or assignments and not meeting the mark."

The best antidote to their anxiety is common sense, he says. If they're worried about failing a test, suggest they talk to a teacher about how best to prepare. If they are worried about the wrong questions coming up in the exam, suggest they revise for an additional topic and ask for help. Also, encouraging your daughter to take up sport or relaxation strategies to burn off a bit of anxious energy can also be valuable.

Girls don't take enough credit for the good things they do and focus too much on the things that don't go so well. Professor Andrew Martin University of Sydney.

9. Support your daughter to take control of her learning

Girls tend not to have a strong sense of control over their academic life, Andrew says.

"We find they don't always feel they're in the driver's seat and they are uncertain about their ability to avoid poor performance and failure."

Parents can remind their daughters of three things where they have control over their learning:

- **Effort** – how hard they try
- **Strategy** – the way they try and the way they do their work
- **Attitude** – what they're thinking about themselves and the tasks they have to do.

"The more they can focus on these three things, the more in control they'll feel," Andrew says.

10. Help your daughter to believe in her success

"Girls don't take enough credit for the good things they do and focus too much on the things that don't go so well," Andrew says.

This kind of attitude over a continued period of time can wear a girl's self-esteem down. It can also play out beyond school.

"Later in the workplace they can take on the 'impostor syndrome' where they don't feel they deserve the promotion they get or they're an executive and feel like a bit of a fraud. It all comes back to the importance in the early days of learning to internalise and take credit for success and knowing you deserve the good stuff that's going on," Andrew says.

A note for young girls

All of these principles can be used for girls as early as preschool, Andrew adds.

Talking to them about their problems, modelling assertiveness, reinforcing their confidence about themselves and taking an interest in their learning and social lives are ideas that work well for younger and older girls.

"If you're building up these principles in those infant and primary years, it then doesn't need to be such an explicit exercise in high school," he says.

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/10-tips-to-help-girls-succeed-at-school>

Professional Development

Last Thursday – Friday Mrs Hunt attended the Western Secondary Principals' Council Meeting at Delroy campus of Dubbo College. The learning focused on School Planning 2015-17, HSC Compliance, Healthy Canteen Policy, Mandatory Policy Reviews and Principal Leadership. This coming Thursday, Mrs Hunt will complete the second part of Growth Coaching Training in Parkes. Growth Coaching International programs focus on particular coaching related topics that build practical skills in coaching and leadership, school improvement and ultimately student outcomes.

What Is A Homonym?

Let's face it, English can be a crazy language. Take homonyms, for example. These are words that are identical in pronunciation and spelling but have different meanings. This homonym list will provide some clarity.

Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-a-to-z/-/english_glossary/8Qum/1084/homonym

Sun Safety

This spring has seen temperatures soar. A new information pack with the latest advice on sun safety is available for schools and parents.

Find out more: <http://www.schools.nsw.edu.au/studentsupport/studenthealth/sun-safety/index.php>

Digital Citizenship

We're the first generation of parents responsible for equipping our children with digital citizenship skills – how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online.

Here are some tips to get you started:

<http://www.schoolatoz.nsw.edu.au/technology/using-technology/raising-good-digital-citizens>

Smart Travelling

Is your child heading overseas after finishing their HSC? Suggest they consult safety advice on the Australian Government's Smart Traveller website before they go.

Find out more: <http://smartraveller.gov.au/tips/schoolies.html>

Community Languages

Do you speak a language at home other than English? Would you like your child to learn that language or improve their skills? Saturday School of Community Languages enrolments for 2015 are now open.

Find out more: <http://www.sscl.schools.nsw.edu.au/how-to-enrol>

Have a great week!

Kind regards,

Mrs Nicole Hunt

Principal

3 Rivers

On Thursday 23rd October Nyngan hosted Coonamble for 3 Rivers “A sporting and cultural contest between friends”. We had over 80 students represent our school. The day commenced with classes as normal during Period 1. At about 10am the 23 Coonamble students arrived and the festivities began. For the rest of the day all Nyngan students were either participating in events against Coonamble, spectating or involved in separate activities.

Session 1 comprised badminton, chess, lawn bowls and debating. Session 2 saw basketball, computer games and soccer contested. At lunch it was apparent that the event was going to be somewhat one sided with Nyngan taking out almost every event so far.

Coonamble displayed great spirit but were overrun by the Nyngan juggernaut. Unfortunately, some events from Session 3 and 4 had to be cancelled as Coonamble did not enter a team. Rock Band turned into a teachers and students event, dance turned into spectating and drama was an all Nyngan event with some standout performances by Kyle Hodge and Malachi Woodlock. Volleyball, Netball and Master Chef were all keenly contested in their respective locations. A personal highlight was the mixed netball. Thank you to Kasey Douglas and Sam Vane for volunteering to umpire.

A big thank you goes to the staff of Nyngan High School. Many put in a significant number of hours and a lot of energy accumulating in a successful day. Thank you to the students who made an effort on and before the day.

Mr Bockos

Sports Organiser

.....

Stage 4 Exams

Stage 4 exams begin next week.

Week 4B	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st
1	Enrichment – English	Enrichment - Maths			
2			Enrichment - PDHPE		Achievement - PDHPE
3					Achievement - English
4				Opportunity - PDHPE	
5			Opportunity - English		

Week 5A	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	
1			Enrichment – Aust. Studies Opportunity - Science	Opportunity – Aust. Studies	
2			Achievement - Maths		
3	Drama – Ms. Booth	Achievement - Science	Opportunity – Maths		
4		Enrichment - Science			
5					

STAGE 5 EXAMINATION TIMETABLE

All examinations are held in normal class time.

Every effort has been made for students to only have 2 examinations on the same day, however this was not possible with Thursday 6th November. Some students may have 3 examinations on this day.

	Monday 3 rd November	Tuesday 4 th November	Wednesday 5 th November	Thursday 6 th November	Friday 7 th November
1			Agriculture N. Walsh PASS A Bockos	Timber P. Charters	MTB
2		10ENE H. Underwood	10 MATHS T. Buchanan	05MATH T. Buchanan	MTB
3		METAL P. Charters FOOD TECH 2 M.Field 5AS Aboriginal Studies N. Booth	9E ENGLISH N. Booth		MTB
4		FOOD TECH 1 M. Field	5A ENGLISH N. Booth	05SCA P.O'neill 10 SCE P.O'neill	MTB
5				9SCE P.O'Neill	MTB

	Monday 10 th November	Tuesday 11 th November	Wednesday 12 th November	Thursday 13 th November	Friday 14 th November
1	MTB		05HGA T.Miles		9MAE K.Hunt
2	MTB		COMMERCE N.Booth		9HGE T.Miles
3	MTB				
4	MTB			STAGE 5 MUSIC C.Swift	
5	MTB		9PEE C.Jones	05PEA C.Jones	

CANTEEN SPECIAL

Parmy Burger - \$6.00

