



NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

TUESDAY 11TH NOVEMBER, 2014

TERM 4 WEEK 6

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DATE/EVENTS

UP COMING DATES

Homework Centre Monday
and Wednesdays 3.30pm
5pm

Senior Study Evening 7.00pm
to 9.00pm Wednesdays

Monday 10th November -
Friday 14th November -
Stage 5 Exams continue

Tuesday 18th November -
Scholarship Applications Due

Monday 24th November -
P&C Christmas Dinner Meet-
ing 6.30pm Aussie Hotel

NYNGAN HIGH SCHOOL



Nyangn High School student, Luke Wye pictured above at the NSW Schools Constitution Convention at Parliament House on Monday 10th November. Luke was one of 100 students selected to attend the convention. Congratulations Luke, well done from students and staff at Nyngan High School.



Newsletter

Principal's Report

Welcome back from Mid Term Break

It is hoped that all families have used their Mid Term Break to recharge, visit specialists or medical facilities, visit family or friends a long way from Nyngan or shop for supplies unavailable in town. It would be appreciated if families could keep a record of how they have used their mid term break for use in survey responses towards the end of 2015 when a new application for the mid term provision will be required.

Remembrance Day 2014

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation. Remembrance Day is annually observed on November 11 although it is not a public holiday.

Remembrance Day is not a public holiday in Australia, however many workers stop what they are doing at 11am for a minute of unified silence before resuming work again.

<http://www.timeanddate.com/holidays/australia/remembrance-day>

From the Young Diggers Website:

Who Is A Veteran?

They are men and women who, for many reasons, donned the uniform of our country to stand between freedom and tyranny; to take up the sword of justice in defence of the liberties we hold dear; to preserve peace and to calm the winds of war.

Young Diggers acknowledges we have a duty to all of today's veterans. They now uphold the traditions established by the ANZACs and preserved by subsequent generations of servicemen and women.

Your mothers and fathers, your grandparents, your aunts and uncles, your neighbours, the shop owners in your community, your teachers... each one could be a veteran.

But as much as they may differ by gender, race, age, national origin, or profession, they share a common love for our great nation; a love great enough to put their very lives on the line, if need be, to guarantee the way of life we enjoy today, and to secure that way of life for tomorrow's generations.

The title 'veteran' speaks of courage and sacrifice in the face of mortal danger. It is a title that speaks of compassion and heart-break in the wake of the terrible cost of war and keeping the peace. It is a title that speaks of love of country, and of a belief in our nation's goodness and our strength.

In each of our struggles, heroes in uniform emerge to inspire and spur us on to victory. Our veterans' steadfast resolve to stand and fight for our way of life is a constant reminder that the righteousness of our destiny overarches the anguish of our losses.

The servicemen and women, even as civilians distinguish themselves through their willingness to risk life and limb in defence of the freedoms we all cherish.

Those who have served our nation in uniform are the best people our society has to offer. We owe them our full support and our sincerest thanks.

Our veterans do not shrink from battle; they do not yield to fear; they do not abandon their cause. Unfortunately, some have made the ultimate sacrifice... Lest we forget!

By their example of courage, we are inspired by the dignity of common good. We are a nation blessed with today's ANZACs.

If you are a High School Student and need assistance click here to tell us 'What's up?' or to give us a call. Or, call Kids Helpline on 1800 551800

<http://www.youngdiggers.com.au/cool-facts-about-veterans-0>

University Applications

Please see the attached letter from Charles Sturt University in relation to early entry applications, in particular for education degrees. The ATAR remains the primary method of acceptance to universities.

The ATAR is a rank that allows students who have completed different combinations of HSC courses to be compared. It is calculated for institutions to rank and select school leavers for admission to tertiary courses. Other selection criteria may be used together with the ATAR.

The ATAR is a number between 0.00 and 99.95 with increments of 0.05. An ATAR of 80.00 indicates that a student is in the top 20 per cent of his or her age group.

<http://www.uac.edu.au/undergraduate/atar/>

Students who have received notification of a university place conditional upon their achievement of a particular minimum ATAR may enjoy the potential advantage of securing their university place prior to the main round of university offers.

Charles Sturt University have indicated that if students who have been offered conditional places have a CSU course as their first preference by December 4th 2014, providing they achieve the necessary ATAR, that they will be offered a guaranteed place on January 6th 2015. This is the early entry that is referred to as the first round of University offers are made on January 21st 2015. This gives future students the opportunity to book accommodation in advance of the rush and make other preparatory plans.

Students who have received notification of unconditional approval will still need to have the course listed as their first preference by December 4th 2014 to secure the place.

Unsuccessful students or students who have not studied subjects to achieve an ATAR are able to apply to study a Diploma of General Studies via a motivational statement.

It is anticipated that early entry results from other universities will be released in the coming weeks.

Mrs Walsh is away at HSC marking this week. Please direct any enquiries to Mrs Hunt in her absence.

HSC Marking

Mrs Montgomery is currently working in Sydney marking the HSC Physics Examination. While she is away, Mrs Buchanan will relieve as Head Teacher Science/PDHPE/Student Support.

Mrs Walsh is currently working in Sydney marking the HSC Primary Industries Examination. While she is away, Mrs Underwood will relieve as Head Teacher TAS.

School Fees

Parents who are yet to pay their children/s' school fees are encouraged to pop into the office and make their payments please. The school operates engaging programs for its students with the assistance of school fees from parents. Your assistance is greatly appreciated.

Anti-Bullying Workshops

This week, our anti-bullying workshops continue in year meetings, led by year advisors. These sessions are proving to be used by students to solve problems on their own which is fantastic. Several students are also feeling more comfortable to report incidents quickly and achieve a positive outcome. Mrs Bush will provide more specific information in relation to the student workshops.

ESSA

Year 8 students will be involved in the completion of the online Essential Secondary Science Assessment this Wednesday 12th November. Students are encouraged to have a good night's sleep, healthy food and some light exercise to prepare them for doing their best work in their test.

Aurora College Meet and Greet

On Thursday 20 October, we hope that Aurora College students will join a video conference 'meet and greet' from 3:30 pm - 4:15 pm in the principal's office. At this time, you will be given important information about the operation of the school and you will also have the opportunity to meet some of the teachers.

Selective High Schools

Online application for Year 7 entry to selective high schools in 2016 closes 17 November. Find out more: <http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php>

Future Leaders Program

An ideal development opportunity for school Student Representative Council (SRC) or any student who shows leadership potential. To make a booking or find out more, contact Sport and Recreation on 13 13 02 or visit <http://dsr.nsw.gov.au/futureleadersprimary/> for primary school programs and <http://dsr.nsw.gov.au/futureleaderssecondary/> for secondary schools.

Understanding Climate Change

Is your child learning about climate change at school? CSIRO's scientists are learning how the earth's climate system works through observation, measurement and modelling.

Find out more: <http://www.csiro.au/Outcomes/Climate/Understanding.aspx>

Little Aussie Songsters Competition

An Australia Day competition where primary students can video their singing of our national anthem. For further details, visit <http://www.aussievault.com.au/vault/136/detail/little-aussie-songster> .

The competition is now open and will close on **Saturday 14 February 2015**.

Word Clouds

Has your child made a word cloud yet? It's a great idea for adding to book reports, assignments and even for revision. Cut and paste a big slab of the text into a Wordle for a visual summary of the major themes. Create a Wordle: <http://www.wordle.net/>

Natural Disasters

Is your child studying the science behind natural disasters? The science assignment starter gives interesting links and resources that explain the causes of disasters such as earthquakes, tsunamis and volcanoes.

Science assignment starters: <http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/natural-disasters-project>

NSW Schools Constitution Convention at Parliament House

Congratulations to Luke Wye who was chosen as one out of 100 students within NSW to attend the NSW Schools Constitution Convention at Parliament on Monday 10th November. This is a great achievement by Luke, who had to submit a written application outlining reasons why he should be chosen. Please read the report from teacher, Mrs Hellene Underwood further in the newsletter.

STAGE 5 EXAMINATION TIMETABLE

All examinations are held in normal class time.

	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	

Have a great week!

Kind Regards,

Mrs Nicole Hunt

Principal

Anti-Bullying Program

Last week the Year Advisers held the second part of their Anti-Bullying Program for Term 4. This session's theme was "Gossip". Student's looked at the damaging effects of gossip and shared stories about when they had been subject to or participated in gossip and what the outcomes were. They participated in role playing using the Nyngan High School Anti-Bullying Strategy to combat gossip and reinforced the plan and what it is used for.

Students then shared kindness stories from their previous fortnight. There were some great 'good news' stories, including students carrying teacher's things, helping parents with younger siblings and making someone a cup of tea. It was very encouraging and students have been encouraged to continue to pay it forward. Students then worked on character strengths. Character strengths are psychological ingredients for displaying human goodness and they serve as pathways for serving a life of greater virtue. Students predicted what their strengths would be and then in English lessons, completed the online VIA survey. For Example, if someone has the character strength of perseverance they are given strategies on how to incorporate this strength into their lives. Strategies include things such as making "to do" lists and setting weekly goals to achieve (I know because it is mine!). Students will do more work on this next session. If you would like more information or would like to take the survey yourself you can do so at <http://www.viacharacter.org/www/#nav>

Students were then given awareness about child safety in conjunction with the Day for Daniel. Students wore red on the Friday to promote awareness amongst children and to inform students on appropriate strategies to take in difficult situations.

We look forward to next week where we will look at character strengths further and continue on our path of positivity.

I'll leave you with this article about teaching kindness to help prevent bullying.

Angie Bush

HT English

Why Teaching Kindness in Schools Is Essential to Reduce Bullying



Phrases like "random acts of kindness" and "pay it forward" have become popular terms in modern society. Perhaps this could be best explained by those who have identified a deficiency in their lives that can only be fulfilled by altruism.

It seems that we just can't get enough of those addictive, feel-good emotions -- and with good reason. Scientific studies prove that kindness has many physical, emotional, and mental health benefits. And children need a healthy dose of the warm-and-fuzzies to thrive as healthy, happy, well-rounded individuals.

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[Patty O'Grady, PhD](#), an expert in neuroscience, emotional learning, and positive psychology, specializes in education. She reports:

Kindness changes the brain by the experience of kindness. Children and adolescents do not learn kindness by only thinking about it and talking about it. Kindness is best learned by feeling it so that they can reproduce it.

A great number of benefits have been reported to support teaching kindness in schools, best summed up by the following:

Happy, Caring Children

The good feelings that we experience when being kind are produced by endorphins. They activate areas of the brain that are associated with pleasure, social connection, and trust. These feelings of joyfulness are proven to be contagious and encourage more kind behavior (also known as [altruism](#)) by the giver and recipient.

Increased Peer Acceptance

Research on the subject has determined that kindness increases our ability to form meaningful connections with others. Kind, happy children enjoy [greater peer acceptance](#) because they are well liked. Better-than-average mental health is reported in classrooms that practice more inclusive behavior due to an even distribution of popularity.

Greater Sense of Belonging and Improved Self-Esteem

[Studies show](#) that people experience a "helper's high" when they do a good deed. This rush of endorphins creates a lasting sense of pride, wellbeing, and an enriched sense of belonging. It's reported that even small acts of kindness heighten our sense of wellbeing, increase energy, and give a wonderful feeling of optimism and self worth.

Improved Health and Less Stress

Being kind can trigger a release of the hormone oxytocin, which has [a number of physical and mental health benefits](#). Oxytocin can significantly increase a person's level of happiness and reduce stress levels. It also protects the heart by lowering blood pressure and reducing free radicals and inflammation, which incidentally speed up the aging process.

Increased Feelings of Gratitude

When children are part of projects that help others less fortunate than themselves, it provides them with a real sense of perspective. Helping someone else makes them appreciate the good things in their own lives.

Better Concentration and Improved Results

Kindness is a key ingredient that helps children feel good about themselves as it [increases serotonin levels](#). This important chemical affects learning, memory, mood, sleep, health, and digestion. Having a positive outlook enables greater attention spans and more creative thinking to produce better results at school.

Reduced Depression

Dr. Wayne Dyer, an internationally-renowned author and speaker, says that an act of kindness triggers an increase in serotonin, a natural chemical responsible for improving mood. This boost in happiness occurs not only in both the giver and receiver of kindness, but also in anyone who witnesses it. [This makes kindness a powerful, natural antidepressant.](#)

Less Bullying

Shanetia Clark and Barbara Marinak are Penn State Harrisburg faculty researchers. They say, "Unlike previous generations, today's adolescents are victimizing each other at alarming rates." They argue that adolescent bullying and violence can be confronted with in-school programs that integrate "[kindness -- the antithesis of victimization.](#)"

Many traditional anti-bullying programs focus on the negative actions that cause anxiety in children. When kindness and compassion are taught instead, it fosters the positive behavior that's expected. Promoting its psychological opposite is key in reducing bullying to create warm and inclusive school environments.

Maurice Elias, Professor at Rutgers University Psychology Department, is also [an advocate for kindness.](#) He says:

As a citizen, grandparent, father, and professional, it is clear to me that the mission of schools must include teaching kindness. Without it, communities, families, schools, and classrooms become places of incivility where lasting learning is unlikely to take place . . . We need to be prepared to teach kindness, because it can be delayed due to maltreatment early in life. It can be smothered under the weight of poverty, and it can be derailed by victimisation later in life . . . Kindness can be taught, and it is a defining aspect of civilized human life. It belongs in every home, school, neighborhood, and society.

It's become quite clear that modern education must encompass more than just academics, and that matters of the heart must be taken seriously and nurtured as a matter of priority.

Tongling Report

The Unexpected Journey

In case you don't know, we went to China! The first leg of the journey began in Dubbo after our last Aussie feast, a hailstorm, over packing (me of course) and a two hour delay. Finally, we were off up into the sky to Sydney. The excitement was evident and you could not wipe the smiles off our faces, even if the pain in our ears was killing us.

***Queue classic cliché travel song “*Leaving on a Jet Plane*”**

We were off again, this time on a big jet plane, which at first seemed luxurious until we walking through 1st class and we suddenly didn't feel so fancy. Many of our China crew had never travelled on a large plane, so the questions were many and it was great to see the attentiveness to the safety demonstrations. Once up in the air and our movie selections were made, it was time to relax. Before we knew it was dinner time and it was FREE! At this point, Zoe was impressed with the selection of meals and was keen to order. She was in the mood for chicken and asked “Oi, how do I get the chicken?” Mel couldn't help her as it was her first time on a plane, so Zoe being the problem solver tried again herself. She was searching the screen in front of her, pushing the buttons and requesting chicken. To no avail was her request for chicken responded to so she used her initiative and asked Shelby, Britt and I for assistance. Zoe asked “How do I order my dinner, I really want the chicken! I keep pressing the buttons and can't find how to order!?” It was very difficult to contain our hysterical laughter, but we managed to tell her the air hostesses bring the meal to you and you don't need to order. This began the Zoe files and she continued to entertain us for the entire trip with her one liners!

After three planes, two countries and a bus, we finally arrived in Tongling looking as though we had just come off the set of the walking dead. There was dibbs on first showers and micro naps before dinner. We were welcomed to Tongling in style with an amazing banquet dinner. The students were treated to their own special dinner with the teachers from Tongling, while Mr Walsh and I were gushed upon because we were the “Principals” of Nyngan High School. It took a while to explain we were “just” teachers, but it was easier to roll with the prestige.

Dish, after dish kept arriving with amazing looking food and some..... interesting..... dishes. Mastering chopsticks became a challenge and we soon owned it, impressing our hosts with our attempts and trying everything we could with an extra big smile. Tom and Luke were named chopstick warriors, but it was Mr Walsh and I who were the most adventurous out of the group trying turtle! Trust us, it's not that bad, quite enjoyable. When we told the students about the turtle they couldn't believe we did it and gave us those judging faces only teenagers can give, however, we maintain our hero status for being adventurous.

The next morning we had a nourishing, but very different style of breakfast, where, for many of us our obsession with dumpings began. Parents we did drink Coke and Lemonade for breakfast most mornings, #SOZNOTSOZ!

All suited up, gifts in hand and looking sharper than ever, we set off in anticipation under the red Mordor Sun for our day at the Tongling Number 15 Middle School. Upon arrival we were overcome by the sheer amount of people lined up perfectly into rows. Mr Walsh gave a cracking speech which received a thundering applause, and then the morning exercises began. We were in awe at the amount of students who attended Number 15 Middle School and how enthusiastic they were completing their exercises. Tai Chi was our next activity and Mr Walsh was in his element, the atmosphere was relaxing and we felt privileged we were able to participate in this. We attended Art, English and Music classes and in between we were swamped with ecstatic students who showered us with gifts. This was a little difficult to cope with at first, but we soon got accustomed to being told how beautiful and handsome we were.

At the official dinner the suits were on again, even Mr Walsh and I scrubbed up ok for the event. If we could have a theme song for this part of the trip it would be Iggy Azalea “Fancy”. The restaurant was amazing and the dining room was exquisite. We were nervous to touch anything, but as soon as the food arrived that all changed! The boys were in their element giving everything a go and telling the girls it was ok and tasted good. The conduct of the students at this dinner was exceptional and the Tongling Education Directors were very impressed and LOVED the suits. Tongling Number 15 and 11 Middle Schools were so welcoming and their students warm and friendly. The experience was humbling and a memory we will treasure forever. The friendships and the special people we met along the way such as our guides Amanda and Quong Fay, Principal Mr Wong and the Deputies of Middle School Number 15 made our journey memorable.

Beijing

After our fond goodbyes in Tongling we set off on the second leg of our journey to bustling Beijing. The thought of visiting a city which has the population of Australia living there was slightly overwhelming. The China crew embraced this experience and could not wait to play tourist!

The first important site we visited was the Forbidden City. We were in full throttle tourist mode and were keen to see what it was all about. Mitch and I were lung safe and wore protection masks as the pollution was overwhelming to say the least. Our guide, Adie, was exceptional and knew all the detours to avoid massive tour groups. We were absorbed in the stories and culture for the day, while taking lots of photos and the odd selfie.

Our days were jammed packed with activities and we kept pushing on through the exhaustion to keep going. At times, I swear the kids had signed me up for 'The Biggest Loser China' and were preparing me for challenge day! We also learnt to never trust Chinese time! 5 minutes= 60 minutes and **'the next corner'** in reality is the next 5 km's.

Shopping, shopping and more shopping is what was on our minds and boy did we shop until we dropped. We learnt how to bargain for our buck- some better than others... ZOE!! Beijing proved to be a small world when we ran into some tourists from Dubbo who mentally prepared us for the Great Wall.

The Great Wall was phenomenal! The sheer size of it was daunting, but it was no match for the Nyngan High School students who dominated its stairs and might! Climbing the Great Wall is one of the highlights of the trip and our crew was referred to as "Hot Shots" by a group of American tourists.

The gruelling nature of touring took its toll on us all and it was a scramble for first dibbs on the massage parlour in the hotel. UNO was a big part of the night's and encouraged friendly competition. Mr Walsh 'dominated'- playing only once, but taking all the glory. We slept at any chance we could, just ask Matt, he mastered getting comfortable anywhere.

Our favourite moments of the trip were the Huton Tours, where we travelled in a rickshaw and Mitch got the taste for expensive Rolex watches and bargaining, Tom's leaping scare at the acrobat show, mmmmmm DUMPLINGS, shameless selfies, laughing shots, modelling for tourist shots, baby whispering, oh karaoke, how could I forget that!

The last night in Beijing was karaoke night. Tom and I kicked it off with a hot Rhianna number "Where have you been?" which got the party started. This was followed by many Kanye numbers (to my disgust), Mitch "Jay-Z" Harley and Matt rapping Linken Park, Luke "IGGWYE" getting "Fancy" and Zoe and I bring it home with a Roxette power ballad. We all owned the microphones and got many laughs from people walking past our room. We are hoping to get a gig on Formal Assemblies sometime soon.... HINT... HINT... so stay tuned for that!

During our trip we overcame many challenges, including the cultural difference when it comes to toilets (something I struggled to overcome), tiredness, home sickness and exhaustion - but it was worth every second. You know it's been a fabulous trip when you have blisters and you no longer have ankles and they become KANKLES.

The trip was made memorable by Mr "I like that" Walsh and the fabulous students:

- Miss Zoe "Australia" Angove
- Matthew "Ladies Man" Frankham
- Luke "Where's the Apple Store, I'm so Fancy" Wye
- Mitch "Rolex, Rolex" Harley
- Tom "Baaaaeee" Waterhouse
- Melanie "Nihao" Fitzalan
- Britt "I like rice" McClelland
- Shelby "Baby Whisperer" Dunn

Feel free to tell us we are so beautiful and handsome when you see us, because now we are back into the routine of school life our egos are feeling slightly deflated.

Mr Walsh and I were privileged to have the opportunity to travel with this amazing group. Their conduct was exceptional and they embraced every opportunity that was presented to them. They were extraordinary representatives of Nyngan High School and Community, for which they are to be commended. It was a trip of a lifetime and we are grateful for the generosity and support of the Nyngan Community and the Bogan Shire Council to make it happen. We also cannot forget the continual support of the parents in this process. Their hard work and dedication to the fundraising efforts was second to none. We were a team throughout this whole process and we thank you for all your support and kindness.

Miss 'Travelator' Rixon and Mr 'I like that' Walsh

IMAGES FROM TONGLING



Treated like
"Principals"

Banquet Dinners



Playing the "tourist"



The "FOOD"



Who is that masked bandit !!!





The Great Wall



More 'selfies'



Thank you Tongling—we had an amazing time which won't be forgotten !!

NSW Schools Constitution Convention at Parliament House

Whilst many students were taking advantage of the opportunities that the Mid-Term break allows them such as Orthodontist appointments and sleep, one student, Luke Wye was treading the boards of NSW Parliament in Sydney. I could say that Luke was lucky to have been chosen ,but luck played only a small part in affording Luke the opportunity to be chosen to represent Nyngan High School at the NSW Schools Constitution Convention at Parliament House on Monday the 10th of November 2014.

Luke was required to submit a written application outlining reasons why he should be chosen to attend the convention. He was one of 100 students from within NSW selected to sit on the surprisingly comfortable green leather chairs on the liberal cabinet's bench in the legislative assembly. A commendable achievement in itself and one which Luke should be very proud to have achieved.

The topic of the convention was inserting recognition of Indigenous Australians in the preamble of the constitution and making amendments to the constitution, which would involve the deletion of out dated acts, as well as inserting new ones. The convention began with two keynote speakers; Professor Larissa Behrendt Professor of Law and Director of Research, Jumbunna Indigenous House of Learning, University of Technology and Professor Twomey, Professor of Constitutional Law, Sydney Law School, University of Sydney. Both speakers were very engaging and outlined the issues pertaining to writing a new constitution which recognises Indigenous Australians, offering possible suggestions and complications relating to the compilation of such an important document.

Prior to attending the convention, Luke was required to sharpen his knowledge of the law and more specifically his awareness of indigenous legal history in Australia. The students were designated a group with 17 other students and for an hour and a half discussed issues such as what is the case for and against substantive constitutional change, including the deletion of two sections of the Constitution – ss25 and 51(xxvi) – and the insertion of three new sections – ss51A, 116A and 127A.

During the plenary session in the afternoon each group was required to report back their group view to the larger body and a mock referendum was held with the questions being:

1. Do you support symbolic recognition of Indigenous Australians through the insertion of a Preamble in the Australian Constitution?
2. Do you support changing the Australian Constitution in order to recognise Indigenous Australians?

The convention was a valuable learning experience for Luke and one which has reaffirmed his career aspirations in the field of Law. The academic standard of students attending the convention was at a very high level. It is a credit to both Luke and Nyngan High School to not only meet the intellectual level of our city counterparts but go beyond that and challenge and engage students from all over NSW in an informed and scholarly manner.

Congratulations Luke.

H Underwood



