



NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

MONDAY 6TH MARCH, 2015

TERM 1 WEEK 7

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DATE/EVENTS

UP COMING DATES

Homework Centre Tuesday
and Thursdays 3.30pm 5pm

Senior Study Evening 7.00pm
to 9.00pm Wednesdays

Monday 9th & Tuesday 10th
March - Encore Excursion,
Sydney

Tuesday 10th March - Year
7, 11 and 12 Vaccinations

Monday 16th March - P&C
Meeting 5.45pm Staff Com-
mon Room

Thursday 19th March -
Parent/Teacher Interviews -
Nyngan High School Gym
4.00pm to 6.00pm

NYNGAN HIGH SCHOOL

CONGRATULATIONS



Congratulations to the Nyngan High School Boys Under 13 Relay Swimming Team who were successful in winning at the Dubbo Swimming Carnival last week. They will now go on to the State Swimming in Sydney. Best Wishes to the team. Well done boys.

Pictured from L to R: Bill Quarmby, Tyler Martin, Cale Dunn and Kyle Hall.

Newsletter

Principal's Report

Swimming

Last Thursday, Katie Boland, Mitchell Casey, Cale Dunn, Kyle Hall, Tyler Martin, Bill Quarmby, Petria Quarmby, Emma Teale and Liam Wherritt travelled to Dubbo for the Regional Swimming Trials. Congratulations to our relay team comprising Cale Dunn, Tyler Martin, Kyle Hall and Bill Quarmby who were successful in making it through to compete at the State Swimming Carnival. Bill and Tyler will also be competing individually. There will be further details from the sports department. Thank you to Ms Booth for supervising on the day and the parents who travelled to support our students.

Encore Excursion

Monday morning at 6am, our musicians headed off to Sydney to see the Encore Concert at the Sydney Opera House. This concert is a display of the best HSC Music performances from 2014 and will be used by our students to gauge the standard required for achieving band 6 results. Thank you to Mrs Swift and Mr Miles for supervising the excursion and Mr Hunt for driving the bus to Dubbo.

Student Well-being Workshop

As a proactive measure to counteract bullying in our school, Mrs Bush is leading positive education in our school. This week our students will be participating in well being workshops with their year groups. This is to develop students' confidence which is the best way to eliminate or minimise negative social interactions.

Selective Schools Test

This Thursday 12th March the NSW Selective Schools Test will be held at Nyngan High School (students sitting the test have been advised of times and details). This test is the entrance avenue for NSW selective schools including Aurora College, the state's Virtual Selective School which allows students to study as part of a selective school whilst staying at home in Nyngan.

AECG Meeting

Next Monday 16th March at 4pm, Nyngan Public School are hosting an Aboriginal Education Consultative Group Meeting. All interested people are invited to attend.

P&C Meeting

Next Monday 16th March at 5:45pm in the Nyngan High School Common Room, the annual general meeting of Nyngan High School's Parents and Citizens group will be held. All interested people are invited to attend.

Parent Teacher Evening

Thursday 19th March will be the year's first Parent Teacher Evening held in the Gym. Following feedback during a P&C Meeting last year, we will be trialling an appointment system for this Parent Teacher Meeting. Mrs Montgomery has outlined the steps further into the newsletter. Parents are encouraged to make appointments to minimise waiting times when attempting to see multiple teachers during the same evening. Parents of all students are encouraged to come along to the evening and learn how to assist their children with their schooling.

Succeeding In Science

Encouraging your teen to ask questions and helping them find the answers is top of the list in helping them to succeed in science.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/helping-your-teenager-succeed-in-science>

Facts About Tutors

Private tutoring to give kids a helping hand in their schooling is a growing business. However, it's also an area where parents can be vulnerable to bogus offers and misleading advertising.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/facts-about-tutors>

Public Speaking

Does your child suffer glossophobia? Fear of public speaking is common. Try creating opportunities for your child to present speeches to the family, without putting pressure on them to perform. Here are some tried and true tips to make your child's next speech a success.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/public-speaking-in-primary-school>

Science Starters

Did humans live with dinosaurs? Does the moon disappear in the day? Kids love to know the answers to life's mysteries but there are a few facts they often get wrong in the name of science.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/10-scientific-facts-your-child-needs-to-know>

Year 10 Subject Selection

In Year 10 students are asked to select subjects for Years 11 and 12. Here are some tips to help your teen choose well.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/year-10-subject-selection>

A Crash Course In Poetry Appreciation

Understanding why an author uses certain words or structures in their poetry can help your teenager enjoy the English subject and give greater depth to their writing and language skills.

Find out more: <http://www.schoolatoz.nsw.edu.au/en/homework-and-study/english/english-tips/a-crash-course-in-poetry-appreciation-for-your-high-schooler>

Have a great week!

Kind regards,

Mrs Nicole Hunt

Principal

REMINDERS

Student Update and Information sheets, Swimming notes and Excursion permission within the township of Nyngan notes, and Medical Information sheets were sent home with the newsletter a couple of weeks ago—if you have not returned these could you do so as soon as possible.

Parent / Teacher Interviews - Booking Process

This year, we will be using an interview booking system for Parent / Teacher Evening on 19th March from 4:00 till 6:00 pm.

Parents who have portal access to Millennium can go in and book their interview times with teachers directly on the portal.

- Log into the portal
- select ‘**parent interviews**’ on the left hand panel near the bottom
- For each of your children you will see ‘**BOOK INTERVIEW**’. By clicking here, a list of your child’s teachers will show, with available interview times. Click an interview slot for each teacher you wish to see. Once completed you can print your schedule.
- Be sure to coordinate your children so that you do not make two different bookings with one teacher or that you don’t book yourself with different teachers for two children in the same time slot.

Good luck! Please contact the school if you experience any difficulty.

Parents who do not have portal access, please contact the school office to request an interview booking and we will do it from this end and print a schedule for you. Don’t forget to inform the office if you are not available for the entire 4:00 till 6:00 pm time period.

If you would like to have portal approval for Millennium, please contact the school and this will be arranged.

L Montgomery

Science and Engineering Challenge

It's on again this year! Government funding priorities had put the Science and Engineering Challenge in jeopardy of being too expensive to participate in, however, thanks to generous support from the Rotary Club and Newcastle University, we are good to go.

We can take a school bus load of students (plus a car if necessary). We need to have 8 teams with 3 people per team. Year 9 and 10 students need to get in quick to form their teams. Please give your names to Mr O'Neill or Mrs Montgomery by 30th March. More news will follow as it comes to hand.

Independent Research Projects

Stage 5 students have been planning their projects and now they have the official task notification. Parents are asked to go through the task with their students and be involved in conducting the investigations. If you have any questions, please contact Mr O'Neill, Mr White or myself and we will be happy to help you. I must emphasise, the investigation follows the exact same process that we use in class for all investigations. There is nothing new in the process for the students; it is just a matter of thinking of a problem to investigation. Most students have already come up with their problems. Work together and enjoy the journey.

Leonie Montgomery

Head Teacher Science

Girls Soccer Report

The Nyngan Open Girls' Soccer side defeated Cobar on Tuesday the 3rd of March. The girls played an incredible match against all odds (namely the 39 degree day) and stayed on top of their opponents as if they had all been playing for years.

The game was an absolute nail biter with each team conceding alternate goals and a score of 2-2 at half time. After almost calling the game off due to extreme heat, the girls decided they could push on. They played a very strong second half and finished the game at 4-3!

A big congratulations to all of the players for doing such a great job and a special mention must go to Melanie Fitzalan who was a force to be reckoned with and scored all four goals!

A big thank you to Mrs Bodycott, Mr Stephens, Mr Horo and Mrs Bolam for their help and support on the day and a very special thank you to Annie for providing cold water, oranges and red frogs to keep the girls energized.

The girls played wonderfully as a team and we look forward to playing even better in the next round.

The team consisted of: Melanie Fitzalan, Melanie Bodycott, Zali Wherritt, Shianne Klante, Zoe Angove, Skye Douglas, Karlie Stephens, Kiarna Stephens, Maddy Horo, Georgia Horo, Brittany Robb, Katherine Bolam, Alahna Ryan and Peita Quinton.

T Dal Forno

Sport Teacher

Cricket Report

On Wednesday, after some venue-related logistical nightmares, Nyngan High's Open Boys Cricket team took to the field for their mouth-watering first round encounter with Gilgandra High School.

Sent in to bat on what looked like a fairly straight forward batting wicket, Nyngan's openers, Stuart Barton and Jak Jeffery faced a bowling duet from Gil and were lucky to get away with some early chances. On a slow outfield and facing tight bowling, Nyngan were well placed for a late flurry at drinks, 1- 48, with Jak Jeffery dominating the scoring. Drinks, as she so often does, claimed some scalps, with Terrence Ryan (4), Jak Jeffery (27) and Isaac Dutschke (1) all falling within a few overs. Cooper Barrow (12) hung around to good effect and Mitch Casey (4) threatened to wallop a couple, but Nyngan was eventually bowled out before reaching the 100 mark.

Confident that they had the bowling attack and fielding skills to defend a small total, Nyngan took to the field with a vigour and enthusiasm expected from such a young team. Intent on vocal support and 'walking in' the outfit piled on pressure on a Gil batting line-up that could not handle it. Matty McDougall (3-10) and Stuart Barton (2-9) absolutely tore through the top order with thoughtful swing bowling. Jak Jeffery put the game beyond doubt with a 4 – that included a couple of in swingers that shattered the stumps. Gil could only manage 69, 30 runs short of what was required. Calub Cook was fantastic in the field, as was Liam Wheritt, who snared a great catch. Skipper Barrow led the team well from behind the stumps in a display that included a couple of 'speccies'.

Cheers to Hodgey and to Roger and Tash Sheather for scoring and helping out on the day.

Bring on Dubbo.!!

The team consisted of: Stuart Barton, Jak Jeffery, Terrence Ryan, Cooper Barrow, Isaac Dutschke, Mitch Casey, Calub Cook, Matty McDougall, Tim Walsh, Jedd Smith, Liam Wheritt, Bill Sheather and Brandon Hodge Piper.

T Dal Forno

Sports Teacher

CHS Open Boys Soccer

The stage was set for a battle between the old foes Nyngan and Cobar. A warm day with plenty of testosterone in the air, with a hint of deodorant. The first half saw Nyngan running with the wind and full of enthusiasm. Jayden (captain) led the team around the park and was instrumental in the team's go forward play. It was the debut for footy player Nick Andrews that proved the surprise packet of the first half with his solid tackling (unorthodox at times) keeping the Cobar team at bay. Lightning Ted Ebsworth was causing plenty of headaches upfront, but he couldn't put them away. Stanley proved a master in goals by saving our bacon on many occasions and we were lucky to go into the break only down 1-0.

As coach, I asked for a more committed effort in the second half to claw back the lead and look to win the game. Unfortunately, the speed of the Cobar boys took its toll and they lengthened their lead to 3-0 with some excellent strikes. In true Nyngan spirit, the team kept their heads up with Tim Walsh, Mitch Hedges and Russell Thompson really putting pressure on the opposition. Luke Wye and Liam Wheritt made sure that Cobar wouldn't get any more goals with solid defence at the other end. Jacob Shone had taken over in goals and was doing a fine job which meant Stanley was let loose in the field to cause havoc. The pressure applied by the Nyngan team finally paid off with two glorious strikes from Jayden and Mitch narrowing the gap to 3-2 with moments to go. The crowd were right into it shouting encouragement but the whistle blew and we were left to rue some missed opportunities.

An exciting game to watch and I was so impressed by the effort and sportsmanship of our team on the day. A big thanks to Mr Miles for doing a great job refereeing the game.

Mr Walsh

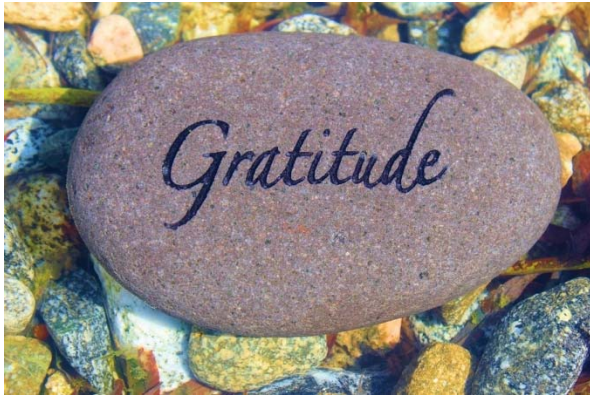
Positive Education

This week we will holding our second students' workshop aimed at setting personal goals. The aim is to understand that our well being is particularly important to all aspects of our life and we certainly learn to the best of our potential when we are feeling at our healthiest, physically, emotionally and mentally. By setting a goal we can put our wellbeing first and try to develop an area of our life.

We are also continuing with our kindness and gratitude exercises. The importance of gratitude is outlined below in an article by REBECCA ANHALT.

What Does Gratitude Have to do With It?

REBECCA ANHALT FEBRUARY 14, 2014



I very much enjoy running gratitude group sessions with my clients. They are often quite skeptical about the topic and they ask me a number of questions regarding the validity of being grateful. What does gratitude have to do with mental health? Will gratitude really make me any less depressed? Are you suggesting that thinking happy thoughts is a cure for depression?

The answer is: lots, yes, and not exactly.

You see, gratitude is more than just thinking happy thoughts. Gratitude is a skill, a very effective coping skill, in fact. Just like any skill, the more you practise having an attitude of gratitude, the greater impact it will have on you.

I have compiled a list of 7 ways you can benefit from practising gratitude every day.



1. Gratitude can decrease the chances of being triggered to a depressive or anxious episode in the future.

Depression is caused by a chemical imbalance in the brain, but a depressive episode is usually triggered by a combination of environmental factors including negative thought distortions, stress, grief, etc. Grateful thoughts on a regular basis can decrease the negative effect the environmental factors can have on you, thereby decreasing the chances of being triggered into a depressive episode in the first place.

2. Practising gratitude can affect the impact of emotions associated with depression, such as worthlessness, hopelessness, and helplessness.

In my previous post “[Change Your Thoughts, Change Your World](#)“, I explained how thoughts lead to emotions. So if your thoughts are negative in nature, then their corresponding emotions will also be negative. If you replace the thoughts that lead to worthlessness and hopelessness with thoughts of gratitude, then you can increase the likelihood of the depression lifting.

3. Thoughts of gratitude can increase the chances of using positive coping skills.

If we engage in negative self-destructive thinking, we are more likely to attempt to cope with stress by using unhealthy coping strategies like over-eating, excessive alcohol use, drug abuse, and isolation. Engaging in thoughts of gratitude can increase the chances of using healthy coping strategies to cope with stress like exercising, relaxation techniques, positive self-talk, and therapy.

4. Gratitude increases our ability to cope with change.

One of the greatest challenges in life is the ability to cope with change. We often resist change because of fear, for example, fear of a loss of control or fear of the unknown. Gratitude can help us adjust to change by helping us look for the silver lining in the changes that affect us. Looking for what we can be grateful for during times of change can help accept the change itself rather than hiding or resisting it.

5. Gratitude combats negative distortions.

In a previous post, “[Top 10 Negative Distortions, and How They Affect You](#)“, I outline ten common negative thinking styles that can have a negative impact on our well-being. Gratitude can counteract these negative effects. Gratitude is a healthy coping strategy for negative thoughts.

6. Gratitude can help release built up stress.

When we experience an increase in stress, the negative impact of the stress can be magnified by negative thinking, this will likely lead to even more stress, which increases negative thinking, and so on... It's really a vicious circle. Grateful thoughts can break the cycle, thus leading to a decrease in stress.

7. Gratitude can increase the likelihood of achieving goals.

Grateful thoughts increase our motivation by positively affecting our self-esteem. When we feel better about ourselves and our place in life, we can put our energy into setting and working towards goals rather than putting our energy towards resisting change. Gratitude can help us focus our mental energy towards positive endeavours instead focusing on the things that are potentially going wrong around us.

What are your thoughts? What other ways can gratitude enhance our life?



Angie Bush

Positive Education Leader

