



NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

THURSDAY 1ST DECEMBER, 2016

TERM 4 WEEK 8

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

DATE/EVENTS

UP COMING DATES

Homework Centre Mondays 3.30pm to 5.00pm Weeks A & B and Thursdays Week A ONLY

Senior Study Evening 7.00pm to 9.00pm Wednesdays

Monday 21st November - Year 10 Work Experience commences

Thursday 1st December to Saturday 3rd December - Aboriginal Studies HSC Seminar Sydney University

Monday 5th to Friday 9th December - Lifesaving (Swimming) Nyngan Town Pool P3 & P4 each day

Tuesday 6th December - FORMAL ASSEMBLY

Tuesday 6th December - SRC Disco

Wednesday 7th December - Discover Dubbo Excursion

Monday 12th December - PRESENTATION NIGHT 7.00pm Nyngan High School Gymnasium

Tuesday 13th December to Saturday 17th December - Blue Mountains Expedition

NYNGAN HIGH SCHOOL

SCHOOL PLANNING AFTERNOON

Monday 5th December – 3.30pm-5.30pm

@ Nyngan RSL Dining Room



Nyngan High School is holding a planning afternoon for the 2017 year, which will drive student education, welfare and community engagement milestones in our School Plan.

The Principal, Mr Michael Gibson, will present an overview of school progress in 2016 and lead planning for 2017.

We are inviting members of the school and wider Nyngan community to join us in planning our future. If you would like to attend please RSVP by:

Friday 2nd December to the school on 6832 1004

or via email

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

Principals Report

Dear School Community,

I have a few important announcements to begin my report this fortnight:

NSW Teachers Federation Stop Work Meeting

There is a planned Stop Work Meeting on Thursday 8th December between 8.40am-9.45am, for NSW Teachers Federation members. This meeting is to hear and vote on a proposed Crown Employees Salaries and Award Conditions agreement for 2017-2019. I have contacted each of our teaching staff at school and have received an overwhelming response that our teachers will be attending this meeting and not be on duty at our school site during this time.

As such, I have made the decision to temporarily cease school operations between 8.40am and 9.45am. There will be no supervision provided for students during this time and I ask that you provide alternate arrangements for the care of your children during this time.

Normal supervision will resume at 9.45am and students are required to attend school after that time. We will begin with a DEAR/ Roll Call at 10am and normal lessons from period 2 on Thursday 8th December.

Alternative Work Organisation (Mid-Term Break)

Our Alternative Work Organisation (AWO), which is commonly known as the Mid-Term break has been approved for 2017. We will continue with our current school structure of each school term having the Friday of Week 5 and the Monday of Week 6 as a planned AWO days. I would like to thank Mr Toby Miles for his work as the Teachers Federation Representative in co-ordinating this application and the consultation process.

End of 2016 & Start of 2017

The last day of school operations for 2016 will be Friday 16th December.

All students are required to attend school until the end of this day. Following this day there will be no staff on duty at our site to supervise students.

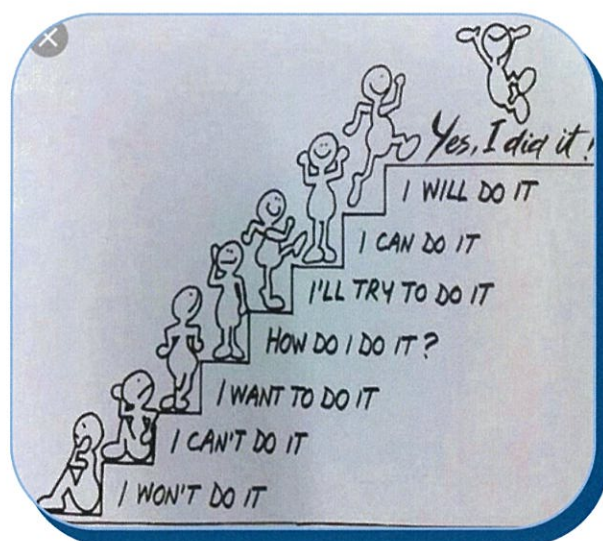
Our school staff returns to duty on Friday 3rd February, 2017. Students commence the following week:

- Year 7, 11 and 12 students return on Monday 6th February
- Year 8, 9 and 10 students will return on Tuesday 7th February

Most of us will know that it has been a struggle and sometimes we never know if we will reach the end. But here we are.

I encourage you to take a moment and reflect on the fact that you have made it through another year and more than likely achieved some major things along the way.

With the end of the year almost here, many of us will wonder where the time has gone.



Movember & Matty

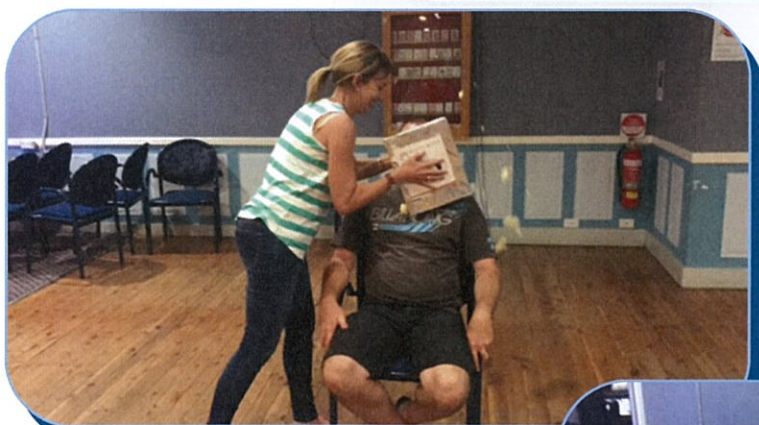
A huge thank you to the entire community for continuing to support fundraising initiatives for Matty Bolam and his family. Mr Dal Forno has prepared a full report from our recent Movember fundraiser which was a spectacular evening.

Having spoken with Matty's mum Katrina recently, there may just be good news on the horizon and hopefully Matty will be home for Christmas with his family. We all have our fingers crossed for the Bolam family.

I would like to especially thank Lisa Herbert for generously securing the auction prize of smashing a cake over my head. Lisa had a syndicate with Jarred Jeffrey and Britt Martin to help her; however, she then secured further funding from every table of people present to bump-up our grand total. Thank you to everyone involved.



GOING !!



GOING !!



GONE !!

*Michael Gibson
Principal*

Tongling Exchange 2016 from the Students' Perspective



Lucy

The time that I spent in China is something I will never forget. The stay in Tongling is the highlight of the trip. As we walked into the school on the first day it was crazy to see the amount of students there and the warm welcome that we had. We attended our first class which was Science and got to know some of the kids. We got paired up with one of the Tongling students and built different circuits which was similar to what we do in Nyngan. They then showed us some awesome little machines that they had. Handing out gifts on the last day was insane. We ran from classroom to classroom handing out gifts and in the end throwing piles of gifts into classrooms.

All the kids were so grateful and were even just happy to get our email address. We had a day of touring in Tongling which I enjoyed. We got to visit a little old town just out of Tongling. As you walked in the not so lovely smell hit you, we then saw all the houses and business. It made me very grateful for the life I had back home and I met a young boy from the village who just loved talking to me. It's the best experience I have ever had and wish I could go back tomorrow.



Joel

The trip to Tongling No.15 Middle School was outstanding. Seeing the reactions of the kids when you walk into their classrooms was unreal. The most memorable part of the trip for me was probably going to the schools and interacting with the classes and the kids and giving all of our gifts out.

I had a great time learning some of the Chinese language, signing autographs and teaching one of our hosts Felix, how to speak a little Bogan also. Thanks for the opportunity to travel over to China.



Ella

China was one of the best experiences that I will ever have in my life, which has opened my eyes to so much more. Getting the opportunity to experience a culture so different to ours in many ways but the same at times was amazing.

Going to the schools was definitely my favourite highlight of the trip because we got to see how the classrooms work, got to connect with the students and we were able to see the similarities between our education and theirs. I didn't think there would be the similarities that there were.



Petria

Travelling to China was one of the best experiences of my life that I will remember forever. My favourite part of the trip was going to the schools in Tongling and seeing the many differences and similarities between the two schools. The Tongling No.15 school buildings were so different to ours yet classes were run very much the same to ours. The students treated us like royalty and it was so good to learn about their lives as well.

The best part of Beijing was visiting all the temples and palaces. All the buildings in Beijing were beautifully built and very colourful. Travelling to China was one of the best things I've done and I will forever treasure every memory.



Abbey

Travelling to China as part of the Tongling delegation for 2016 was the best experience of my life. My favourite part of the trip was visiting the Tongling No.15 and No.11 schools. I enjoyed every single minute at both of the schools, the only thing I needed at the schools was more time. At the No.11 school we were handing out gifts to the students and very quickly I had run out. I looked around and there were still so many students who had not yet received a gift. I was standing by myself looking at all the people, the high-rise buildings and the massive oval when a girl came up to me and asked "can I have your email?". I said sure and gave her my email. By the time I had written down one email, over twenty students were asking "can I have your email? Can I have your number? Your name?" I was so overwhelmed but could not stop smiling.

I found myself standing in the middle of a large group of students who were pushing each other out of the way just so they could write down my details on a piece of paper or in a book or on their palm or literally on anything they could write on. The students at both schools showed an enormous amount of gratitude; any small thing that we would do for them, like give them a small gift, they would smile, show their friends and be so happy.



Jacob

On the 17th of October I was given an amazing opportunity to travel to China as well as 5 other peers and 2 two teachers, Miss Scott and Mr Gibson. We set off from Dubbo airport that afternoon, flying to Sydney, then Hong Kong. Once we arrived in Hong Kong we received the lovely message that our bags had not made the flight from Sydney. We did not let this dint our spirits and boarded our next flight to Nanjing.

After landing in Nanjing, the representatives from Tongling No. 15 middle school greeted us and after a short introduction we departed for our 3 hour bus ride to Tongling. We spent 4 days in Tongling visiting schools and sites around the city. I think it's safe to say that the school visits were everyone's highlight and something that I'll never forget. After our stay in Tongling, we caught the bullet train to Beijing. We then turned into tourists, visiting all the amazing and beautiful sites Beijing had to offer. After our stay in Beijing we sadly had to leave, returning home.

On behalf of the delegation, I would first of all like to thank Miss Scott and Mr Gibson for looking after us and putting up with us for the trip, but most importantly I would like to thank all our sponsors, the Bogan Shire Council and the Nyngan community as a whole. We are all extremely grateful for your support throughout the whole fundraising process, it just shows how generous Nyngan is, without the community's support, the trip would not happen.



Deputy Principal's Report

Western Deputy Principal Conference

This Thursday and Friday I will be attending the Western Deputy Principal Conference at Dubbo. Last week I attended the NSW Deputy Principal's Congress meeting in Sydney as a representative of the Western Association. We heard from Mr Dean White, Director of School Operations and Performance and Ms Lila Mularczyk, Director of Secondary Education. It was very informative to hear where the NSW Department of Education is heading and to share with other Deputy Principals what they are doing across the state.

Cyberbullying

I have attached some information about cyberbullying. This information again comes from the Office of the Children's eSafety Commissioner. <https://www.esafety.gov.au/> You may like to keep it handy in case any of these issues arise in the school holidays.

HSC Markers

Mrs Montgomery again marked HSC Physics Examination papers and Mrs Walsh again marked VET Primary Industries HSC Examination papers. Both Head Teachers travelled to Sydney to meet with Head Markers with Mrs Walsh staying in Sydney to mark during the day and Mrs Montgomery returning to Nyngan to mark papers via the computer at night. Both Head Teachers are recognised for their expertise in these areas. Congratulations.

Busy end of term

Nyngan High still has many learning opportunities occurring right up till the last day of school. As well as normal lessons Year 9 are participating in two days of leadership training with Ms Stafford and Richard Milligan, Year 11 Aboriginal Studies students are attending a conference with Ms Booth at Sydney University, Stages 4 & 5 will be heading to the pool next week for lifesaving, the SRC will have representatives at the Nyngan Health Council Meeting, there is a Rugby Union Training Seminar, our Discovery classes and Sista Speak girls are heading to Dubbo for the day, the Didgeridoo Workshops continue, Platinum students are being rewarded with a day in Dubbo, we have our Christmas Service and of course our Formal Assembly for Term 4 and our Presentation Evening.

Nyngan High School is certainly a school of opportunities!

Kind regards,

Mrs Melanie Murray
Deputy Principal



How do I know if my child is cyberbullying others?

If your child is treating others badly, is dismissive of their feelings or targeting or intentionally excluding a particular child or group, they could be seen as someone who bullies. If they also socialise online there is a chance they may also be bullying that person or group online too.

How can I stop my child from cyberbullying others?

Finding out your child is bullying others can be very painful but you can help them to change as it is an early warning. We find that many children who target others may need help and guidance and positive engagement with you.

Strategies you can adopt include:

- Talking to the school about your child's academic achievement, learning style and abilities and whether they need additional support. Ensure you praise strengths.
- Helping develop their social skills - your school can help support your child's social skills development.
- Talking about how it feels to be left out or teased in a manner that they can relate too.
- Encouraging your child to be honest about their behaviour and apologise to those they have bullied.
- Talking about accepting differences and how to better deal with annoying people.
- Modelling appropriate ways of dealing with people with examples from your life such as a difficult colleague—younger children can learn about being a good winner and loser in games.
- Talking about the consequences of treating others badly and following it through, i.e. if they are rude they need to apologise and lose access to something they enjoy. Remember to also praise any change for the good so they start afresh.
- Identifying activities where your child can be successful or feel good about themselves such as membership of a sports club or an art class.
- Praising your child's strengths and any behaviour changes they try to make and practice treating others well at home.
- Spending one on one time with your child such as watching a movie, playing sport together or cooking with them.

How do I know if my child is being cyberbullied?

The internet can open a world of connectivity and learning for young people, but to help them have enjoyable online experiences, it is critical that you are attuned to any signs of cyberbullying.

These can include:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs

- a decline in their physical health
- becoming secretive about their online activities and mobile phone use.



What are the steps to alleviate the bullying?

Start a conversation and seek support

If your child shows any of these signs, or other worrying and out of character behaviours, it is important that you talk with them and maintain a close eye on both their online and offline behaviour and keep them connected to supportive friends and family. There is [help at hand](#) if your child is being cyberbullied and plenty of constructive ways to help your child take control of the issue.

If cyberbullying involves another student, talk to your child's school, which is likely to have a policy in place to help manage the issue.



Open the lines of communication

Open communication is so important, whether directly with you or a trusted adult they may feel more comfortable opening up to. This could be an aunt, older sibling or grandparent. Keep the focus off the situation by also encouraging your child to do something offline that they enjoy. Reassure them that you won't block their access to the internet because they have reported a problem to you.

Collect the evidence and report

There are a number of ways to collect appropriate evidence and report cyberbullying:

- report the cyberbullying to the appropriate service provider using their reporting tools and ask for content to be removed
- lodge a complaint about a serious cyberbullying matter with the Office of the Children's eSafety Commissioner via our [online complaints form](#)
- use our [tips](#) to keep a record of offending emails, text messages or online conversations.

Manage contact with others

Simple, practical steps can be taken to help manage the issue in the short term, including:

- advising your child not to retaliate or respond to any messages from a bully, which may prevent material being further used against your child
- blocking or unfriending the bully to stop contact with your child
- helping your child change their privacy settings to restrict who can see their posts and profile page.



For the month of November, several of our male staff have joined forces to raise money for Matty Bolam by participating in Movember. The results, as you have seen and will see at the bottom, have been.....interesting!

A huge thank you to all members of staff, students and community members who were actively involved in the Movember activities to raise funds for young Matty Bolam.

The lolly guessing competition was run and won by Kyri Martin who was closest to the lolly count without going over. There were 152 lollies in the jar and the guess of 150 was the winner. Congratulations to Kyri.

The BBQ and pie throwing event, that was held at the Bowling Club on the 25th of November, was a huge success. A big thankyou to those who turned out to help or throw pies at Mr Gibson, Mr Miles, Mr Dal Forno, Mr Tim Smith from Lawlab and even a young member of the constabulary. Even though the shaving cream stung a little, it was a fun and enjoyable afternoon.

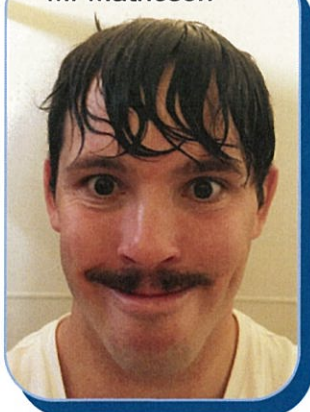
Congratulations to Lisa Herbert who won the auction to throw a cake into Principal Gibsons face for \$160. By the look on her face, she thoroughly enjoyed slamming it into his face and then all down his shirt as well.

Such was the success of these two events that we raised over \$1400, which is an amazing effort and again we thankyou for your support.

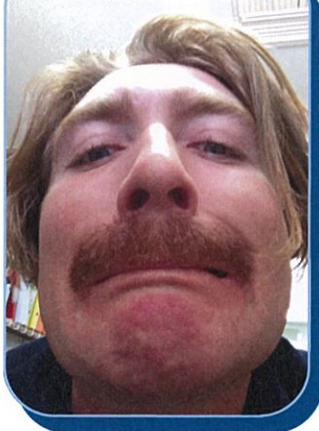
Yours in Moes,

Tristan Dal Forno

Mr Matheson



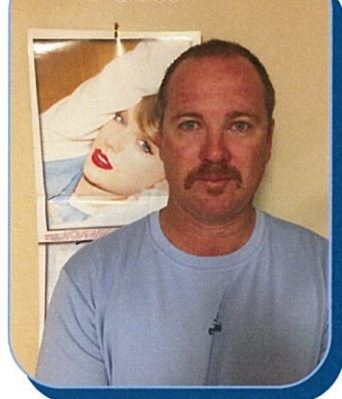
Mr Miles



Mr Harris



Mr Gibson



MOVEMBER MUGSHOTS!

Who is the best or creepiest?



Mr Dal Forno



Science News

What is a PHLEBOTOMIST?

Stage 4 Science students are currently studying ecology and environments. Over the next three weeks, classes will be completing a field study along the river where they will be identifying biotic features of the environment and testing the abiotic features, including water quality. Each excursion will be during the normal Science period and an information note will be sent home prior to each excursion.

Stage 5 classes are continuing to work well, conducting investigations with electrical circuits.

Did you know on this day in history.....?

“ In 1961, the first U.S. satellite carrying an animal was launched by Mercury-Atlas 5 from Cape Canaveral. The passenger was Enos, a five-year-old chimpanzee, on a 2-orbit ride for 3-hr 20 min. The test was the prelude to John Glenn's orbital space flight. Enos experienced up to 7.6-G accelerative force during the launch. During the flight, Enos carried out the lever-pulling performance and psychological tests that he had trained on for the past 16-months. Enos performed the tasks well, and received a limited number of shocks for incorrect answers. Even when the input device failed and Enos received consecutive shocks even if the correct answer was given, the frustrated chimpanzee continued to give answers until the end of the flight.”

Today in Science History © 1999 - 2016 by Todayinsci ®

Poor little Enos! Hopefully things have changed since 1961 for animal astronauts.

Discoveries in Science this week

“Young blood” transfusions improve mental and physical performance of old mice

- After blood plasma samples from human teens was injected into 12-month-old mice, the mice performed as well as mice that were only 3 months old on physical and cognitive tests.
- While still in the very early stages of human trials, the research could lead to new treatments for the millions of people worldwide suffering from neurodegenerative diseases

Futurism .com

This is good news for those of us getting a bit older.

L Montgomery

Head Teacher Science

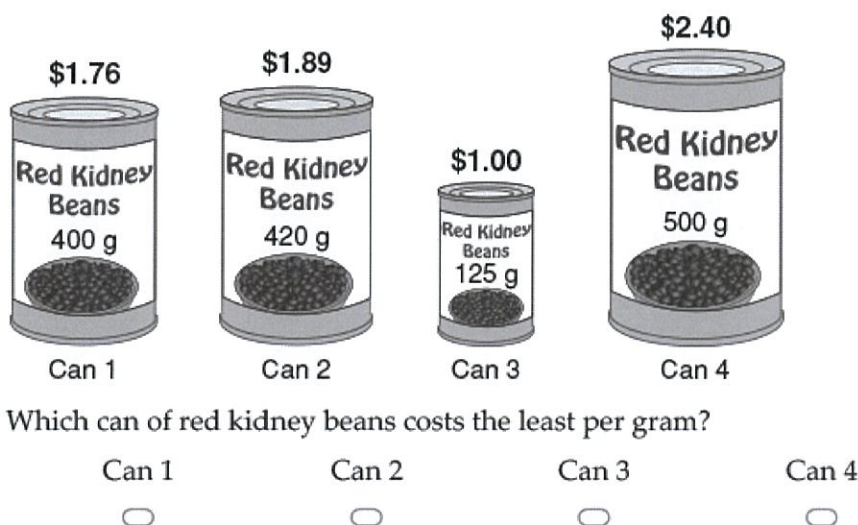
Maths News

The Mathematics/CAPA staff have been busy with many activities in the last fortnight and the coming one. Mr Lennon travelled to Dubbo to attend a Bro Speak conference, Miss Hughan painted fantastic 'people' for White Ribbon Day, Mr Matheson accompanied our students to "White Ribbon Day" awareness activities and Miss Horne is busily preparing our students to sing Christmas Carols at the Mick Glennie Hostel and Carols by Candlelight. This is just a sample of what our wonderful teachers do every day to provide an inclusive education for our students, thank you!

Our NAPLAN question for this week is:

24

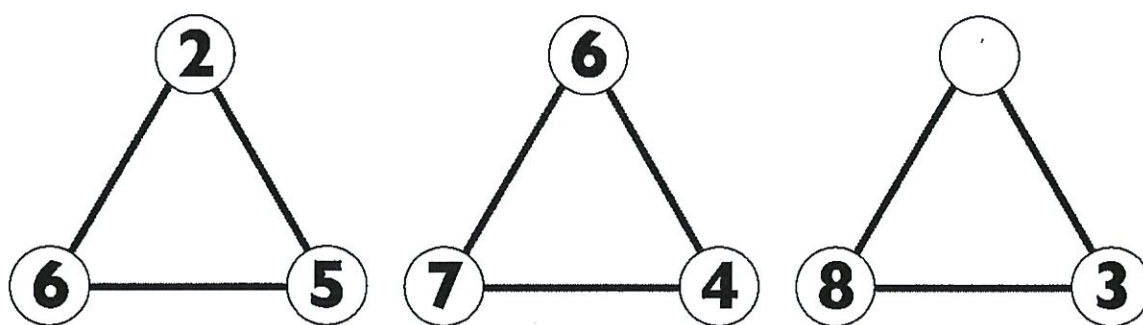
A shop sells four sizes of cans of red kidney beans.



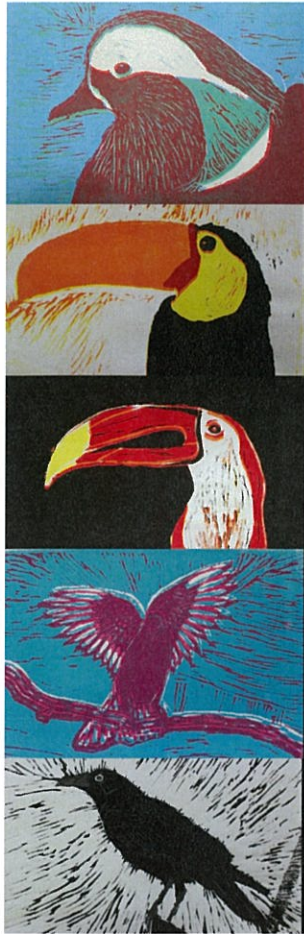
This question was in the calculator section. It required the students to divide the cost by the number of grams. I think the major concern would have been their calculator where the answer would have appeared in scientific notation. This week in Numeracy we will look at the problem and discuss scientific notation. The correct answer was **Can 1**.

The problem from the last newsletter concerning cutting the wood was solved by **Miss Booth** and **Dave Buchanan**. The answer was it takes 7 minutes because when you make the last cut you get 2 pieces of wood.

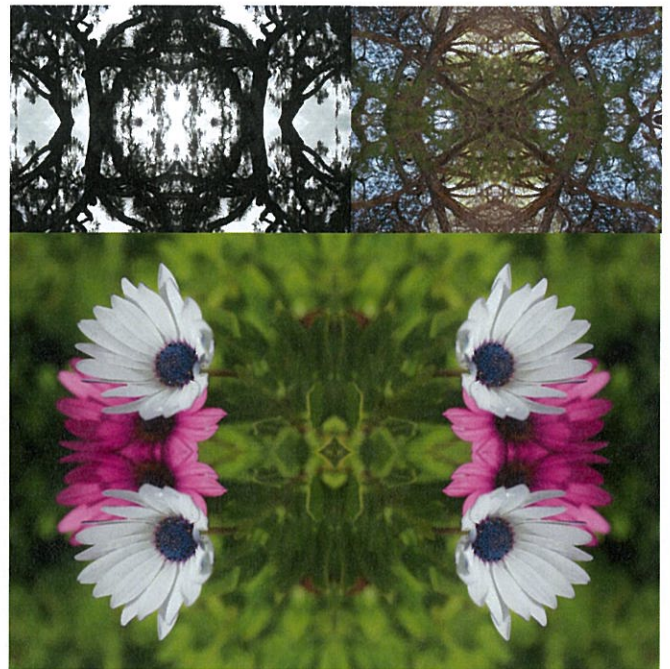
The problem for this week is to put the number into the blank circle that is needed to continue the pattern.



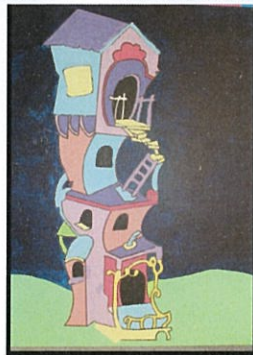
T Buchanan
Head Teacher Maths/CAPA



STAGE 5 REDUCTION LINO PRINTS

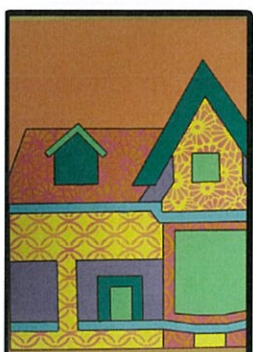
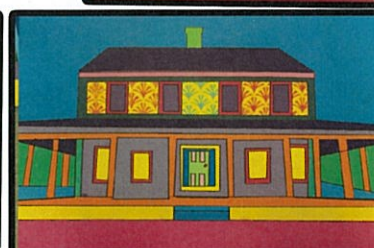


STAGE 5 MIRROR IMAGES



STAGE 5

POP ART



PAINTING



HOWARD ARKLEY

INTERNATIONAL GAMES DAY IN THE LIBRARY.

November 23rd went off in the library with the availability of a spread of fabulous games; from draughts to Monstrous to Lego Robotics. We were lucky enough to have won some free games and the lovely Miss Hughan kindly loaned us her Twister game for the day.



Twister was the hit of the day, with kids lining up to warp and bend their bodies in pursuit of the championship, eventually won by Bailey McBrien.

Mr White came to help out and inspired both Mia and Chloe Bodycott to begin the construction of a fabulous robot vehicle. Chloe continued through lunch and her robot is still being developed! Watch this space.



Jenga called for steady hands and nerves and was a hit with the boys both at recess and lunch.



A couple of the donated card games proved a hit. Monstrous allows the players to imagine that they are Greek Gods visiting destruction down on the world by hurling their monsters down from the heavens....lots of fun!



Adventure Time Princess Letters was a hit with Neita and Skye too.

Some people that came along learned a new game on the day. Emma and Jess spent some time figuring out the rules of Draughts or Checkers, sadly "The Chook" had a brain-fail and forgot how to end the game! Erk!



Pictionary was another hit causing great amusement and some heated discussion as to what was and wasn't allowed to be drawn, written or scribed!

All in all it was a fun day, even if it did take 10 hours the next day to sort all the teeny, tiny, fiddly little bits of Lego Robotics back into the correct categories (OCD alert!), and you can be assured that there will be more in the coming months.

THAT'S WHAT I DO
I READ
AND I KNOW
THINGS

N Booth

"The Book Chook"

Eye Clinic

Nyngan Local Aboriginal Land Council

The Dates are as Follows:

22nd February, 2017

23rd February, 2017

12th April, 2017

Tori Towney - Eye Health Co-ordinator

Wellington Aboriginal Corporation Health Service

28 Maxwell Street, Wellington

Ph: (02) 6845 3545 - Please contact this number if you would like to arrange an appointment for your child to have an eyesight assessment.

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What's Happening Around Our School !!

28th Nov—2nd Dec	Year 10 Work Experience
1st Dec—2nd Dec	Year 9 Leadership Training
1st Dec—2nd Dec	Aboriginal Studies Seminar Sydney University
2nd Dec	Sista Speak Day Out
2nd Dec	Didgeridoo Workshop
5th Dec - 9th Dec	Swimming Plus Program
5th Dec	Nyngan Health Council Meeting
6th Dec	FORMAL ASSEMBLY
6th Dec	SRC School DISCO
7th Dec	Discover Dubbo Excursion
7th Dec	NSW Rugby Union Training Seminar
9th Dec	Mick Glennie - Christmas Carols
12th Dec	Presentation Night
14th Dec	Platinum Excursion
14th Dec	SRC End of Year Activity
16th Dec	Last Day for Students and Staff

HOW TO REPORT CYBERBULLYING MATERIAL



1

Report the cyberbullying material to the social media service



2

Collect evidence – copy URLs or take screenshots of the material

If the content is not removed within 48 hours



3

Report it to
esafety.gov.au/reportcyberbullying



4

Block the person and talk to someone you trust

If you are in immediate danger, **call 000** (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week



SRC Disco

Tuesday 6th December

**7pm-7:30pm touch and
7:30pm-9:30pm**

\$2 entry fee

**SRC will be running a canteen
selling drinks, chips and
chocolate.**

