



# NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

THURSDAY 5TH MAY, 2016

TERM 2 WEEK 2

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## 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

Thursday 5th May - Buckley  
Shield Nyngan

Thursday 5th May - School  
Captains visit to the Governor

Monday 9th May - Half Day  
Show Holiday - School Hours  
are from 8.40 to 12 o'clock

Tuesday 10th May - NAPLAN

Friday 13th May - Middle  
School

Monday 16th May - ATHLET-  
ICS CARNIVAL

Wednesday 18th May -  
SCHOOL PHOTO DAY

Monday 23rd May - Com-  
mencement of Stage 4 & Year 11  
Exams

Friday 27th May - MID TERM  
BREAK

Monday 30th May - MID  
TERM BREAK

## NYNGAN HIGH SCHOOL

### Bell Shakespeare Theatre Group



Nyngan High School were lucky enough to have the Bell Shakespeare Theatre Group perform a version of "Romeo and Juliet" for our students. We are very fortunate to have Bell Shakespeare bring performing groups such as this to our school and the experience was enjoyed by both students and staff. The group is pictured above with our School Captains and the organising teacher, Ms Scott.

## **Principals Report**

Welcome back to Term 2 and what promises to be a very busy and rewarding time!

This term will provide all of our students in years 7 to 11 with an opportunity to test their knowledge in each of their courses. This testing will provide students with direct feedback on their current level of learning and opportunities for improvement. Studies show that the most significant effect on learning comes from direct feedback on your performance; this does not matter about the area you are learning or the subject you are completing.

This term each student should pester their teachers for information about how they can improve!

## **Staffing Update**

Our new Science teacher, Ms Alison Strong from the Riverina, has taken up her position at Nyngan High School. Ms Strong will provide our school with excellent opportunities and experiences as she applies her teaching skills and knowledge in the Sciences.

Mr Peter Charters will be on Long Service Leave for the first 8 weeks of term 2 and will be replaced by Mr Kevin Harper. Mr Harper is fully qualified in the Timber and Metal courses we deliver, along with Graphics Technologies. All Industrial Arts classes will be able to continue on with their learning, adequately during Mr Charters' leave. We wish him a restful break.

## **ANZAC Day**

It was truly humbling to take part in the entire day of commemorations for ANZAC Day. From the quiet resonance of the dawn service, to the buzz and pride of marching with our entire school, the day was remarkable.

I would like to commend all of our wonderful students and staff members who attended the services and paid their respects. The genuine commitment from our community was inspiring and reflected the appropriate tone for the day of remembering the sacrifices that others before us have made and of those who continue to defend our country.

A special thanks to Mr Greg Corby and his team of drummers who led the march and to our staff for their leadership on the day.



## **Appointment of an Aboriginal Education Officer**

Nyngan High School is proud to announce that Ms Raylene Weldon has successfully gained the position of Aboriginal Education Officer. Raylene demonstrated the attributes and experience necessary for the position and will be a more valuable asset to NHS, in this new role.

The roles' priority for the coming months will be to embed major Aboriginal programs for dance, mentoring and music. This will present every student with the opportunity to strengthen their knowledge of Aboriginal culture and local significance.

Nyngan High School wishes to thank all applicants for their interest.



### **Staff Professional Learning – “Connecting to Country”**

On Tuesday 26<sup>th</sup> April the Nyngan High staff took part in a huge day of professional learning, focused on “Connecting to Country”. The day was a collaboration between the school, the Nyngan Local Lands Council and the Nyngan Aboriginal Education Consultative Group.



Marea Johnson, Venetta Dutton and our new AEO Raylene Weldon led our staff in a range of experiences to deepen our understanding of local Aboriginal significance and a greater appreciation of Aboriginal history and culture. There were also representatives from the NSW AECG who led information sessions and Thikkabilla Vibrations who led the staff in Aboriginal dance for over an hour. We were also lucky enough to experience some local Aboriginal sites, take part in some men’s and women’s business and enjoy a wonderful bush afternoon tea by the Bogan River.



Our sincere thanks to the Nyngan LLC and AECG, for their commitment to strengthening Aboriginal culture in our school and to the ladies for the leadership of the day. Our staff overwhelmingly enjoyed the day and came away with greater knowledge of how to deliver Aboriginal education to all students.





### Cattle Team & Nyngan Show

For the past month a committed team of students has been working closely with myself and Pat Bourke, in preparation for the Nyngan Show. Nyngan High School would like to extend our gratitude to Pat and Veronica Bourke who have loaned the school two fabulous Hereford steers and also donated a large bale of hay, which will allow our students to display cattle at the show.

Mr Bourke has also kindly donated his time, to work with our students on most mornings during this last month and even during the holidays, to prepare them for the leading and judging requirements. The team of students have worked tremendously well, getting to know the cattle and how to care for them. The students have also impressed Pat with their willingness to learn the skills needed for leading cattle. A full report and pictures will be prepared by the team following the show.

I hope to see everyone supporting our school and the many items we will have displayed at the show. Along with a full-book of commitments, we also have students acting as Show Stewards and helping to serve lunch at the Presidents Luncheon. Our thanks in advance to Ms Hughan and Mrs Walsh for their coordination of students and activities for the show. See you all there!



### Electronic Devices

We have revised the school's policy and procedures for bringing electronic devices to school. In the current educational landscape, electronic devices can be a regular feature of everyday learning. They can also be a hindrance to a quality learning environment. As a school we are establishing clear guidelines to ensure balance of these factors, to provide quality learning opportunities.

Nyngan High School is now enforcing the expectation that personal electronic devices are "Off & Away" during class time. The policy has clear sanctions detailed which every student and parent should be aware of.

### NAPLAN Exams

Year 7 and 9 students will undertake the NAPLAN exams during Week 3 of Term 2. Tuesday May 10<sup>th</sup> until Thursday May 12<sup>th</sup>, will comprise the testing. This National Assessment program provides families with a standardised understanding of their child's Literacy and Numeracy skills.

Student attendance on each day is compulsory and it is expected students will complete all exams in the NAPLAN series. Parents may choose to opt their child out of the testing, however, they must contact the school and complete the necessary forms for withdrawal. Any other student absent on these days requires explanation as normal.



*When times are busy it can be easy for us to simply quit.*

*To quit is forever.*

*To fail or falter is normal and it is the path to success.*

*No matter how tough life gets, **NEVER GIVE UP!***

Welcome back. See you all at the Nyngan Show!

*Michael Gibson*

*Principal*

### **REMINDER :**

**Parents, Carers and students are reminded that MONDAY 9th May, 2016 will be a Half Day Holiday for the Nyngan Show**

**School Hours will be from: 8.40am - 12 o'clock**

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### Student Details Update Form

A Student Details Update Form has been sent home for every student in Nyngan High School. Parents and carers are asked to please check the details and change anything that needs updating, ie, phone numbers, address etc. This form needs to be returned to the front office, even if there are no changes to be made. This student update is a Department of Education requirement. We thank you for your support with this.

## **Deputy Principal's Newsletter Report**

### **Food Allergy Week**

Next week is Food Allergy Week and students will be discussing what is a food allergy, the symptoms and how to support someone who has an allergy. Nyngan High has a number of students who are allergic. Students all have an action plan for anaphylaxis and all staff have completed a course for NSW schools.

The mother of a child with food allergy said **“I think the most valuable aspect in educating classmates about food allergies is that they can begin to understand what it means to have a food allergy, what the allergic student might be feeling, and what they can do to support their classmate.”**

#### **Food allergy basics**

A food allergy is an immune system response to a food protein that the body (mistakenly) believes is harmful when the person eats food containing that protein. Any food can trigger an allergic reaction however there are 9 foods that cause 90% of food triggered reactions.

A severe allergic reaction usually occurs within 20 minutes to 2 hours of exposure to the trigger and can rapidly become life threatening.

#### **The top 9 foods are:**

Egg, milk, peanut, tree nuts (e.g. cashews, almond), fish, shellfish (such as prawn and lobster), sesame, soy and wheat.

The remaining 10% of food allergic reactions are triggered by many other foods such as kiwi fruit, banana and mustard.

1 in 10 infants in Australia will develop a food allergy. 1 Most children outgrow them leaving 2% of Australians with food allergies in adulthood. Some of these may experience reactions that can be potentially life threatening.

Food allergies occur when the body thinks a food is harmful. In an individual with a food allergy, the body sees a particular food as an enemy and releases something called “histamine” and other chemicals to fight the enemy. Because the chemicals are fighting the food, it can make it difficult for a child to breathe or swallow, they can feel very dizzy, or the child can have other symptoms listed below.

#### **Some of the symptoms of food allergy are:**

##### **Mild to Moderate Allergic Reaction**

The most common symptom of a food allergic reaction is hives on the skin. Other mild to moderate symptoms include tingling in the mouth, swelling of the face, skin redness and itchiness.

##### **Anaphylaxis (Severe Allergic Reaction)**

Anaphylaxis is a sudden, severe allergic reaction that often involves some of the symptoms listed above, and could include swelling of the tongue and/or throat, difficult breathing and/or a drop in blood pressure that can lead to collapse. In rare cases, it can cause death.

Symptoms typically appear within 20 minutes to two hours after the person has eaten the food to which he or she is allergic. Even a very small amount of the food can trigger a serious allergic reaction.

Currently, there is no cure for food allergy. The only way to manage food allergy is to avoid the food that triggers the allergic reaction. Accidents do happen so it is essential everyone is allergy aware and knows how to respond quickly and appropriately.

#### **Is there medicine that can be given for a severe allergic reaction/ anaphylaxis?**

Yes. If a person has been diagnosed as being at risk of anaphylaxis/ severe allergic reaction, their doctor may prescribe an adrenaline autoinjector such as an EpiPen® or Anapen®.

#### **3 important take home messages**

1. Food allergy is real and on the increase in Australia. 1 in ten Australian infants is now food allergic.
2. A severe allergic reaction can be rapid in onset and commonly occurs within 20 minutes to two hours after eating the food.
3. First aid, first line emergency treatment is administration of an adrenaline autoinjector (EpiPen® or Anapen®) according to the person's Action Plan for Anaphylaxis.

### **Awareness**

Food allergy is real, know the facts.

### **Avoidance**

Help allergy sufferers avoid their trigger

### **Action**

Anaphylaxis is a medical emergency.

### **Everyday Heroes**

Everyday Heroes is the theme of the Motivational Media Presentation that is happening Wednesday 4<sup>th</sup> May. The gym will be blackened out and 3 big 13m wide screens will be erected. The presentation aims to both challenge and inspire young people to develop strategies that will enable them to reach their potential so that their life choices will not be diminished through avoidable, reckless and harmful behaviours. Students have been looking at who are Everyday Heroes in their PDHPE classes.

### **Athletics Carnival**

Monday 16<sup>th</sup> May is our carnival day. Some students have already been training for the day so they can display our Core Value of "Do Your Best".

### **Photo Day**

Wednesday 18<sup>th</sup> May is our Photo Day. Students will receive more information regarding ordering and payment of photos from Ms Booth, but please mark this date on your calendar. Students need to be in uniform for their photos.

*Kind regards,*

*Melanie Murray*

*Deputy Principal*

### **Maths/CAPA Newsletter**

The Maths/CAPA welcomes everyone back to school for a busy Term 2.

Year 7 and Year 9 students will be undergoing NAPLAN on Tuesday, Wednesday and Thursday of next week. In Numeracy there are calculator and non-calculator sections. Please ensure your child has a scientific calculator. If they don't have one please help them to borrow one or you could purchase one. The make and model we work with at Nyngan High School is the Casio fx-82AU PLUS II.

When you are at the Show on Sunday or Monday do yourself a favour and check out the impressive Nyngan High School display in the Wye Pavilion. Miss Hughan has once again been the driving force behind the display and we thank her and her students for the valuable time they have contributed.

Mr White led his first Middle School session last Friday with students attending from Nyngan Public, St Joseph's and Girilambone. The day was a great success and we are grateful of the time and effort Mr White and the other Middle School teachers put into making it memorable and enjoyable for everyone. The next Middle School Day will be **Friday May 13<sup>th</sup>**.

### ***The problem this week is:***

Using the numbers 100, 75, 6, 9, 2 and 7, create a number sentence that equals 711. The numbers can only be used once and any mathematical symbols can be used. Hand your solutions into the Maths/CAPA staffroom.

*Tanya Buchanan*

*Maths /CAPA Head Teacher*



## Bell Shakespeare performance – ‘Such Sweet Sorrow’

The English Faculty are full of exciting news this week as a very special performance was brought to Nyngan High School at a very exciting time. Last week marked the 400<sup>th</sup> anniversary of Shakespeare’s death. It is amazing to think that someone living and writing so many years ago would still be relevant today. One Australian theatre company have devoted their energies to preserving Shakespeare’s work and give it a fresh contemporary edge for school students - and this company is Bell Shakespeare. Founded by John Bell in 1990 the company has put on many productions of



Shakespeare but its most valuable work is arguably the work it does in schools, particularly regional schools. Schools like Nyngan High School do not have access to theatre and performing arts in the same way schools in larger cities do. Ensembles like ‘The Players’ tour around Australia to make sure our kids are exposed to culture, performing arts and Shakespeare and this is a wonderful opportunity for them culturally and academically.

As part of Ms Scott’s Bell Shakespeare Regional Mentorship, the Actors at Work program was able to perform ‘Such Sweet Sorrow’ for free for our students. This was a shortened version of Shakespeare’s famous ‘Romeo and Juliet’ with contemporary dialogue inserted to make it more accessible for our high school students. With a cast of only four actors The Players did a fabulous interpretation of the classic text and gave it a fresh and entertaining edge. All students behaved well on the day and were fantastic representatives of Nyngan High School. We in the English faculty sincerely hope students got something out of the experience and are sure they benefited from that injection of culture. Shakespeare’s work changed literature and performance for future generations and it is wonderful that students are presented with the opportunity to engage with his work today.



*“Shakespeare’s legacy to successive generations is his firm faith in human potential. His writing challenges us to reach*

*beyond our grasp and gives us the wherewithal to imagine our future. If we can learn anything from Shakespeare and the great writers of our past, it is that we hold within ourselves the power to make choices about who we want to be.”*

-John Bell

## GOMAD Environmental Challenge Update

As most of you are aware last term Rahni Bodanski, Tobey Whelan, Abbey Buchanan, Ella Meldrum and Laine McClelland attended a special program run by Taronga Zoo called the GOMAD Environmental Challenge. This is an ongoing challenge where students focus on one area in need of change. They will be focusing on the disposal of green waste at Nyngan High School and we thought this week was a great time to mention it as it is International Composting Awareness Week. This is a week devoted to making people aware of how to dispose of their organic materials in a way that is more helpful for our environment. Did you know that roughly 50% of household waste is green waste? When this goes in to landfill it is responsible for harmful gasses in our atmosphere such as methane. Most of this waste can be composted. Our GOMAD team are striving to get a better green waste system at Nyngan High, so what better time to start thinking about what you can do at home.

**B Scott**  
**English Faculty**



## Nyngan High School Greatest Shave Day.



On Friday 9<sup>th</sup> April the brave members of Nyngan's Shave Team did their bit to raise funds for research into childhood leukaemia. Zoe Angove dyed her lovely hair purple, Rachel Fitzalan cut 30cm of her ponytail and Miss Booth shaved her head to a No.1.

Members of the SRC bought donations in for a cake stall and manned it brilliantly, bringing in some much appreciated extra funds.

Students were able to brighten the day by getting some colourful hair chalk for a gold coin donation. Mr Walsh was nominated by his wife to get his beard done because we couldn't find enough hair to colour! Big thanks to the clever and creative girls who administered the chalk.



At lunchtime Rachel and Miss Booth took to the stage for the hair removal. Di Dunn did a sterling job with scissors and clippers despite being more nervous than the actual Shavers.



Mrs Bush and Miss Rixon did a fabulous job of working the crowd and raised a sterling amount to add to the total.

At the end of the day the total stood at \$2,965, but with the addition of the Angove donations we have now exceeded - **\$3,000!**



**Well done Nyngan High School and supporters.**

*N Booth*

*Shave for a Cure Coordinator*



## **Touch Football Report**

Last Friday the Girls Touch Football Team had a very early start to compete in a Gala Day in Mudjee. The girls came off an impressive win against Bourke and were very keen to show what they could do. After a minor mishap with the bus, the girls just made it in time for the first game, but nerves, rushing and desperately needing toilet stops saw Dubbo Senior College run away with the game. Our girls fired up against Wellington and scored two impressive tries but unfortunately were beaten again. A final game against a tough Mudjee team saw the girls fail to make the finals but overall they showed excellent sportsmanship and effort and were a pleasure to take away. Thanks to Mr Lennon and the boys touch football team for accompanying us and Mr Keighran for driving the bus—for what was a very long day.

*A Bush*

*Girls Touch Football Coordinator*



## Positive Education

Welcome back to Term 2 with a Positive Education focus of Resilience. Resilience is the ability to ‘bounce back’ from life’s difficulties. For many young people it is vital to help them develop resilience strategies that promote well-being and develop coping mechanisms. Many resilient teenagers are seen as *resourceful* and are *emotionally and mentally balanced*. Our first workshop will be held Wednesday Week 2 where students will set goals to improve their resiliency.

[Andrew Fuller](#) is a clinical psychologist and [Generation Next](#) speaker, he describes resilience as “the happy knack of being able to bungy jump through the pitfalls of life – to rise above adversity and obstacles.”

**Here are some tips for building resilience in children you may like to try with your children at home:**

### **1. Make connections**

Teach children how to make friends and develop empathy. Encourage them to be a friend in order to get friends. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

### **2. Teach children to help others**

Children who may feel helpless can be empowered by helping others. Ask for help with a task they can master. At school, brainstorm with children about ways they can help others.

### **3. Daily routine**

Following a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage children to develop their own routines.

### **4. Take a break**

Although it is important to stick to routines, endlessly worrying can be counter-productive. Show children how to focus on something besides what’s worrying them.

### **5. Self-care for children**

Teach child the importance of making time to eat properly, groom themselves, exercise and rest. Children need ‘down time’ to relax, so make sure that not all free time is filled with a scheduled activity.

### **6. Goals**

Teach children to set reasonable goals and move toward them one step at a time. Moving toward that goal and receiving praise for doing so will focus children on what they have accomplished.

### **7. Nurture a positive self-view**

Help children remember ways that they have successfully handled hardships in the past and how this can help them handle future challenges. Help children learn to trust themselves to solve problems and make appropriate decisions.

### **8. Be optimistic**

Even when children are facing very painful events, help them look at the situation in a broader context. A positive outlook enables children to see the good things in life and keep going even in the hardest times.

### **9. Self-discovery**

Change and tough times are often when children learn the most about themselves. Help children to see that this is a good time to find out “what they are made of.” Change can be scary for young people, help them to see that change is part of life.

### **10. Make home a safe haven**

In high school, taunting and bullying can intensify – home should be a haven, especially as your teen encounters more freedoms and choices and looks to home to be a constant, safe and emotionally secure place in his or her life.

Sourced from <<http://www.generationnext.com.au/2012/02/top-tips-on-how-to-teach-kids-resilience/>>

**Angie Bush**

**Positive Education Leader**



## Western Region Lawn Bowls Triples Champs 2016

We travelled to Orange on the 6<sup>th</sup> April to play the round robin playoffs against 5 other teams to see who would become Western Region Champions and progress to the State Finals at Blacktown in June. Lots of people were saying the team of Terrance Ryan, Tim Walsh and Tamika Ryan would go close to winning the event but they had to produce high quality bowls to advance. The day was sunny but very windy, which made it difficult for all competitors. Our team started off strongly by dominating Kandos High 13-4 and then overpowering Forbes High 21-1. The next game was the crunch game against the very strong Canobolas High side, who had also convincingly won their opening two matches. They proved too strong with a 10 shot win putting us in second place and seemingly out of the race for top spot.

However, as in lots of sports, upsets can happen and the very next game the Forbes High team produced the upset of the day and defeated Canobolas High. Game on! We only had to win our last game against Dubbo to progress to the state finals. With the Dubbo supporters and the Canobolas team all cheering for Dubbo, our mighty Nyngan team held their nerve till the last bowl to win 10-6 and take the title for 2016.

Congratulations to Terrance, Tim and Tamika (TTT) for not only their performance on the green but also their excellent behaviours away from the bowls. Tackling an Indian restaurant for dinner for the first time was probably more courageous than the bowls themselves! A big thanks to Julie Walsh for supporting the team also on the trip.

Oh and one more thing. Not only did we win the day but Tamika and Tim were selected for the Western Region Rep Side to represent later in August at Soldiers Point for a 3 day competition against the best sides in the state. Woohoo!!

**Mick Walsh**

**Super Coach - Lawn Bowls**



### **REMINDERS:**

#### **Key Dates for Year 12:**

15/09/2016	Year 12 Formal Dinner
19/09/2016	Church Service
22/09/2016	Breaky at the Buchanan's
	Primary School Visits
	Bowls and Games afternoon
23/09/2016	Year 12 Formal Assembly
28/03/2016—01/04/2016	Half Yearly Exams
15/08/2016—19/08/2016	Trial Exams
13/10/2016	HSC Written Exams begin

### **CANTEEN SPECIAL**

**Chicken Schnitzel Roll**

**\$7.00**

### **Reminder to Parents**

**School Canteen will be closed on Monday 9th May, 2016 - Due to the Show Day**

## **SRC Positive Education Games**

On our last day of Term 1, the SRC organised a fantastic afternoon of games for the whole school. Activities included Yoga/Meditation, Handball/skipping/relays, Touch Footy, Soccer, Basketball and Art. Our wonderful SRC leaders were responsible for coordinating and running each activity for every year group. The photos are evidence of the fun that was had on the day and the wonderful participation by all students throughout the afternoon. Highlights may have been the balloon relays or skipping under the cola, the awesome music played over the loudspeakers or the Teacher/Student touch footy game where it seemed to be 20 students v 7 teachers at one stage. Even under extreme pressure, the teachers were still victorious!



At lunch we were treated to a fantastic FREE SRC BBQ wonderfully coordinated and cooked by Mr Corby and his SRC helpers (Kiara, Will, Bill). Everyone just relaxed and were absorbed by the thought-provoking and inspiring “Shave for a Cure” event under the cola by Miss Booth and Rachel Fitzalan. The SRC ably supported the charity event by bringing in and selling cakes over the day.

This day was an example of the wonderful leadership of our SRC body but also of many other students on the day. Watching people support our new student Bryce playing touch footy was inspiring, teachers joining in on the activities or Mikala Turk and Nalani Chatfield stepping up to make sure the leftovers from the BBQ were given out to lots of people. Leadership doesn't have to have a title attached to it and it's so pleasing to see all our students step up when needed.



***Mick Walsh***

***SRC Coordinator***







