



# NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

THURSDAY 19TH MAY, 2016

TERM 2 WEEK 4

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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

Wednesday 18th May -  
SCHOOL PHOTO DAY

Friday 20th May - Year 7 Im-  
munisations

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

### Nyngan High School - Cattle Team 2016

#### Nyngan Show



#### *Left to Right:*

Pictured above are the Nyngan High School Cattle Team who competed at the Nyngan Show for 2016. They are: "Big Mac", Mia, Pat Bourke, Lilly, Brittany, Reagan, Hamish, Stirling, Jaidyn, Jedd, Mr Gibson, "Quarter Pounder", Joel.

## Principals Report

As we head into the grind of the term, I think it's very important to admire the many positive things happening in our school and community. It was absolutely fantastic to see some solid rain during the past fortnight, even if it did affect the show, providing our farmers with an opportunity to sow crops and replenish water stocks. Our school grounds, like many areas in the Bogan Shire, are green again and flourishing in the fresh autumn air.

In the Nyngan Show our school had representation across many areas. Our students competed in the livestock leading and junior judging categories; staff and students submitted wonderful photos, arts, crafts, paintings and cakes for judging; many students acted as Stewards for the show; our Hospitality students served lunch in the dining room for the Presidents Dinner; and our Art classes exhibited a magnificent 'Positive Message' tree in the Wye Pavilion. All of our staff and students can take great pride in their achievements and efforts at the show, it was truly inspiring.



On the educational front it is always terrific to see our teaching staff varying their lessons to keep students engaged and taking advantage of the different learning environments we have on our site. One example I came across last week was Mr Toby Miles conducting literacy development and the reading of a novel with one of our stage 5 English classes, utilising the beautiful grounds (always thanks to Keiro's great work) on our site for an alternate outdoor lesson.

The NAPLAN testing was conducted during week 3, at NHS and across the nation, and whilst these exams are not everyone's 'cup of tea', our students showed great participation and maturity throughout the 3 days of testing. I sincerely hope that everyone is pleased with their achievement when the results come back. Congratulations and thank you to Mrs Angie Bush for her wonderful organisation and leadership of the testing.

Our Athletics Carnival was held on Monday 16<sup>th</sup> May under beautiful conditions at Larkin Oval. Mr Tristan Dal Forno led the excellent organisation of the day, with around 75% of the student body there and participating enthusiastically. Well done to all staff and students on a tremendous day, full of fun and personal bests. These are the days students will remember forever from their schooling. Please see attached a page of photos from the Athletics Carnival and a report will appear in the next newsletter.

## Junior AECG

During Term 1, Nyngan High School's Aboriginal students elected representatives to form a Junior Aboriginal Education Consultative Group. This group is responsible for leading initiatives and taking concerns to the staff, for issues related to all students in the development of greater understanding and appreciation of Aboriginal culture.

In an intimate ceremony, the Junior AECG members were presented with their badges. The ceremony was led by Ms Raylene Weldon who is the NHS Aboriginal Education Officer and Mrs Marea Johnson, President of the Nyngan AECG. I would like to congratulate all of the students on the Junior AECG for representing their peers and I look forward to working with them closely to help provide a more inclusive school environment.

**Back Row:** Mrs Murray, Ellie, Becky-Lee (Vice-President), Courtney, Lily, Neita (President), Dakota, Marea, Mr Gibson





### **School Resources Update**

As I have mentioned in previous newsletters our school in updating many teaching and whole school resources, to improve our educational delivery and to provide students with improved access to opportunities.

During last week our school took delivery of a new vehicle which will be used for small group excursions, staff access to Professional Development activities and for towing purposes. It was an absolute pleasure to be able to utilise a local business in purchasing the vehicle and for the ongoing maintenance. Our deepest thanks go to Tony and the team at Nyngan Toyota, for supplying the school with a great vehicle at a competitive price. We look forward to a positive and enduring business partnership in the years to come.



### **Cattle Team and the Nyngan Show**

Well all of the hard work, early morning starts and school holidays training has paid off. The school's Cattle Team came home from the Nyngan Show with a swathe of prize ribbons and the title of Supreme Exhibitor.

Whilst the rain may have kept some of the competition away, our students still had to perform extremely well and pass all of the critiquing from the judge, with Cattle who were quite hard to handle on the day. Each of the team members had their turn in the parade ring and was then put through their paces having to grade the beasts, in comparison with the judge.

Our sincere thanks go out to Pat Bourke for supplying the cattle and feed, working with the students and being a great mentor. We look forward to maintaining this relationship in the future. To all of the parents who got our students to the morning sessions, holiday sessions, supplied their time and even some feed, we thank you for the great effort and your support.



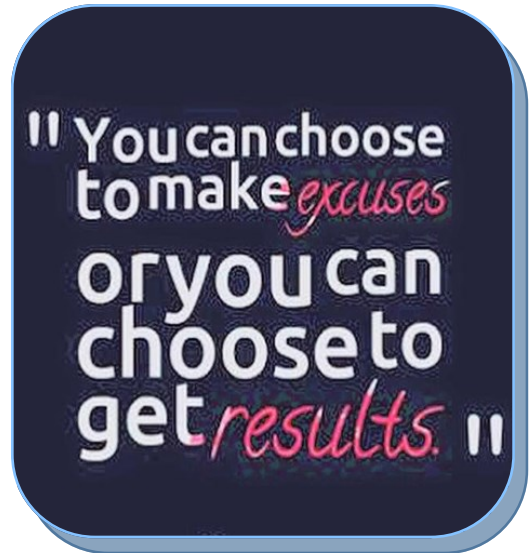
As you can see by the tone of my article there are many opportunities for achieving your goals and success at Nyngan High School, as there are in life.

During these middle weeks of the term, I have been meeting with our Year 12 students to discuss their achievement and progress towards end-of-school goals. In the latter years of school you must maintain the effort and overcome stresses and obstacles if you want to achieve your goals.

Enjoy the weeks ahead and all that our great school has to offer.

***Michael Gibson***

***Principal***



### **Break-In and Vandalism**

On a rather sour note, our school had a break-in occur sometime around the night of Thursday 5<sup>th</sup> of May. The thieves broke into our maintenance shed and stole many items including power tools, hand tools, yard maintenance equipment, chemicals, paint, locks and many other items for school building maintenance. Some personal items were also taken from the shed. Similar burglaries have occurred in our community in recent times.

During the Easter holidays and in recent weekends there have also been a few acts of vandalism at our school.

Whilst insurance will cover the purchase of new items, these acts cause us much heartache and inconvenience in the maintenance of our facilities. The time and efforts of our staff are hindered by these acts and at times it means we are unable to perform some duties, as we no longer have the safety equipment available.

*If anyone becomes aware of information which may help our situation please contact either the school on 6832 1004 or Nyngan Police on 6831 1399. Any information can be taken anonymously.*

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

Term 2 is in full swing now. It is a busy term for students and staff with teachers setting exams, students sitting exams, teachers marking exams and then teachers writing reports. Exams are a student's opportunity to tell us how much they have learnt. Preparation for exams is the key. Remember that on average, we will forget between 50% and 80% of what we learned within 24 hours unless we review the learning again. That is why teachers often set homework for students to help students to do their best. Even if your child says "But I have no homework tonight!" they should still read over their lesson notes and do a few practice questions to commit the new knowledge to their long term memory.

Reading out aloud is a great technique to use. Otherwise when they go to their next lesson they will be saying "I've never seen this before" or "I must have been away the day you did that". Many lessons build on the previous lesson's work so it is vital that students take responsibility for their own learning. Reading through their notes at home should only take about 10 minutes per lesson but that small amount of time spent will prepare your child to display the value "Do Your Best" in their exams.

### **Lockers**

Many students are again using the lockers that have been provided by the P and C Association at no cost to your student. If your child would like the combination again or they don't have one allocated to them then students can please see me.

### **Staff Development**

There is overwhelming evidence that identifies the teacher as the most significant in-school influence on student learning outcomes so improvement of teacher quality is therefore a crucial component of school improvement at Nyngan High School.

This term we have seen Mr Walsh and Mrs Lupton attend Learning and Support Teacher workshops; Mrs Montgomery, Mr White and Miss Strong attended the Orana Science Teachers' Association meeting; Mr Gibson attended the Western Principal's conference.

Still to come are Ms Stafford and Ms Horne attending HSC Seminars in Dance and Music; Mrs Lupton and Mrs Bush are attending a MindMatters Getting Started day which will look at whole school Mental Health strategies; Mrs Walsh is attending a regional forum in Sydney which will look at our Trade Training Centres and VET courses that are delivered at school; Mrs Buchanan and Mr Lennon will be attending two days of Mathematics Virtual Faculty workshops; Mrs Bush and I will be attending the Positive Schools Conference in Sydney and also displaying what Nyngan High School is doing around Positive Education and Wellbeing. (see the Positive Education article). These are just a few of the development activities staff are undertaking. We have a number of staff also completing on-line courses on a variety of subject matter.

All of these activities we hope will lead to improved learning outcomes for all of our students at Nyngan High School.

*Kind regards,*

*Melanie Murray*

*Deputy Principal*

## **P&C News**

Hi everyone, thanks to those who attended the meeting last night. We were a bit light on numbers, but nevertheless had a productive little meeting with Mr Gibson informing us of many things that are going on in our great school. I just want to reiterate that the P&C is not just about fundraising. Yes, we do that, but we also have discussions and help in the decision making at our school. Mr Gibson and Mrs Murray are very open to our input and that is what P&C is really about. When your children are at High School they need you more than ever, believe me, even if they say they don't and it would be great to see some of our new families represented at the High School by being involved in the P&C. Mr Gibson has some ideas for our next meeting to try and get people more involved, which he will inform you about himself.

A huge thank you to those people who helped me on the Show Gate and the Footy Gate on Sunday 8th May. Especially those who helped with both gates and doubled up on shifts. Without you all and the fabulous staff that helped we would not have been able to do this. There are a few but I am going to name them because it was a great effort on what was a busy day and it was very much appreciated. Thanks to: Neralie Quarmby, Di Dunn, Dave and Tanya Buchanan, Janelle Jeffery, Sandra Beetson, Aimee Rixon, Loretta Pears, Bec Smith, Amy Taylor, Deanna and Kiarna Stephens, Aimee Robb, Judy Knight, Leonie and Andy Montgomery, Mandy Martin, Michelle Hall, Leonie and Ellie Smith, Ngaire Booth, Tambry Hamblin, Jodi, Skye and Kasey Douglas, Bianca Scott, Toby Miles, Nikki Russell, Nicole Alderson, Beryl and Zoe Angove, Julie Walsh and Trevor Waterhouse. Helpers on the football gate were Janelle Jeffery, Sandra Beetson, Nicole Alderson and Michelle Blake. Thanks to Mr & Mrs Gibson who were on the show gate roster also, but got a reprieve due to wet weather and the gate shutting early. I knew I put myself on the wrong gate! I also thank the Show Society and the Nyngan Rugby League for the opportunity to fund raise.

We also have another football gate coming up on the 29th May, so if you are available on that day please let me know as soon as possible so that I can do up a roster.

*Thanks for listening*  
*Stephanie Waterhouse*  
*Nyngan High School P&C Association President*

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### **CANTEEN SPECIAL**

**Nachos**  
**\$6.00**

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#### **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
27/04/2016	Exam Timetable released

## **Newsletter 17.5.16**

Thank you to all students and parents who made sure the students were prepared for the numeracy component of NAPLAN last week. It was wonderful to see just about everyone totally prepared for the test. We would also like to congratulate the students on their application and behaviour during the assessments.

Year 11 and Stage 4 exams start on May 23<sup>rd</sup> and Stage 5 start on May 31<sup>st</sup>. This is a great time for students to retrieve all previous assessments and go through the questions again as a form of revision. In Mathematics we recommend Stage 4 do 10 minutes every night, Stage 5 20 minutes and Year 11 30 minutes. Another resource to use for revision is Mathletics.

A puzzle to work on after you have completed your revision:

Make the two sides equal using any of these signs:

**+    -    ×    ÷    ( )    [ ]    { }**

$$1 \quad 2 \quad 3 = 1$$

$$1 \quad 2 \quad 3 \quad 4 = 1$$

$$1 \quad 2 \quad 3 \quad 4 \quad 5 = 1$$

$$1 \quad 2 \quad 3 \quad 4 \quad 5 \quad 6 = 1$$

$$1 \quad 2 \quad 3 \quad 4 \quad 5 \quad 6 \quad 7 = 1$$

$$1 \quad 2 \quad 3 \quad 4 \quad 5 \quad 6 \quad 7 \quad 8 = 1$$

$$1 \quad 2 \quad 3 \quad 4 \quad 5 \quad 6 \quad 7 \quad 8 \quad 9 = 1$$

*Have a fantastic fortnight.*

***Tanya Buchanan***

***Head Teacher Maths/CAPA***

## English/HSIE News

The English/HSIE faculty are off and running into Term 2, with some exciting and interesting projects in the making.

Last week saw Year 7 and 9 complete their NAPLAN over three days. I would like to congratulate the students on the exemplary behaviour and effort in the exams. It was hard not to be proud of our students while watching them think and concentrate for long periods of time and put in their best efforts. I'm sure their hard work will pay off.

Stage 5 English has recently completed their unit on Migrant Experience through the novel, *The Happiest Refugee*. Their assessment task required them to make comment on a section of the novel that struck a chord with them and deliver a speech to the class. The results were outstanding and the speeches were engaging and at times emotional. Included in this week's newsletter are two of these speeches and it is certainly worthwhile to read these inspirational and progressive presentations. All students should be very proud of themselves, I know I couldn't stop raving about them.

From these speeches, 6 students from Stage 4 and 5 will be going to Narromine on 31<sup>st</sup> of May to compete in the annual CWA Public Speaking Contest. We wish them all the best and hope to share some of these speeches on assembly in the near future.

Our Aboriginal Language classes have started an exciting project, designing and uploading material to a new website that will be out soon. They will also have their first visit to Nyngan Public School tomorrow where they will pass on Aboriginal language and culture to the primary students.

Half Yearly Exams are just around the corner and students are busily preparing in class. We would also like to remind students that we are available at Homework Centre and Senior Study to assist in their preparation.

Please remember that our door is always open to parent interaction, concerns and suggestions, so please feel free to contact us at any time.

*Angie Bush*

*Head Teacher English/HSIE/LOTE*



## Positive Education

Plans are well under way for our display at the upcoming Positive Education Conference in Sydney, where we will showcase the wonderful things that Nyngan High School does with Positive Education. We can't wait to share the end result and also learn more about the field from the Positive Education experts in early June.

Our focus for Term 2 continues to be Resilience with students participating in their fortnightly Positive Education workshops. Here is a snippet from Psychology Today, talking about four key factors that resilient teens have. Do you as a teen have these four connections, or as a parent, can you see these connections in your teens?

**Is there a way to help a troubled teen be more resilient? When risk factors outweigh the positive ones, what's a person to do? One answer may be to tip the scale. There are four key connections that resilient teens have that help them deal with life events: family, school, peer, and community, it turns out that being connected really does make a difference.**

## Family Connectedness

**Does the teen have a strong emotional bond to a parent or family member? If not, this can be a problem. We all need people in our lives that genuinely care about us. Someone who shows his/her love and unconditional positive regard for our well-being is important to our success. Equally important are the expectations our family sets for us.**



A teen whose parents have high expectations are more likely to graduate from high school and perform better academically. Aside from emotional bonds and expectations, teens need to have family present in their lives. Contrary to popular belief, teens actually need (may not want) their parents around. Parents need to be in the know of what's going on in their teen's life. Checking in on them and expressing an interest in how their day went is a key component to being connected. A great time to do that is a dinner. When is the last time you sat down as a family at dinner and discussed how the day went? Having a wholesome conversation has been shown to strengthen the relationship bond, making you more connected to your teen. Teens that have a parent or loving adult around consistently tend to fair better than their peer counter parts.

#### School Connectedness

Is the student actively engaged in his/her academics and learning environment? Teens who feel like they belong and have future goals tend to fair better when it comes to overcoming life obstacles. Also, having a connection with another adult in the school building is vital to successful outcomes. Teens who bond with a positive role model in the school, whether it be a counselor, teacher, coach, administrator or cafeteria worker, feel like they belong and are part of the greater picture. Teens use the individuals to confide in when things aren't going well in life. These educators play a large role in helping the teen navigate through difficult times. Not only can educators can have a significant impact on a teen's perception of school, but they can also have an impact on their life. To a troubled teen, school can become a second home that's safe and secure.

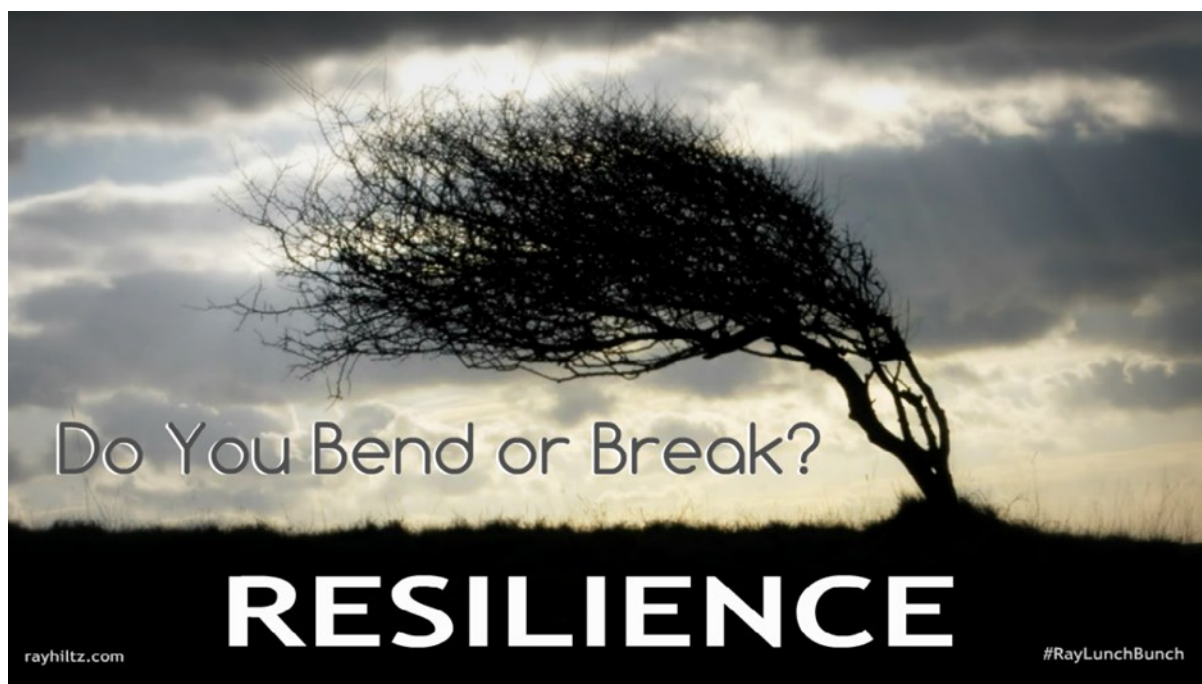
#### Peer Connectedness

Is the teen a loner or well accepted by his/her peers? Teens who don't feel like they belong or aren't accepted by their peers struggle. A part of our social identity is formed by how we interact with others. If a teen is bullied or ridiculed by his peers then odds are the teen is going to struggle not only with friendships, but also with confidence and self-esteem. Peers also serve as counselors to each other. Many teens are more apt to open up to a friend than an adult. Teens help steer and guide each other through life events. Troubled teens that don't have any friends may feel like a social misfit. This can lead to anxiety, depression, and stress. Friends are an important part of life and if you don't have any, then the world can feel like a lonely place. It's important to make sure troubled teens find their connection with fellow peers.

#### Community Connectedness

Is the teen involved in the community? It's important for teens to feel like their contributions matter. Teens are the future of our country. Teach them to take ownership and use resources to build the community that they live in. Instilling respect, responsibility, and pride in the community is transferable to other areas of the teen's life. There are many positive youth development programs that intervene in the life of a troubled teen. Some great groups and organizations that help troubled teens feel like they belong in the community are the Boys and Girls Club, YMCA, Big Brothers/Big Sisters, Teen Church Groups and the list goes on and on... Aside from community organizations, equipping teens with the skills needed to get a job is a great way to teach youth that they can contribute to society. Bottom line, we need to make sure that our teen feels needed and appreciated; this is especially true in the life of a troubled teen.

You can read the whole article here: <https://www.psychologytoday.com/blog/teen-angst/201203/resilient-teens>



**Angie Bush**

**Positive Education Team Leader**

### Stage 5 English - Assessment Task "The Happiest Refugee" stories

#### **Refugees**

Good morning, sadly by the end of this speech, 29 refugees would have had to flee their homes and seek safety elsewhere. That is 42,000 people a day. Where do these people go? Unfortunately, developing countries are forced to take on 86% with countries such as Australia taking on under 1%, why? Refugees are people, just like every single one of us in this room. They offer so much to a country like Australia, cultural diversity, work, in some cases they become our national icons, such as Anh Do.

Anh Do was a refugee. His family were forced to flee Vietnam after the war as they were seen as American ally sympathisers. His family made the journey on a 9metre fishing boat holding 40 people. Ahn was only 3 when his family made the journey to Australia: in his book "The Happiest Refugee" he tells many stories of his voyage, the unbearable heat on the unprotected boat, the massive swells, the storms and not one, but two pirate attacks. Pirates attacked his boat twice, stripping people of all possessions and once almost ending the life of a young child. In Ahn's book, he tells the story of how a young child was about to be thrown overboard. Thirty seven starving refugees were going to fight to the death to save the child's life, thirty seven starving refugees were going to pay the ultimate price for safety.

As a member of a rural community I hear a lot of derogatory comments directed towards refugees, and one that I hear a lot, not just in my home town but also even on the news is that refugees are just country shoppers. Would you risk your life, leave your homeland, leave your family and your heritage behind so that you could "country shop"? I wouldn't think so. This is all to real reality that many people face, leaving their countries behind and making dangerous journeys across oceans, just for safety. Sadly for Ahn's family, not everyone made it. A 17 year old boy jumped overboard after experiencing heat exhaustion and hallucinations, country shoppers hey. Would your mother send you off on a boat, across dangerous oceans risking your life, just to country shop? I doubt any mother would. This was the only option for this young man to embark on this dangerous journey to finally find a safe country in hope to one day sponsor his mother so she could experience this basic human right denied by her homeland. This basic human right that we all take for granted. Though sadly not all refugees that make it to Australia experience immediate safety. Would you have any idea what would be denying these people of their freedom, of their safety? Detention centres.

These horrifying facilities are in place to imprison people who are detained under Australia's policy of mandatory immigration detention. Now when I hear the word imprison I think criminal, right? But I fail to see what is illegal with safety and freedom! I do see the point in the screening process that insures safety for everyone, however the average time spent detained is 275 days, 275 days living like this, surely we can do better. These people deserve better. The guard's story, written by the global mail tells the story of the life from an anonymous guards perspective. The guard tells the global mail that during his training they were told, "the only difference between these people and prisoners, is the clothes they wear". He tells how everyday, the refugees were causing great self-harm, eating grass, cutting wrists, just to see their case managers, but they were told to keep walking. Refugees have done nothing illegal, all they want is safety, and we as a country deny that, we deny refugees of any hope of starting a life, enjoying what Australia has to offer and we deny Australians of what refugees have to offer.

Thank you for listening to my speech. I hope you really think about who refugees are, what they have to go through to get freedom, to be safe.

*Thank you*  
*Jacob*

One in every 5 school students will experience racism today, over something they didn't get to pick and most likely can't change. Good morning, raise your hand if you've ever felt like the minority as far as racial difference goes? (Hopefully not many raise their hands) well it can be said that you wouldn't feel like this because the majority of the people in this room have grown up in a town where close to 90% of the population were born in Australia. So how does education and exposure relate to racism? Well the key to breaking down racism is exposure and education.

During Ahn's primary years he attended St Bridget's Primary, a catholic school with an abundant mix of nationalities. Greeks, Lebanese, Vietnamese and a huge number of Portuguese, or as Ahn's mother liked to say "pork and cheese people". So it's safe to say that throughout Ahn's schooling years he was exposed to a number of different nationalities as opposed to a place like Nyngan where racial diversity isn't a prominent thing. Fortunately, racial discrimination wasn't a common occurrence for Ahn who attended a very privileged and diverse all boys school, St Aloysius for his secondary schooling years. Being that the school was so diverse, racism wasn't common at all. Being brought up in a multicultural area and seeing and growing up around different races becomes a normality and so racism becomes a normality and so racism isn't really a known or prominent thing. Ironically Ahn's school experience of racism was sourced by his history teacher who held racist and conservative views and values.

So what is a conservative value? A conservative value is the belief and support of traditional behaviours and beliefs, someone who holds conservative values may not accept change. It's often believed that regional areas which may not see a lot of change will hold these values. Chances are you hold the same beliefs and values as your parents or older relatives, this is because the way a person is raised affects their set of beliefs and values. A family's values (conservative or not) will influence a child's because when you're raised with a value always being enforced and repeated it becomes a normality and isn't thought about twice. The key to breaking this cycle of beliefs that are racist and considered wrong is education and exposure, we also need to remember that when we teach future generations things like to say please and thank you. We remind them that being different is a good thing and diversity is something that should be celebrated. Moving from a place like Wollongong, which had a population of around 290,000, you really notice the difference in racial diversity. When my mother went to school she attended an all girls catholic school, where the Aussies were the minority. "Majority of the school population were of Italian background, Lebanese and Greek etc.". Attending a school so diverse really shaped my mother and taught her to have acceptance for those who are different and also exposed her to a number of fascinating and new cultural experiences. Sydney, which is only an hours drive from Wollongong, often held cultural celebrations to celebrate diversity, multiculturalism and acceptance. Events like the Pako Festival of Sydney was just one of many events held to celebrate diversity and equality. Unfortunately in a place like Nyngan the only cultural celebration held is NAIDOC day which recognises Aboriginal and Torres Strait Islanders but is on a much smaller scale and is more of a day of recognition rather than the celebration of diversity and culture.

Early exposure to diversity and education is what will shape future generations and in turn will create a more equal and multicultural society. "Education is the most powerful weapon which you can use to change the world".

*Thank you*  
*Rahni*

## Science News

### Independent Research Project

Term 2 is now upon us and the Stage 5 Independent Research Projects have been submitted. We are very impressed with the high quality of work submitted again this year. It will take Mr White, Miss Strong and I a few weeks to assess this work, so we will publish some highlights in future newsletters.

I would like to remind everyone that the Independent Research Project is a mandatory Board of Studies requirement for stage 5. Any students who have not yet submitted their projects will expect an 'N' determination warning in the next few days. I have inserted a paragraph from the 'N' determination warning letter for the information of those who are uncertain of the ramifications of not completing assessment activities.

*Where it is determined that a student has not met the Course Completion Criteria, they place themselves at risk of receiving an "N" determination. When the non-completion is in a mandatory course, the student will not be eligible for the award of the Record of School Achievement and may not be eligible to enter Preliminary (Year 11) courses. Any mandatory course not satisfactorily completed appears on the student's transcript of results as 'Not Completed'. Any elective course not satisfactorily completed will not appear on the student's Record of School Achievement."*

It is very important that all students complete and submit their IRP.

### Coordination and Control



Stage 5 classes have completed the Motion topic and are now investigating Coordination and control. The following pictures show members of 10SCE conducting an investigation on the sensitivity of different areas of the skin to pressure stimulus.



Be sure to ask students to explain their very interesting findings



Stage 5 exams will include VALID style questions on both the Motion and Coordination and Control topics.

(Abbey has her right arm extended for testing which is not shown. She is not really snoozing)



Stage 4 classes are finishing up the Chemical World topic this week with summary and revision activities for the upcoming exams. The Stage 4 exam is also designed to reflect the type and style of questions students will encounter in the Mandatory Year 8 VALID test that will be in Term 4. The next Stage 4 topic is 'Earth', which includes the structure of the Earth, use and management of Earth's resources and resource management. This topic is very relevant to the Nyngan district and our current climate which highlights the need to conserve and recycle our precious resources.

**Leonie Montgomery**  
**Head Teacher Science/Special Education**



### **National Volunteers Week Morning Tea and Awards Ceremony**

On Wednesday 11<sup>th</sup> May members of our school catering team were invited to attend the National Volunteers Week Morning Tea and Awards Ceremony at the CWA hall.

The event, organised by Katie White at the Nyngan Red Cross, was to recognise the many residents of Nyngan who share their valuable time helping out the community. Students from Nyngan High School were acknowledged for their community catering efforts and awarded a certificate by Mayor Ray Donald.

Congratulations to all the students who have assisted with the Nyngan High School's catering throughout the years, including those from the Year 12 Hospitality and Stage 5 Food Technology classes who attended the ceremony: Zoe Angove, Lauren Bates, Jarrod Blake, Melanie Fitzalan, Tamika Ryan, Chloe Vernon, Gemma Smith, Reuben Stapleton, Reece Painter, Jaydon Harris, Shelby Dunn and Maddy Horo.

***Miss Field***  
***Hospitality Teacher***



***Year 12 and Stage 5 Food Technology students pictured with Hospitality teacher, Miss Field and events organiser Miss K White***

## **TAS/PDHPE News**

Congratulations to everyone on their participation at the Nyngan Show. The rain was very welcome and despite a bit of mud it was a great couple of days.

I was very proud of all the students who displayed community spirit and entered the stewards competition and to those that entered the various competitions. It was wonderful to showcase our students talent.

One of our Isa Brown hens gained 2nd place in the backyard chook section while their eggs also received a 2nd place.

Well done to Mr Dal Forno for another great Athletics Carnival. It was a great day with many students participating actively.

## **Careers**

Recently I was successful in my application for a school to work grant. I have been working closely with Miss Stafford as Girls Advisor to best use this grant and will let you know in the next newsletter about our plans.

Last week I emailed a careers newsletter to all Year 12 students. With the assistance of Mrs Murray took a number of Year 12 students to the Tertiary Day held at Dubbo Senior Campus. It was a wonderful and informative day with many students finding it very beneficial. A couple of weeks ago Year 12 students were issued with a list of open days being held by the various universities. These days are very beneficial and worth visiting. The students were also encouraged to download an UAC app. It is free and gives information on all university courses along with allowing students to change their preferences once registered.

Another useful app to download is "CareerMe". This app helps give quick and useful information on many careers.

The Year 12 students all have access to students online. A couple of weeks ago they went on to it and were able to retrieve their personal HSC timetable. They also use this website to receive their HSC results in December. Over the next couple of weeks I look forward to chatting with Year 12 parents to see how they envisage I can assist their child. Should any parent wish to get my emails please let me know.

## **Costa Visits**

On Monday 8th May, I was fortunate enough to meet "Costa" the gardening expert and the face of the ABC show "Gardening Australia". I have been a big fan for years so was thrilled to hear he was coming to the Nyngan Show. During Costa's brief visit, he gave us some ideas and advice on a certain area of the playground that Mr Dal Forno with his expertise is looking to renovate. Costa was extremely friendly and is keen to stay in touch with us and watch our progress.

A huge thank you to Mr Ken Whaley for his assistance in organising this visit.

I would also like to congratulate both Nyngan Public and St Josephs on their fantastic vegetable entries in the show. These looked wonderful and were a credit to all involved.

## **Netball Cup**

On Tuesday 17th May along with Janine Bird, we took two teams to Dubbo to compete in the NSW Netball 7/8 Cup. A complete report will be in the next newsletter.

**Noelene Walsh**  
**Head Teacher TAS/PDHPE**

*Photos of the visit to the school by Costa the ABC's Gardening Australia guru.*

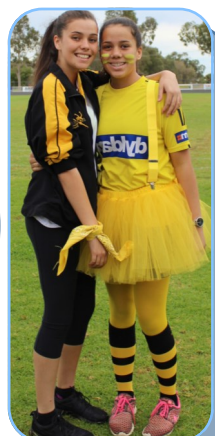


*Photos from Nyngan High School Show Exhibits and Show Display at the Nyngan Show for 2016.*





## Nyngan High School Athletics Carnival 2016







*They “Flew, Leapt and Threw” their way through the day !!*

