



# NYNGAN HIGH SCHOOL

**INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS**

**THURSDAY 29TH MARCH, 2018**

**TERM 1 WEEK 9**

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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

**Tuesday 27th March** - Boys Open Cricket in Gulgong

**Wednesday 28th March** - Year 7 Vaccinations

**Wednesday 28th March** - Tom Kemp 16's Rugby League in Bourke

**Thursday 29th March** - Girls Open Netball in Dubbo

**Friday 30th March** - EASTER  
**GOOD FRIDAY & Monday 2nd April** - EASTER MONDAY

**Tuesday 3rd April** - Year 12 Half Yearly Exams commence

**Thursday 12th April** - FORMAL ASSEMBLY

**Thursday 3rd May** - Tertiary Day in Dubbo

**Thursday 7th & Friday 8th June** - HSC Seminars in Dubbo

## NYNGAN HIGH SCHOOL

### Swimming Age Champions

**2018**



Pictured above are our Swimming Age Champions for 2018. They are from L to R: Harry Blake and Petria Quarmby 17yrs, Millie Smith 15yrs, Bill Quarmby and Katie Boland 16yrs, Matthew Wales 13yrs, Hunter Carter 12yrs, Rory Quarmby and Ebony Martin 14yrs, Brydie Hoare 12yrs and Whitney Pack 13yrs.

Congratulations and well done from the students and staff at Nyngan High School

## **Principals Report**

Dear School Community,

As we enter the last few weeks of Term 1, our school is in full-swing. And like most of us, you may be asking, where has the first part of the year gone? There are a multitude of school events occurring, including sports excursions, immunisations, professional learning for teachers, community events and exams for Year 12 students; just to name some.

In these busy times it is imperative that our students never lose sight of the importance of being at school every day and always trying to 'Do Your Best', thus living up to one of our core values at Nyngan High School. Each day I ask our staff to strive for their best and continue to be wonderful role models for our students. Our expectations are that every student, every day, is;

- ◆ Showing respect for other students and staff at all times
- ◆ Following requests
- ◆ Being prepared with the necessary equipment
- ◆ Asking questions appropriate to their learning
- ◆ Using their technology appropriately

By following these principles of the core value 'Do Your Best', wearing the school uniform with pride and being an active learner, we will continue to be a strong school and one that every member of our community can be proud of.

## **2018 Parents & Citizens Association**

On Monday the 19<sup>th</sup> March, our Nyngan High P&C held their Annual General Meeting and elected an executive for 2018.

In 2018 an experienced team of parents have returned to continue the great work they began in 2017. The previous executive members returned were: Mrs Neralie Quarmby as President, Mrs Michelle Blake as Vice President and Mrs Tanya Buchanan as Secretary. The newest addition is Mrs Noelene Walsh as Treasurer.

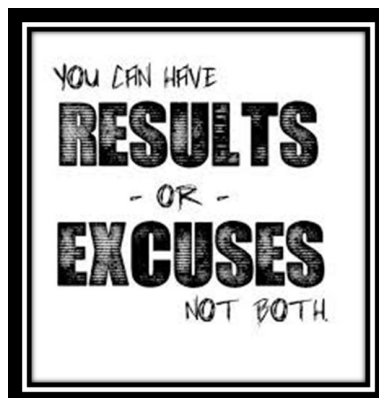
For many years now Mrs Jodi Douglass has been a committee member and the Treasurer of our schools P&C. She has decided it is time to move on now, after her kids have finished at Nyngan High. We sincerely thank Jodi for her fantastic efforts over the years which has seen the addition of many school resources for students including a new mini-bus, changes of uniform, sporting equipment and learning resources.

Mrs Ange Bush and I welcome the 2018 Nyngan High P&C Executive and all members, as we work together for a continually improving educational landscape for the kids of Nyngan.

## **Year 12 Matters**

As I wrote earlier, our core value of 'Do Your Best' is a critical factor in student success. For Year 12 students this should be your mantra and a driving motivator right now!

Following the Easter break, Year 12 students will sit their Half-Yearly exams and be only 20 school weeks away from their HSC Exams. Whilst this may cause some stress and anxiety amongst the students, Year 12 need to remain focused on what is important. Some stress is also good for us. It is natural and keeps us alert and focused on the task at hand. The task at hand right now for Year 12 is being in every class possible, every day possible. Working diligently on classwork, regularly revising and asking the teachers for support and guidance are key factors for success. **The teachers are here to help and you need to use them!!**



### **Bullying- IT'S NOT OK!**

On a sad note, in recent weeks myself and Mrs Bush have spent a large amount of time investigating and dealing with instances of bullying. This is a matter which leaves a sour taste in everyone's mouth, who have to deal with bullying. Those who have been subjected to it in their lifetime, understand the hurt that bullying can cause. These recent instances, disappointingly, have occurred immediately following the National Day of Action Against Bullying on Friday 16<sup>th</sup> March.

I call on parents to help us combat bullying by reinforcing with your kids that it's never ok to continually hassle someone. Most bullying these days is covert via mobile phones and social media, which is hard to monitor. We do still see the verbal and physical instances at times.

Please remember that we can all have a joke with each other and having a sense of humour, about yourself particularly, is important; however, a joke should be quick and funny and not offensive towards an individual or groups of people.

Offensive behaviour, teasing, physical harm, rumours, etc. either in person or via a device which is repeated, is bullying. Students who are identified as a bully in relation from matters at Nyngan High School will face serious consequences, which may include suspension.

### **IT'S NOT OK**



*Michael Gibson*  
*Principal*

### **Deputy Principal News Report**

Over the past two weeks I have had the pleasure of getting to know our Year 7 students with one on one time. It was such a pleasure to get to chat to these young, enthusiastic students and I congratulate them on their manners and openness. Students should now feel comfortable to approach me if any issues arise and I can follow up on problems they are having. I have also spent lots of quality time with Year 11 and 12 and their attitude and enthusiasm for their studies has been outstanding. We have many students getting ready to enter the big wide world and if the future is in their hands, I am super excited. Year 12 have their Half Yearly Exams coming up and it will be exciting to see how well they perform.

Our Positive Education message this week is about standing up and speaking out. It can be very hard to speak up for yourself or others as it is daunting and often confronting, but if you don't who will? Friday is National Day of Action against Bullying and Violence and this day encompasses everything our Positive Education message is about. All students have the right to be safe at school and bullying and violence has no place at Nyngan High School. It is always time to stand together and reduce the incidences of bullying within our school gates and more specifically online. This week is a chance to speak up...which takes courage. The National Day of Action is a positive day where we all come together to stop these behaviours. We have all been either a victim and/or a perpetrator at some point in our lives – staff, students and parents. What can you do to say no to bullying? The power is in your hands.



We have some important mental health sessions coming up in the next few weeks, with sexual health talks and motivational media, as well as some of our girls participating in the Optimal Health Program. At Nyngan High School it is ok not to be ok and there are many support services available to students if they need a little extra help.

Congratulations on a very positive start to 2018. Nyngan High School is such a fabulous place to work and learn.

***Angie Bush***

***Deputy Principal***



## Around the Grounds with TAS

The hub at the TAS staffroom has been a buzz of activity. **Year 12** along with their keen Year Advisor Mr Dal Forno have started their fundraising efforts with a lolly guessing competition which saw no favours given to staff. Keep an eye out for their Easter Egg raffle which is currently being sold & will be drawn next week.

The headline story has been the successful launch of the House Cup. Bogan have taken on Mitchell and Canonbar in the ever competitive dodgeball while this week has seen the touch football skills tested. Both the Junior and Senior teams have been enthusiastic and we hear that there is a challenge being launched to play dodgeball against a teachers team. Congratulations to all House Captains and Vice-captains on their organisation and encouragement of their teams, keep it up.

Heading over to our TAFE courses we see that they are well underway with the boys learning the ins and outs of cars in auto. The girls enjoyed a craft day during mid-term break in Dubbo for their Early Childhood TAFE Certificate and our new course of Animal Studies students have settled in nicely too.

**Stage 5 PASS** have been out and about the town. They have been busy conducting risk assessments at the pool and the river making notes on potential risks and hazards that may occur at these venues. Students have also been discussing risk management factors that influence risk behaviour and how risk may be minimised in Physical Activity. We hope they remember this when they decide to undertake their next adventure.



**Stage 4 PDHPE** students have been spies lately, you may have seen them snooping around. They have been completing a Secret Dossier on a classmate and have presented these over the past week. Students have had to find out information about their classmate including the person's skills, likes, dislikes, achievements and then present this to the class.

**Stage 5 PDHPE** have been run off their feet, literally. They have been completing their fitness testing over the past few weeks including the gruelling beep test and 6 minute 50 m run. There has been much talk generated by these testing events and we hear that some challenges have been issued by students towards some teachers. Looks like there will be some training occurring by some staff.

We journey across to the Agricultural Plot to see **Stage 6 Primary Industries** busy pulling down and repairing fences for the stock. They have also been cementing posts. Mrs Walsh's Mandatory Technology class has been concentrating on weighing the eggs and ensuring the best three layers went to Sydney to compete at the Royal Easter Show which is currently on. They have also been transplanting more succulents into the lovely garden outside Room 8.

As we head to the Hospitality room we see the **Year 11 /12 Hospitality** cooking up a storm with pasta salads and carrot cake up for testing. We did take note of the lack of offer to taste test the spring rolls they made last week. The junior classes have been cooking up a storm to and will be ready to cook Shepherd's Pie for tea at home, or hot cross buns, just ask them.



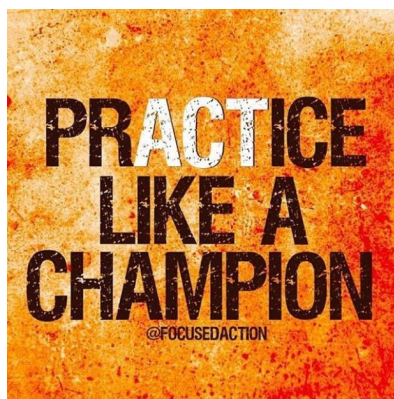
Our final report comes from the Industrial Technology area. There has been a huge amount of noise erupting from this arena and it is no wonder. The students are very busy creating, building and welding. We see Year 12 projects underway and notice a lovely his and her bench being constructed.

Plans are laid out for VET Metal Rocket Stoves which they have taken to with ease. We find sheet metal toolboxes being cut and constructed along with motor bike stands from the Stage 5 Metals class. The Stage 5 Timber class have begun their tables or fold up stools which will be very handy at home.

Not to be outdone **Stage 4** have commenced their bridge building unit which they will see all their problem solving skills being employed.

That's it from the TAS Faculty, we have had a lovely run down of the wonderful activities that are happening in and around our faculty.

*W Robb*  
*TAS Faculty*



### **English Faculty News**

The English faculty would love to extend our arms and a warm, warm welcome to Alex Boyden, our newest member. Alex is a second year teacher from Newcastle, who's just completed a couple of weeks at Hay High School. She describes her passions as popular culture and jokes. She's a real bright spark who has fitted in seamlessly and we look forward to working and teaching with her and her witty insights and useful anecdotes.

In the classroom, its heads down for the students in our charge. **Year 12** are gearing up for their half yearly's, and are looking to nail exams in English, Modern History, Drama, Society and Culture and Legal Studies. **Stage 5 HSIE** are doing some great stuff around waste management, including looking at addressing the town's slightly unhealthy obsession with plastic bags – stay tuned for how the kids are doing this.

Stage 5 English continue looking at stories of people from other places, most notably Ahn Do's incredible journey from boat person to Footy Show regular. It's Ancient Egypt in Stage 4 History and children in WWII for Stage 4 English students.

In electives, Drama students are working on group performances and Ab Studies are looking at notions of identity. In LOTE the basics of the local Ngiyampaa language is the focus and lots of fun is being had there.

The faculty is abound with fantastic activities and learning challenges for every child at the school – have a chat about what's going on inside the classroom!

*T Miles*  
*Head Teacher English*



## Science/Learning Support

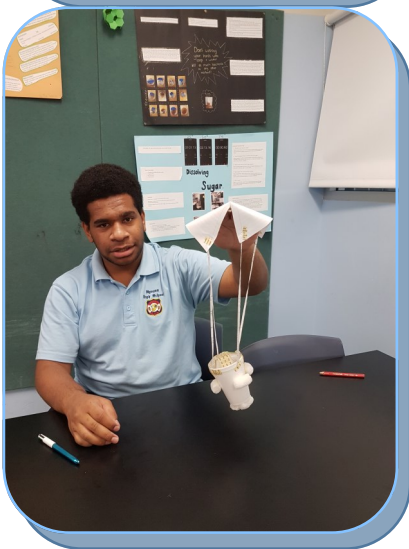
It's been all about group work, collaborative learning and problem solving in Science of late. **Stage 5** having been learning about the physics behind car design and safety, and car crashes. Their most recent task was to use these principals and apply Newton's laws to build a safety capsule to protect an egg when dropped. Students have very much enjoyed planning and justifying their designs and I'm happy to report that there were no broken eggs from the 5A class, 10E are still waiting to have their capsules tested.

**Year 12** are busy preparing for their half yearly examinations and I would like to wish them all the best for these exams.

Wishing everyone a safe and happy Easter!

*"We cannot solve  
our problems  
with the same  
thinking we used  
when we created  
them."*

Albert Einstein



## Maths/CAPA News Report

**Stage 4** Mathematics are learning about percentages and how to change them into fractions and decimals with and without a calculator.

**Year 9** Students have been working on using previous concepts learned to solve problems. Mr Lennon has been impressed with some of the ingenious solutions students have come up with to solve these problems. Perhaps you could ask them to give you a demonstration, in particular one which involves flipping five coins.

Some **Year 10** students are reminded they need to hand in their scale drawing assessment task, which was due last week. Those students who handed in their assessments are to be commended on the high standard of work. **Year 10** also had a test on formula and problem solving today. The next topic they study is trigonometry. Do you remember what **SOHCAHTOA** represents?

All **Year 11** students recently submitted a Mathematics assessment task based on the concept of scale drawings. Mr White is quite impressed with the work ethic and the impressive submissions from most of his students.

**Year 12** are working very hard with the major focus being the **Half Yearly Exams** in **Week 10**. Students should be revising using past HSC papers, practising their exam techniques and seeking assistance if unsure.

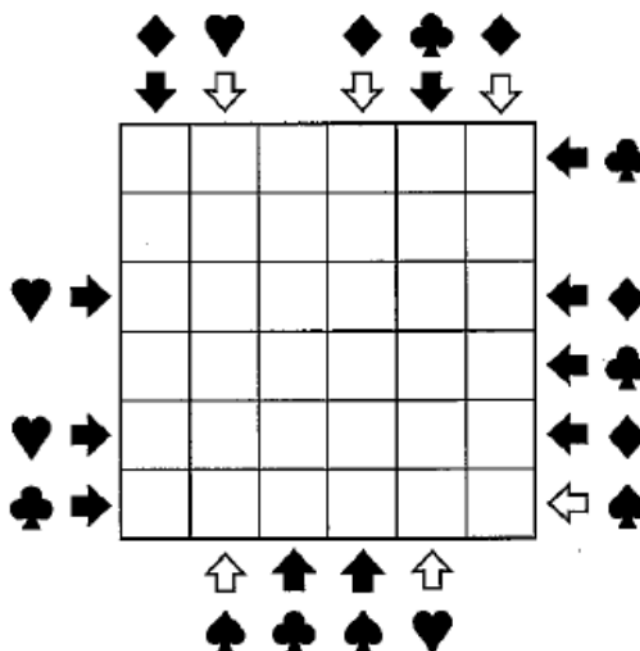
The problem of the scales last week saw Dave and Abbey Buchanan as the first with the correct answer of 5 spades. The ever reliable Mandy Martin and Matthew Wales also contributed correct answers again. It will be interesting to see who comes out on top of this little war.

### The problem for this week is:

*Every row and column in this grid originally contained one heart, one club, one diamond, one spade and two blank squares, although not necessarily in that order.*

*Every symbol with a black arrow refers to the first of the four symbols encountered when travelling in the direction of the arrow. Every symbol with a white arrow refers to the second of the four symbols encountered in the direction of the arrow.*

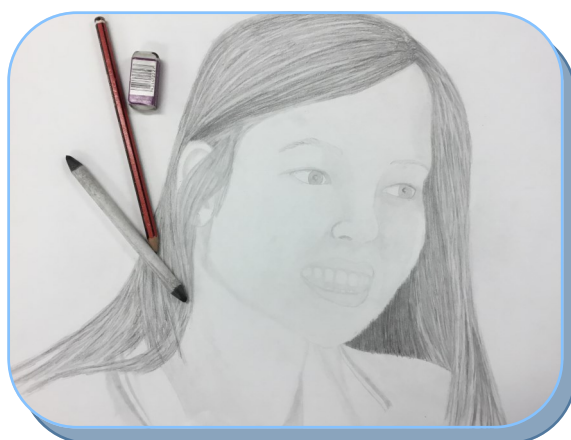
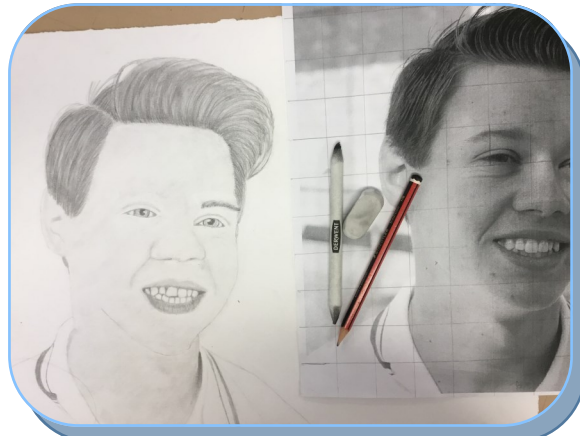
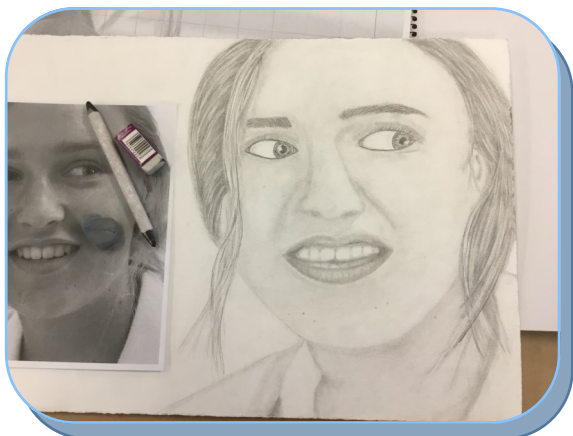
*Can you complete the original grid?*



I am eagerly awaiting your solutions...



**Year 11** Visual Arts students have been learning about artmaking practice and the conventions of portraiture, in which a subject must be observed and approached with realism. They each selected another class member to photograph and draw, exploring the capabilities of lead pencils. Below are some works in progress by Ella Meldrum who drew Shianne, Mollie Sibbald who drew Robbie Robb and Shianne Klante who drew Mollie.



In **Stage 4 Music** this term, students have been learning about the concepts of music. So far Miss Horne has exposed the students to pitch, duration and tone colour. Just recently, exploration of tone colour encouraged some up and coming male singers from 4A to explore their vocal ranges during a class performance.

Well done to Kayne Smith and Ethan Eckhart on your truly inspirational singing and performance techniques. Kayne had some envious dance moves to go along with Ethan's falsetto and vocal backups. Can't wait to hear more from the duo later in the year, keep it coming!

**T Buchanan**  
**Head Teacher English / CAPA**



## **Sports Newsletter Report**

### **Swimming Carnival**

The 2018 Swimming carnival was run during week 4 earlier this term.

Mother nature turned on a spectacular day with the sun shining and the pool inviting, a great day was had by all.

The students dressed up in support of their Houses and enjoyed some great racing and a beautiful BBQ from the SRC.

From the carnival, we were able to crown our swimming age champions and House champion for 2018.

### **House Champion – Canonbar**

#### **Age Champions**

12 years - Brydie Hoare and Hunter Carter

13 years - Whitney Pack and Matthew Wales

14 years - Ebony Martin and Rory Quarmby

15 years - Millie Smith

16 years - Katie Boland and Bill Quarmby

17+ years - Petria Quarmby and Harry Blake

Unfortunately there was no 15 boys champion this year!

As a result of some quality winning, several students travelled to Dubbo for the **Regional Swimming Carnival**.

Congratulations to those who qualified and to the following students who participated:

- ♦ Anastasia Walsh
- ♦ Bill Quarmby
- ♦ Rory Quarmby
- ♦ Whitney Pack
- ♦ Katie Boland
- ♦ Matthew Wales
- ♦ Cale Dunn
- ♦ Alexander Wood

#### **Upcoming Events**

With the knockout season starting, Nyngan High School has been entered in a variety of sports. Coming up soon are:

- ♦ Lawn Bowls – Mixed Triples against Warren
- ♦ Boys Tom Kemp Rugby League (which we won last year) vs Bourke
- ♦ OPEN Boys Rugby League - Gala Day/Dubbo
- ♦ OPEN Girls Netball gala day in Dubbo
- ♦ Boys Open Cricket vs Gulgong
- ♦ Girls Rugby 7s in Dubbo. Hopefully we can taste the salt of success and make the state playoffs again!
- ♦ Boys and Girls Open Touch in Mudgee

Plus many more with dates to be confirmed, so keep an ear out for announcements and newsletter articles for details.

Students are also able to trial for various representative teams for the western region. We have a number of students trialling for the rugby league OPENS and 16s regional teams as well as a girls gymnastics.

I encourage all students to challenge themselves and trial for these teams. Not only is it a great experience, the opportunities that can be created are amazing. Simply come and see Mr Dal Forno for more information of your chosen sport.

### **House Cup**

As part of the Premiers Sporting Challenge (PSC) for 2018, we have taken a different route with our participation by introducing the Nyngan High School House Cup.

The house cup is a 10 week challenge coinciding with the PSC, that will see students from Bogan, Mitchell and Canonbar houses compete in 5 sports every fortnight over the 10 week period. There is a senior team and a junior team from each house that will play off for the House Cup.

So far the competition has been great for the first round and I am confident it will continue.

Congratulations to all students who have participated so far!

### **Year 12**

With Year 12 in their final year at High School, it is time for them to prepare for life after school and to prepare for events that mark the end of their academic life. Events such as the formal, Year 12 assembly, activity days, school visits and so on. Although still a long way off, preparation has already begun to give them a fitting send off.

With that, Year 12 students will be preparing some fundraising activities to help with these events.

So far we have run a small canteen whilst it was closed during Week 1 and have run a lolly guessing competition here at school.

After a count of the lollies, there were 165 in the jar. Amazingly, no one had picked that number, so the winner was the closest without going over. That person was Year 12 student, Chloe Vernon. Congratulations Chloe.

Thank you to all students and staff who supported this by having a guess. There will be more guessing competitions to come so keep an eye out for them.

Year 12 will also be holding an Easter Hamper Raffle. There are two hampers to give away and tickets will be \$2 each or 3 for \$5. These can be purchased from the Year 12 students or by contacting the front office at school.

Year 12 will commence their Half Yearly Examinations on Tuesday 3rd April to Friday 6th April - please find attached an exam timetable. Students are encouraged to utilise Senior Study on Wednesday nights from 7pm to 9pm in the Library, please seek help from any teaching staff. We wish Year 12 all the best in their half yearly exams.

***T Dal Forno***  
***PDHPE***

## Careers News

It is all go again this term with many adventures in the pipeline.

On 3rd May, Year 12 students will travel to Dubbo to attend the annual Tertiary Day. This will give them access to all universities and other important avenues to follow up on for future career planning.

HSC Seminars have been booked for Year 12 students wishing to obtain an ATAR. These seminars are not until June but the excursion note has already gone home regarding this.

I am currently reviewing programs to continue to develop the students careers confidence and build their self knowledge and identity. I look forward to another great year ahead. Don't forget to check out the careers website from our Nyngan High School Website and pass on your feedback. It is greatly appreciated.

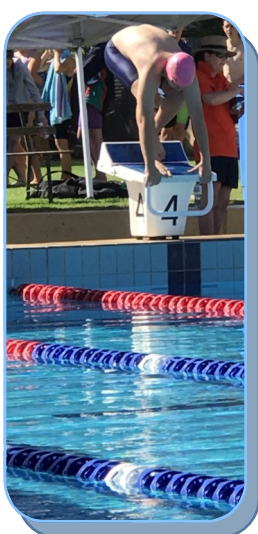
## Regional Swimming

Congratulations to the Nyngan High School team of Whitney Pack, Katie Boland, Anastasia Walsh, Rory Quarmby, Cale Dunn, Bill Quarmby, Matthew Wales and Xander Wood who competed in the Regional swimming Carnival. The students swam very well and made many new personal best times. Between the eight students, they competed in 16 events on the day. As always they were all excellent role models for Nyngan High School.



The students progressing on to swim at the State NSW Combined High School Sports Association Championships in Sydney at the International Aquatic Centre in Homebush on 8th, 9th and 10th April are the Boys Relay Team of: Cale Dunn, Rory Quarmby, Bill Quarmby and Xander Wood. This team is awesome and competing in the event finals 16yrs boys 200m freestyle and 16yrs boys open 200m medley relay. Rory is also competing in the 14yrs boys 50m freestyle and 100m freestyle. Nyngan as a community should be very proud of these young men as they are fantastic to watch. We wish them all the best for their upcoming events.

*Pictured left are the Nyngan High School 16yrs Boys Relay Team who will be competing in Homebush at the State Swimming Championships . Good Luck*





### **Sydney Royal Easter - Chook Report**

Last Tuesday I had the pleasure of taking my three feathered princesses (our chooks !!) to the Sydney Royal Easter Show. I will be picking them up on Easter Monday after they have been judged in the school's layers competition for ten days, on their ability to lay eggs that are similar in size, colour and weight.

It is a long drive for them, 542kms in fact, and we are the school that travels the furthest to compete! I also have to submit a powerpoint presentation noting their weights, when they started laying, number of eggs and feed conversion rates. I also enjoy including numerous photos of our students washing the chooks and taking care of them. Thank you to Keiro for all the care and support he has shown to our feathered friends. I could not participate in this competition without his assistance.

### **Congratulations Maddie Harley**

Congratulations to Maddie Harley who this week competed at the Sydney Royal Easter Show in the Junior Showjumping Section, which is built at a height of 120-130cm. She competed in one event per day over the 4 days, some events being judged on speed, whilst others are judged on faults. Maddie competed on "Wiljohn Jasper" who proved himself being very consistent over the 4 days, finishing just out of the top ten. This was an considerable effort as Maddie was competing against some of the most successful juniors in the country that had been selected to compete at the show. Well done Maddie. We are very proud of your effort.



***N Walsh***

***TAS/PDHPE/Careers***

***Head Teacher***

## INTERNATIONAL WOMEN'S DAY

Did you know?

Women still earn less money than men? Around the world women's average earnings are almost half those of men.

Women take on more caregiving and housework? On average, men only do 34% of housework.

Only 21 women were leaders of countries in 2015 out of 196 world leaders!

Women around the world aged 15-44 are more at risk from rape and domestic violence than from cancer, car accidents, war and malaria.

In 2015, 62 million girls were denied an education.

According to the World Economic Forum gender equality is still 200 years away. Last year global movements like #MeToo and #TimesUp created momentum striving for equality, that is why this year's theme for International Women's Day was #pressforprogress.

Gloria Steinem, said, *The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights.*"

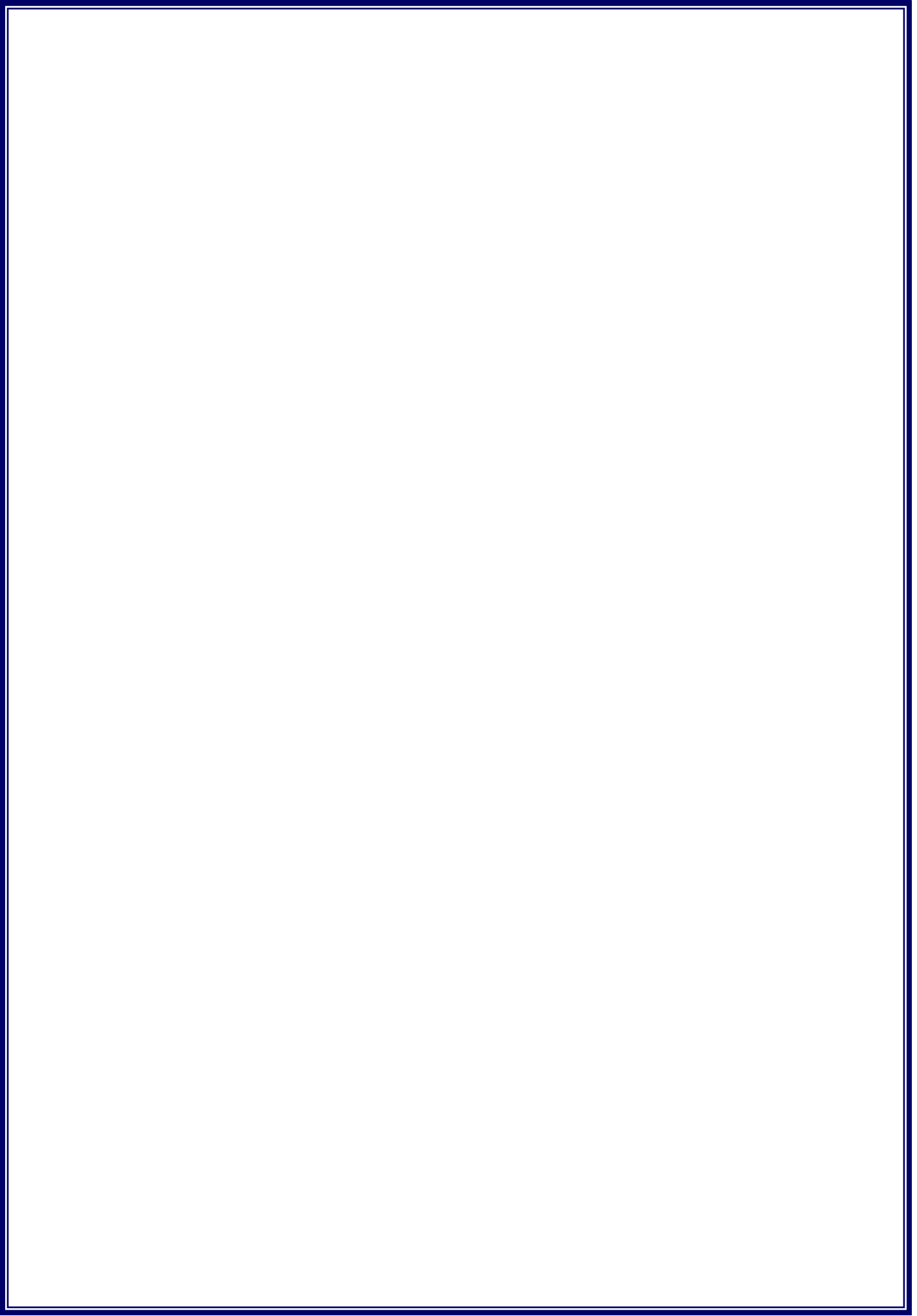
International Women's Day belongs to all people and all communities everywhere and we will never reach equality without the support of boys and men.

Nyngan High School celebrated International Women's Day with a short special assembly under the COLA. A huge thank you must be extended to Stephanie Waterhouse who came in to speak to our students about her experiences of being a woman working in a male dominated industry, the importance of education and how women's equality has changed in her lifetime.

Students then completed a short workshop in year groups matching up statistics about gender inequality and taking photos with pledges in line with this year's theme.

Students were encouraged to use their forum, whether it be classroom, workplace, SRC, junior AECG or conversations with friends and family to fight for change. I strongly encourage all family and friends out there in the Nyngan community to do the same. Change will not happen without the collective courage of individuals.







## Images from Nyngan High School Swimming Carnival 2018





