



NYNGAN HIGH SCHOOL

INNOVATION, EXCELLENCE, OPPORTUNITIES & SUCCESS

THURSDAY 9TH APRIL, 2020

TERM 1 WEEK 10

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DATE/EVENTS

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

*Senior Study Evening 7.00pm to 9.00pm
Wednesdays*

NYNGAN HIGH SCHOOL

Students of the term for Term 1 2020

Year 7 Shania Dutschke

Year 8 Elle Montgomery

Year 9 Tyson Deebank

Year 10 Trae Smith

Year 11 Bailee Griffiths

Year 12 Olivia Ashton

Sportspersons Term 1 2020

Anastasia Walsh

&

Max Montgomery

Congratulations to our Students of the term and Sportspersons of the term for 2020



Principal's Report

'Great achievement is usually born of great sacrifice, and is never the result of selfishness' - Napoleon Hill.

I write to you to express my appreciation of all in our community that are giving up and sacrificing for the benefit of the health of our whole community. Collective actions of this magnitude only work when the greater amount of people adhere to the given guidelines and it is humbling to see a community that takes the hard road, the right road, for the greater good. So thank you.

The current information is that we will be maintaining the current educational conditions for Term 2. I will give you regular updates on this as we move into next term. We will aim to have a large majority of staff working offsite with a minimal amount of staff onsite to assist you and make the connections for students/parents and caregivers/staff.

Thank you to our parents and caregivers. This is a challenge, we are aiming to carry as much of the load as possible when it comes to your children learning from home but we understand that at times it can all seem so much. I ask you just do your best, for Years 7-10 in particular it is about skill security not necessarily content acquisition. If your student can come out of this better at literacy and numeracy than when they went in, that is a win. Keep working with my fantastic staff and letting us know how best we can support you. Together we will get through this.

Year 11 and 12, we want you to keep working hard, we are keeping you updated on the changing landscape of requirements and needs of each course and will be using our professional judgement to make changes when required. Most of you have been awesome in accessing your teachers. I ask that this continues to increase during Term 2.

We have provided loan laptops and will be rolling out, a small amount of loan internet dongles, if you need help with technology and course access, please contact the school so we can continue to support you. Teachers and Support staff will continue to call for academic and wellbeing reasons. We will not stop when we return for Term 2 and we will not lose touch upon our return. You will see more packages, if you are using hard copies, and online content early next term.

I ask our whole community, have a break over the holidays. You do not need to be doing school work. The staff, who, we as a system have asked so much of, will be having a break. Please be kind to yourself and even though you cannot travel, call, zoom, FaceTime, write a letter or email someone, please keep communicating and look after each other.

A challenge for all... Learn something. Everyone, not just the students, but everyone should spend this time learning something new. Learn that thing you have always put off, challenge yourself to do something that you never had time for or never could do. I am challenging myself to learn how to play the Bass guitar, I have no musical knowledge or talent but it is something new. I would love to hear what people learnt out of this. I love hearing stories of how people have challenged themselves.

Stay strong, stay safe and speak out when you need support.

I am looking forward to having a big community event when this is all done.

See you next Term.

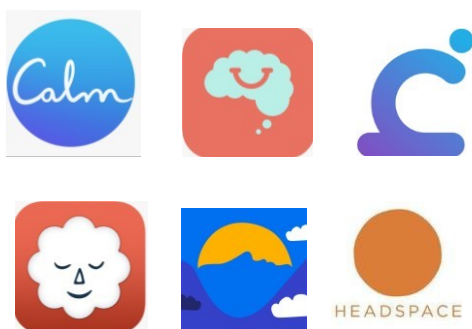
Kind regards,

Benn Wright
Principal



MentalHealth

Smiling Mind
Calm
Headspace
Stop, Breathe & Think
Calm harm
BeyondNow (safety plan)
Thinkladder



Wellbeing Websites

www.eheadspace.org.au/

<https://beyou.edu.au/>

<https://au.reachout.com/>

<https://kidshelpline.com.au/>

<https://headtohealth.gov.au/>

<https://www.blackdoginstitute.org.au/>

IT'S OKAY TO
ASK FOR HELP

Phone services

Lifeline 13 11 14
Kids Helpline 1800 55 1800
Beyond Blue 1300 22 4636
Suicide Call Back Service
1300 659 467
Mental Health Line 1800 011 511
Emergency 000
* If in immediate danger, please call
000 or go to your nearest hospital
emergency department.



Free Telehealth Services

NewAccess

[www.marathonhealth.com.au
/newaccess](http://www.marathonhealth.com.au/newaccess)

BRAVE program

www.brave-online.com

MindSpot

<https://mindspot.org.au/>

MoodGym

<https://moodgym.com.au/>

This Way Up

<https://thiswayup.org.au/>

Bite Back (Black Dog Institute)

<https://www.biteback.org.au/>

Deputy Principal News

Our final newsletter for the term is one I write with pride. I am so proud of our entire school community and the way our staff, students and parents have embraced our new way of life for the foreseeable future. This unprecedented time is one we could only have imagined, yet the way everyone moved forward and embraced the change is like nothing I have seen before.

Thank you to our staff for their resilience and perseverance in a time of rapid change. They have embraced teaching online like ducks to water and provided continuation of learning for all students at Nyngan High School. Our staff have learnt new digital platforms and stepped up to the challenge of filming lessons and going live on zoom. They have kept in touch with parents and put themselves out of their comfort zones and I can't thank them enough. Your dedication has been second to none.

Thank you to our students. They have stayed home in a time when they would rather be socialising with friends and being with others during their teenage years. They have put others before themselves to keep everyone safe and we are extremely grateful for you. Our students have not only given up all sporting and extracurricular activities, but have embraced new ways of learning from home, whether accessing new technologies from google classrooms and Microsoft teams to zooming to participate in remote lessons. For those students who haven't been able to access this, they have completed work in hard copy form independently with little guidance or support. We have always been very proud of our students, but this term has taken our pride to a whole new level. We encourage all students to interact and engage with teachers from home to get the most from this experience. Our students are our main priority and we will endeavour to provide them with the best learning outcomes from the comfort of their own home into Term 2.

Thank you to our parents. Without you providing a safe place for your children to learn and supporting them through this difficult time, we would not have achieved what we have. You have stepped into uncharted waters and have become home schoolers, a feat that is not easy. This can be a difficult time navigating working from home and supporting your children; I for one have found the process quite a difficult one to juggle. We have often taken for the granted the privilege of children being able to attend school, a privilege not all children have and I'm sure, one we will never overlook again. Thank you for your unwavering support and praise for our teachers and profession, we appreciate you.

In this time of isolation, it is essential we look after our mental, social, physical and emotional wellbeing and below are some tips to help with this.



THINKING

- Creating boundaries
- Reducing the amount of news, you watch/listen too
- Gratitude reflections
- Diarising think/reflection time
- Perspective taking, and generally balancing what you read



PHYSICAL

- Sleeping better
- Drinking less alcohol and caffeine
- Eating more nutritious whole foods
- Exercise – something most days
- Mindfulness meditation (Smiling Mind)



RELATIONSHIPS

- Relationship improvement (goal setting & actions)
- Staying connected with people, structure regular check in times
- Having virtual breaks with colleagues, regular virtual interactions or small group gatherings
- Leaning into conflict/difficult conversations



ENVIRONMENTAL

- Wash your hands more regularly and avoid touching your face
- Structuring email and call times
- Doing something you love in the outdoors
- Cleaning surfaces regularly
- Separate your work space from other areas

As we head into the holidays, when we would normally be spending time with loved ones, travelling away or taking a time out, it may be a difficult period. Please reach out and connect with people and find something you enjoy doing that you may not have had the opportunity to do due to our busy lives. Sit and smell the roses and look for the silver linings when you can. I truly believe in the power of people acting as a team, whether it be a family team, school team, work team, community team or our whole society. Together we will overcome this pandemic and by working together our small community can remain safe and thrive after the worst is over.

Stay safe, stay well and stay home.

Happy holidays.

Angie Bush
Deputy Principal



** Please see over for Positive Ed Awards and 100% Attendance Awards for Term 1 2020*

Positive Ed Awards

Year 7 - Lily Crosland: Lily has started high school with a bang! She is always available to help her friends and begins her day in DEAR every day with a smile on her face! Well done Lily.

Year 8 - Riley Mulheron: Riley was the new kid at Nyngan High School this year and soon got into the groove of being in a new school and school life. Riley you are a kind, gentle soul, with a keen interest in learning. You have brought positive vibes, enjoy a laugh over a few stories and join in wherever you can. It has been fantastic to see your confidence grow and the resilient approach you have taken to school life this term. You are an all round nice guy, its awesome having you as part of our Year 8 crew!

Year 9 - Kearah Dutschke: Kearah, this term, has stopped at nothing to exude positivity. Her unrelenting cheerfulness and determination towards her education is not only an inspiration to her peers but to us all. Well done Kearah.

Year 10 - Tsitsi Dhedheya: Tsitsi embodies the core values of Nyngan High School and is an excellent example to all of her peers, demonstrating an unwavering kindness, source of support, and dedication to being the best student she can be.

Year 11 - Fallon McClelland: Fallon brings integrity and a great attitude to everything she does. She is a constant support for those around her and never avoids a challenge. Her smile is infectious and her positivity appreciated by all staff and peers around her. Never stop being yourself Fallon, you are a true gem.

Year 12 - Emma Teale: Emma consistently show kindness and empathy for all those around her. She is an organizer who can always be depended upon irrespective of the situation. Emma always strives to do her best, and she has an incredible ability to bring out the best in others. She always holds the best interests of others at heart.

100% Attendance Awards Term 1 2020

Year 7

Shania Dutschke
James Flis
Carly Waterhouse

Year 8

Cooper Black
Jet Griffiths

Year 9

Kearah Dutschke

Year 11

Tyson Stapleton

Year 12

Max Hoare
Caroline Walsh



Congratulations and well done to all of our award recipients for Term 1.



P and C News

I hope you are all keeping well in these uncertain times. Our future meetings are postponed for now, we will advise you when the next one will be held.

All staff of Nyngan High School have been working very hard and I wish to thank them for all their fantastic efforts, our students are very blessed to have such kind and caring staff in their lives.

I would like to wish you all a Happy Easter and enjoy the holidays, hopefully we will be able to get out and about soon. Take care.

“How does an Easter Bunny keep his fur looking so good? Hare spray!”

Neralie Quarmby
President