"Beau of the Ball"—Thomas Hood and "Belle of the Ball"—Jessica Rouse

"Cutest Couples"—Asha Healy and Carl Evers and Vianca Rey and Jhomvie Forte.

"Most Handsome"—Vinnie Mieschbuhler and "Most Elegant"—Mariel Basa
YEAR 12 BALL
PRINCIPAL'S COMMENT

Term one 2015 has been the busiest first term that I can remember for some time. NASHS has been filled with earnest introductions – welcoming staff and students new to the school; the new Australian Curriculum being taught across Years 7-10; new courses of study in Year 11 and for our Year 7 and 8 students the rigours of high school under the good guidance of our school values. As you will see from the articles in this newsletter students have been provided with many opportunities to engage in a range of positive and enjoyable learning activities both inside and outside the classroom.

As students engage in their learning programs, I strongly encourage parents and caregivers to become actively involved in their child’s education. We want to form genuine partnerships with our school community and by so doing provide a wraparound education to our students. Parents of students in Years 7, 8, 11 and 12 have recently received their child’s progress report for Term One. For all NASHS parents (Years 7—12) there will be a Parent—Teacher meeting on Thursday, 30 April commencing at 3.20 pm. Details about how to make appointments to meet with your child’s teachers will be provided at the beginning of next term.

I would like to acknowledge our hard working P & C. The P & C led by Mrs Dewani Dean meets twice per term. Attendees are provided with an update on what is happening at NASHS and invited to comment on plans and future directions for the school. The P & C is represented on a local committee that is looking into improving safety for students crossing Albany Highway. Given the construction of the new shopping complex next to Albany Cinemas their representation is critical. The P & C also operates the monthly Centennial Markets to raise funds that benefit NASHS students directly and sponsors the Endeavour Award. These awards (certificate and prize voucher) are presented to selected students for academic efforts in Term One and Term Three. The 2015 Term One awards will be announced early next term. The next meeting of the P & C is on Wednesday, 13 May commencing at 5.30pm in NASHS staffroom. Please put this date in your diary. We hope to see you there!

Staffing changes:
During this term we welcomed to NASHS, Mrs Gwen Simmons as Teacher Librarian for two days per week and Mrs Ming Tan providing support to our upper school classes each Tuesday. For Term Two there will be some further changes. We welcome back Ms Julie Hetherington to the HASS department. Ms Hetherington has been teaching in the Kimberley region for the past two years. Mrs Judy Martin is taking leave for the next twelve months. Mrs Martin has been at NASHS for many years in her capacity as teacher of English, Literacy specialist and more recently as Learning Support Coordinator. We wish her well in her travels and adventures over the next twelve months. Ms Beth Ellement will be replacing Mrs Martin for the first few weeks of Term Two. Mr Glenn Simpson will be replacing Mrs Terry Bolt (Deputy Principal). Mrs Bolt is taking leave for the first eight weeks of Term Two. Farewell also to our Cleaner in Charge, Mr Murray Galloway and cleaner Maxine West. Murray and Maxine are part of our terrific team of cleaners. We wish them well in their travels!

On behalf of the staff I wish all students and their families a safe and enjoyable holiday break.

Kind regards,

Sharon Doohan
PRINCIPAL

WHO DO I CONTACT IN TERM TWO 2015

For general enquiries about your child’s progress at school please contact the Year Coordinator or other members of Student Services Team (see the list below). For subject specific issues please contact your child’s subject teacher or the relevant Head of Learning Area.

Yr 7 Coordinator: Kylie Rennie  School Nurse: Amelia Jefferis
Yr 8 Coordinator: Daniel Smith  Aboriginal & Islander Education Officers: Rachel Brown / Damien Yarran
Yr 9 Coordinator: Susie Wood  Student Services Coordinator: Andrew Harrison
Yr 10 Coordinator: Peter Gray  School Psychologist: Brooke Bevan-Wilson
Yr 11 / 12 Coordinator: Andrew Harrison  Chaplain: Ben Wyatt / Jennie Small

HEAD OF LEARNING AREAS AND TEACHERS IN CHARGE

<table>
<thead>
<tr>
<th>Mathematics / Science (HOLA)</th>
<th>Jo Stevens</th>
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<tr>
<td>Physical Education / Health (HOLA)</td>
<td>Dave Powell</td>
</tr>
<tr>
<td>Technology &amp; Enterprise / Art (HOLA)</td>
<td>Peter Gray</td>
</tr>
<tr>
<td>Business Ed, Workplace Learning &amp; VET Coordinator</td>
<td>Pamela Green</td>
</tr>
<tr>
<td>Curriculum Leader — Science</td>
<td>Leonie Puzey</td>
</tr>
<tr>
<td>Curriculum Leader — Humanities and Social Sciences</td>
<td>Garan Lewis</td>
</tr>
<tr>
<td>Library</td>
<td>Pippa Williams</td>
</tr>
<tr>
<td>English / LOTE / HASS (HOLA)</td>
<td>Marc Ruffell</td>
</tr>
<tr>
<td>Visual Art</td>
<td>Matt Marchment</td>
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</tbody>
</table>

Deputy Principals: Glenn Simpson (Years 7,8,9), Mark Cullen (Years 10,11,12)

Business Manager: Keely George
TERM 2
STUDENTS RETURN TO SCHOOL ON TUESDAY, 21 APRIL 2015.
Staff return to school on Monday, 20 April 2015.

NASHS IMPORTANT DATES—TERM 2 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon, 20 Apr</td>
<td>School Development Day</td>
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<tr>
<td>Tues, 21 Apr</td>
<td>Students Resume Term 2</td>
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<tr>
<td>Fri, 24 Apr</td>
<td>ANZAC March for NASHS School Student Councillors</td>
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<tr>
<td>Mon, 27 Apr</td>
<td>ANZAC DAY HOLIDAY</td>
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<td>Thurs, 30 Apr</td>
<td>Bendigo Bank Netball</td>
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<td>Thurs, 30 Apr</td>
<td>Whole School Parent—Teacher Evening. Details to follow.</td>
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<tr>
<td>Tues, 5 May</td>
<td>Interschool Cross Country</td>
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<td>Wed, 6 May</td>
<td>GSIT Open Day—3:00pm—7:00pm</td>
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<tr>
<td>Wed, 6 May</td>
<td>Triple P Parent Meeting—6:00pm—7:30pm. Details enclosed.</td>
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<tr>
<td>Mon, 11 May—Fri, 15 May</td>
<td>NAPLAN Testing</td>
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<tr>
<td>Wed, 13 May</td>
<td>NASHS/ASESC P &amp; C Meeting—5:30pm—6:00pm</td>
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<tr>
<td>Wed, 13 May</td>
<td>Triple P Parent Meeting—6:00pm—7:30pm</td>
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<tr>
<td>Wed, 20 May</td>
<td>Year 8 Immunisation</td>
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<tr>
<td>Wed, 20 May</td>
<td>Triple P Parent Meeting—6:00pm—7:30pm</td>
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<tr>
<td>Mon, 1 June</td>
<td>WESTERN AUSTRALIA DAY HOLIDAY</td>
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UPDATE FROM THE MATHEMATICS LEARNING AREA

It has been a great start to the year with new upper school courses underway and our Year 7’s commencing the Australian Curriculum. Thanks to Ms Hewson for providing information to all Year 7 parents about the maths curriculum through the newsletters. Interim reports will give parents of students in Years 7,8 and Senior School some feedback but I encourage all parents to give your child’s teacher a call if you are concerned with their progress.

In Years 9 and 10 our classes are in Pathways. Pathway 1 and 2 cover the work required to access ATAR (University type) mathematics. If your child is not in Pathway 1 or 2 and is interested in looking at university study directly from high school please contact your child’s teacher.

Mathletics is paid for by NASHS and provided for students from Years 7 to 10. Students should all have a log on and can access this excellent resource from home 24/7. The work should be set at their level and work is explained clearly, just use the question mark icon on the left hand side of the screen.

Another excellent on-line resource is the Kahn Academy. For Senior School ATAR students ask them about Classpad Help!!! Also homework class on Wednesday afternoon is a great place to get some extra help with your mathematics.

The Australian Mathematics Competition will be held again this year in Term 3. To have a look at the type of questions used please go to http://www.amt.edu.au/mathematics/amc/ (Jo Stevens—Head of Learning Area Mathematics)

AUSTRALIAN MATHEMATICS COMPETITION

Entries for the 37th annual Australian Mathematics Competition (AMC) are now open.

Competition day is Thursday, 30 July 2015 and 60 students are welcome to participate.

The AMC is a mathematics competition containing 25 multiple-choice problems and 5 questions requiring a number answer.

There are Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12) divisions. The time allowed is 75 minutes for each Secondary division.

Students are assessed only against other students in the same school year and Australian State/Country so age or curriculum differences between students are irrelevant.

The problems are very easy at the start of the paper and become progressively more difficult until the end when they are challenging to the most gifted student. Students of all standards will find a point of challenge.

The AMC has run every year since 1978 and is now a significant international event. In 2010 there were approximately 400 000 entries from nearly 4000 schools in more than 40 countries.

NASHS students have excelled in this competition in the past and many students look forward to the event each year.

Entry is free.

Students can obtain further competition and entry details from their Mathematics teacher. Entries close 1 May 2015.

(John Smith - Mathematics - AMC Manager)
LANGUAGES

NASHS offers Japanese and Italian, taught by Mrs Kylie Offer and Mrs Belinda Powell. Students can follow a pathway in either of these languages through to Year 12. However if students wish to learn another language then we may be able to help with on-line learning.

Incentives of Learning a Language

Students who complete a language (Italian or Japanese) to Year 12 receive a bonus for their Tertiary Entrance exams (ATAR) which is used to gain admission into university. The ATAR language bonus is 10 per cent of the Language scaled score. This is added to the aggregate of the best four scaled scores. It applies to all universities in WA except Notre Dame University.

Post School Language Learning

Pathways to continue language study post school are available at the diploma and undergraduate level.

A Diploma of Applied Language (with a focus on translating and interpreting) is offered by the Central Institute of Technology (Perth) for post-secondary students in Italian.

Students are able to study a language at a diploma level at Edith Cowan University and at undergraduate degree level at all five West Australian universities as follows:

- Curtin University—Japanese
- Edith Cowan University—Japanese at diploma level (which can be studied alone or in conjunction with an undergraduate degree) or at degree level. Two entry levels are offered, which are Post-ATAR and Introductory.
- Murdoch University—Japanese
- Notre Dame University—Italian
- The University of Western Australia—Italian and Japanese

(Mrs Offer—Japanese Teacher and Mrs Powell—

COMBINED SCHOOLS CENTENARY ANZAC SERVICE AND PARADE

On the 24 April 2015, NASHS students will join students from schools throughout the Great Southern region to participate in the 2015 Combined Schools Commemorative ANZAC March and Service as part of the ANZAC Centenary Celebrations. There are expected to be 2000 students involved in the event and NASHS will be represented by a group of about 150 staff and students. Students will march down York Street to the parade grounds at the Albany Peace Park where an ANZAC Service will be held. The service itself will be presented by students from local schools. Asha Healy, School Captain, will be presenting a poem on behalf of NASHS and the Last Post will be played on trumpet by Year 11 Student Councillor Carl Evers.

Parents and family are more than welcome to come and watch the parade.

All participating students will receive a commemorative badge that is being especially designed for the event.

This will be an exciting and unique event. Nowhere else in the country will there be a Schools’ Centenary Celebration of the same magnitude as ours here in Albany.

On Saturday, 25 April, the Albany ANZAC Centenary celebrations will continue with the traditional ANZAC Dawn Service, March and Service at the Albany Peace Park. This year NASHS Student Councillors have been asked to present poems as part of the services. Asha Healy will present a reading at the Dawn Service and Stephanie Russ will present her reading at the main service.

All NASHS Student Councillors attended the ‘GRIP’ Student Leadership Conference at the Town Hall on the 25 March 2015.
STUDENT SERVICES COORDINATOR REPORT

NASHS Jogathon 2015
The weather in Albany in Autumn is unpredictable and you are never quite sure what it is going to do. Last week I had to postpone the Jogathon and when I woke up on the Wednesday morning to rain and dark clouds I experienced a sense of deja vu. After careful examination of every possible weather forecast I decided to postpone until Friday. Luckily Friday turned out to be a good day weather wise and it allowed us to continue with the Jogathon. What a great day! The sun was out, the bouncy castle went up and everyone walked, jogged and sprinted the day away. It was great to see the way NASHS students got involved and it appeared that everyone had a fun time.

The NASHS Jogathon is an annual fundraiser for Youth Focus and the Hawaiian Ride For Youth. Youth Focus provide much needed support for young people in Albany and a proportion of money raised goes to providing counsellor support at NASHS. Micah from Youth Focus is available on Tuesdays in Student Services.

It really is great to see NASHS students Be their Best and Being Kind by committing themselves to a great fundraising cause.

Blessing of the Roads
On Friday, 27 March, NASHS Student Councillors participated in a Blessing of the Roads ceremony that is designed to remind everyone to drive carefully over the School and Easter Holidays. This was a formal ceremony with dignitaries and guests from the Albany Community. I was once again very proud of our Student Councillors who represented NASHS in a very mature and professional manner.

NASHS Positive Behaviour Support
At NASHS it is important to Be Respectful, Be Responsible, Be Kind, Be Your Best and Be Safe. Five important values that are the basis to all we do here at NASHS.

As part of Positive Behaviour at NASHS we are focusing on two important things for Term Two: Being on time and being prepared. Every student at NASHS should strive to be their best and achieve success in their studies. A small step to achieving this is by simply ensuring that they arrive at class on time and have the correct equipment ready for class. It does concern me when I hear that some students arrive at class without pens and paper. These are the basics that all students should have.

School Refusal
What is school refusal?
School refusal happens when a child does not want to attend school or is afraid to attend, despite being physically able to. Some children say they want to go to school but they just can't, it is not truancy or "wagging", there is no attempt made by the child to hide not going to school. School refusal is usually associated with emotional distress, most commonly anxiety.

How do I recognize School Refusal?
Signs to look out for include:
• Physical complaints such as stomach and headaches, nausea and shaking.
• Upset or crying before school.
• Symptoms present in the morning may disappear if the child stays home.

What can I do about School Refusal?
Contact the school. In particular the NASHS Student Services Team, who are more than willing to meet with parents and students to discuss concerns. A good starting point may be with the student’s Year Coordinator.

These are:
Year 7 – Mrs Rennie
Year 8 – Mr Smith
Year 9 – Mrs Wood
Year 10 – Mr Gray
Senior School – Mr Harrison.

Another term has come and gone, and autumn seems to be upon us. With autumn comes rain of course, and it’s a good reminder of the need for us to be extra careful when driving (or riding!) on the roads when they are wet. For the last few years now we have held an event at NASHS called “Blessing of the Roads”, which is an annual state-wide road safety awareness campaign run in the lead up to and during the Easter long weekend. As well as hearing a message about road safety, at NASHS we also lay a rose and release a balloon for each person who has lost their life on Great Southern roads in the previous year. While this is a somewhat sombre moment, it is an important reminder that we all have a role to play in road safety. The event concludes with a local church leader giving a prayer of blessing for safety for us all as we travel.

With Easter marking the start of our school term holidays, we all have a couple of weeks of break from school work to look forward to. Mind you, maybe this is a good opportunity to catch up on that Mathematics or English work you got behind on! Whatever you have planned for your holidays, I trust that you get the rest you need and also have some fun! I look forward to seeing you back here all ready for school soon!

(Ben Wyatt and Jennie Small—School Chaplains)
YEAR SEVEN UPDATE

As we near the end of the Year 7s first term at high school there is a lot to celebrate. Interim reports have been posted and I have to say I am very impressed with the efforts of our 2015 Year 7s. Please take the time to discuss any areas of concern with your child. You can make an appointment to see their teacher at the Parent-Teacher meeting early Term 2. The sooner small issues are addressed, the less likely they are to become big issues.

The Year 7 Student Councillors have been selected. The process for applying for the student council at NASHS is much like applying for a job. Students submit a written application and then have an interview. Our 2015 Year 7 councillors are Sophie Adeline, Cyprian Rogozinski, Molly Bowles, Ramy Hamza, Jessica Hart, Connor Coles, Jaxon McLean and Jessica Stals. These students also attended the GRIP Student Leadership Conference at the Town Hall with other NASHS councillors on Wednesday, 25 March.

I would like to thank all the parents who made it to the Year 7 Parent Information afternoon tea, it was fantastic to see so many of you there. For the parents who were unable to attend, I would like to revisit the issue of social media use. Facebook requires users to be at least 13 years old, making the majority of our Year 7s too young to have accounts. If you do allow your child to have an account, I would urge you to monitor their online activity closely. The following tips may be helpful:

- Make sure you are ‘friends’ with your child on social media.
- Talk to them about what is and isn’t appropriate and have an agreement that they will report to you any inappropriate communications they receive from others.
- Have a curfew and collect their mobile device at night so they can get a good night’s sleep without the pressure of having to respond to messages from friends (a worrying number of students reported (during a workshop on our orientation camp) they sleep with their mobile devices under their pillows).
- Ensure your child understands the public nature of social media, if they wouldn’t like it on the front page of the newspaper, they shouldn’t post it on facebook.
- Take the time to check the privacy settings on your child’s account, they should all be set to ‘friends only’.

Another highlight this month has been the fantastic way the Year 7s participated in the NASHS swimming carnival. All participants received vivo reward points for their efforts as part of the NASHS Positive Behaviour Support (PBS) focus. The winning contact was 7.3 (Well done Mr Tetlow, I’m sure it was your fantastic management that got them over the line). Congratulations to the following Year 7s for their individual success; Willem Freebury and Molly Bowles (Champions) and Noah Morecombe and Charlotte Musk (Runners Up). These students along with Callum Offer, Freya Richardson, Eli Stewart-Morgan and Coen Jackman also did an excellent job of representing NASHS Year 7s at the interschool carnival.

(Kylie Rennie—Year 7 Coordinator)

YEAR EIGHT UPDATE

It was great to meet so many parents and caregivers at the Year 8 Parent Afternoon Tea that was held at the beginning of this month. The purpose was to introduce myself and the Student Services team and to give an overview of what is expected of the Year 8’s as they settle into high school life. This included introducing the Heads of Learning Areas/Teachers in Charge for each subject who gave a brief overview of what the student’s will cover throughout the year, homework requirements and any other specific details about the subject. If you were unable to attend the afternoon tea and have any questions regarding the content, please do not hesitate to contact me.

The Year 8’s have been very enthusiastic in their sporting efforts over the past couple of weeks. On Wednesday, 18 March the students put in an amazing effort for the Jogathon. The Year 8’s did a tremendous job in running lap after lap and in doing so raising an excellent amount of money for Hawaiian Ride for Youth. This also proved great training for the upcoming School Cross Country which, based on the time trials in Physical Education, we are expecting the Year 8’s to be an extremely strong cohort with many pushing the school records.

Finally, the school swimming carnival was held on Monday 23 March in which the Year 8’s did an amazing job. The participation in the races was fantastic, whilst it was even better for the novelty events. It was really pleasing to see students push themselves and set some great times but most pleasing was to see the enjoyment on the students faces throughout the day.

(Dan Smith—Year 8 Coordinator)
YEAR TEN UPDATE

Congratulations on completing Term 1. It has been a very busy term with students participating in a variety of events and activities. Students have been enthusiastic and supportive of these events and can be proud of their contribution to making the school community a positive place.

Year 10s are continuing to look fantastic in dress code, however as the cooler days are becoming more frequent, parents and students are reminded that dress code colours apply to jumpers. No black tops please. It is also a good idea to bring a change of clothes when participating in sport and physical education classes. There have also been positive comments on the reduction of litter around the school this term and that many students are taking pride in the yard and are keeping their area clean and tidy. Keep up the good work. Ask your duty teachers for VIVO points!

This term I commenced interviewing all Year 10 students. The interviews will continue into next term. It is important that students start to consider what they want to do when they leave school and think about the subjects that they will choose later this year for 2016. Some students find this difficult and may not have any idea of what they want to do, which is ok. It is always important that students do their best. This includes classwork and attending school regularly. Parents can help their child with this process and may find some of the steps below helpful in discussions with their child.

Much of this information is a summary of what is available on many career websites.

Six Steps to Career Planning:
1. Learn about yourself
Researching possible careers begins with knowing who you are. To gain more awareness of who you are—your likes, talents, personality, and values.

2. Identify Career Possibilities
Write two or three occupations that you want to explore. Looking at a job guide or browsing through job search websites such as my future.com.au may help you select several more occupations to list. In step 1 you may also have identified your idea of a perfect job, or jobs.

3. Gather Career Information
Now you are ready to gather information about the career possibilities that you have listed. This information can be from family, friends, businesses, websites etc. Complete work experience, attend career expos, work for free at a business, work shadow, do volunteer work.

4. Focus on Career Specifics
Now you are ready to get some specific information about your career possibilities. Finding answers to the questions listed below can help you. As you gather this information, think about how the careers fit your broad interests and personal characteristics.

Career Questions:
- What training would prepare me for this field?
- What are the work hours? Working conditions?
- What is the employment outlook?
- How are workers paid: salary, hourly wage, commission?
- What skills and personal characteristics are required to succeed in this career?

5. Gather Educational Information
Different careers require different types of education. Your next task is to find out what level of education is required for the careers that you have listed. Then see if your educational interests and personal style fit with the educational requirements of the careers that you are exploring.

6. Fitting the Puzzle Pieces Together
Now you are ready to fit the pieces of your puzzle together. You may find that your career puzzle takes some time to finish. Also, as you learn more about yourself and more about the world of work, don’t be surprised if some of the pieces change.

It’s important you make a start. Good luck. I do hope that you all have a restful and safe holiday.
(Peter Gray—Year 10 Coordinator)

SENIOR SCHOOL UPDATE

Interim reports are now out and I am pleased with how the majority of our Senior School students are progressing. However there are some students who are underachieving through not completing assignments, not handing in work on time and not revising for tests. Senior School students must understand that to ensure success in their studies they need to revise notes, read texts, prepare for tests outside of the normal classes. Having a quiet place to study and complete work at home is important. Completion of assignments also isn’t enough, so students shouldn’t be thinking “I have just finished my Maths questions so I don’t have to do any more Maths.” Constant revision is necessary so no student in Year 11 or 12 should be saying that they have nothing to do or that they have finished all their work.

Students in Senior School will be participating in Study Workshops throughout second term to further develop their study skills.

Parents will have the opportunity to meet their child’s teachers at the Parent-Teacher interviews early next Term. More details early Term 2.

Year 12 Ball 2015

What a fantastic night. The students looked amazing (and the staff did as well) and combined with the beautiful venue at Carlyle’s it made for a night to remember.

Thank you to all the students who helped out in the Ball Committee and thanks also to those staff who came to help out on the night. Once again this year Mr Wilson, Mr Gray and myself took photo’s of our students and these will be available soon. NASHS will be making a 2015 glossy photobook which will also be available to students.

I am pleased to announce that the 2015 Belle of the Ball was Jessica Rouse and the Beau of the Ball was Thomas Hood. Most Handsome was Vinnie Mieschbuhler, Most Elegant was Mariel Basa and the two cutest couples were Asha Healy and Carl Evers and Vianca Rey and Jhovanie Forte.

Congratulations to all.
(Andrew Harrison—Senior School Coordinator)
What a start to the year we’ve had in Science! Students have been busy learning the types of equipment and how to use them. Using the Bunsen burners has been an overwhelming favourite so far! In addition to learning about equipment we’ve also been busy:

- Learning about safety in the laboratory
- Exploring the scientific method
- Investigating pure substances and mixtures
- Using chromatography to separate ink
- Experimenting with soluble and insoluble substances

By now your child would also have completed their first major Science test. How did your student go?

Below are pictures of some students investigating soluble and insoluble substances. The experiment generated some very interesting discussions amongst groups with a few results surprising some students. Students also discussed the issue of fair testing and identified control variables to ensure their results were valid and accurate.

With mixtures and separation techniques such as sieving, decanting, filtration and distillation it has been an interesting term in Science!
During Break 1 the Library is open to all students for: quiet study, board games or recreational reading. Computers are being used for assignments and research, as well as “Mathletics”. Computer games are no longer permitted. There are also two quiet study rooms available with soundproof glass.

Our homework classes on a Wednesday after school are proving to be quite popular, with up to 40 students attending each week.

The Library is keen to find out from Year 7 and 8 families if there is an interest in running the Scholastic Book Club again. This operates in primary schools and we used to be members until about 5 years ago. Students can buy books at highly discounted prices and the school benefits by receiving incentive points for sales. If you may be interested, look at the following website http://www.scholastic.com.au

If you are definitely interested, please reply email to: pippa.williams@education.wa.edu.au

Most Year 7 and 8 English classes are participating in a reading programme called RIBIT. This acronym stands for Read In Bed It’s Terrific. Students are expected to read a novel, graphic novel or short story in a week and then complete an activity based on the story. A display of students work will be featured later in the Semester. Recent research on teenage brain development says that it is very important to read a physical, turn the page, book. This activity releases melatonin in the brain, helping sleep patterns for growth. Being exposed to computer screens, phones and kindle reading devices or tablets all the time can actually lead to sleep disorders due to lack of melatonin production. Students are keeping a reading log and score points for completing activities. Points are saved and then traded in at the end of the year for prizes, including vouchers from local businesses.

‘PARTY’ Trauma Day – A Visit to Albany Health
What a busy term it has been!

Week 4, presented a lovely opportunity to spend time with the Year 7’s on camp. Brooke, (School Psych), Jennie, (Chaplain) and I presented informative sessions to small groups. We discussed topics such as: What is good mental health?, taking care of our friends, coping strategies for stress, anger and anxiety, good sleeping habits – including responsible use of electronic devices.

I was interested to discover that many of the students are sleeping with a smart phone under their pillow. It would be worthwhile if parents could reinforce messages about safe use of mobile devices.

Some examples are:

- Have a break from your phone and Facebook overnight. Strategy: Phones to go on the kitchen bench between 9pm -7am.
- Buy an alarm clock, rather than relying on your phones alarm clock.
- Agree to some Facebook rules e.g.
  - Only use Facebook twice a day for 20min each time.
  - Before posting on Facebook, use the NASHS ‘Stop, Think, Do!’ strategy Facebook has often been linked to bullying. Taking the time to think about what you are going to post can be preventative to conflict and bullying.

It was an absolute pleasure to spend time with the Year 7’s. They are a well-mannered, caring and engaging year group.

Year 8 immunisations occurred in week 5. I was extremely impressed by the maturity of the year group. Statistically the number of students receiving the vaccines is up from last year which is fantastic. If your Year 8 student is not having the vaccines, please be aware that they are not covered for tetanus. If your child missed the school based program, contact Population Health, Immunisation Clinic – Warden Ave 9892 7511. I did speak at the Year 7 and 8 parent nights in week 5 and it was lovely to meet many of you. One of the questions I was asked was why students do not receive a rubella vaccine in the Year 8 school based program. I wanted to clarify that MMR (Measles, Mumps, Rubella vaccine) is administered at 12months, 18months and 4 years. In most individuals, this schedule gives sufficient cover for the rest of your child’s life.

In week 7 I was lucky enough to attend ‘PARTY’ trauma day – a visit to Albany Health Campus. Miss Rennie’s Year 11 ATAR, Health Science class followed the scenario of a motor vehicle accident from arrival at Emergency department to High Dependency, Rehabilitation, Allied health (physio, OT and Speech), Via media, the students heard from peers their age, who had experienced trauma. Carl Heslop, Registered Nurse facilitated the day and discussed the impact of drugs, alcohol, motor vehicle accidents, young people and staying safe. A big thank you to Carl, Registered Nurse Ronnie, Dr Justin in Emergency, and all the allied health crew. Thank you to Kade Sims from Population Health for organising the program. The impact of following the patient through the hospital was huge. The students found it engaging, interesting and a little bit confronting. Students had time to debrief on the experience. Reflecting on the confronting parts of the day, student feedback was positive. ‘You never think it could happen to you, but it could’. ‘It makes you think about your actions before getting in the car’, ‘The trauma day is something everyone in our year should experience, for awareness’. A second group of Year 11’s will be attending ‘PARTY’ in Term 2. Enjoy some pictures from the day elsewhere in the Newsletter.

(amelia jefferis—NASHS School Nurse)

It's been a busy term in Student Services with lots of exciting events occurring. I was lucky enough to attend the Year 7 camp in Week 3 and had a great time along with our Chaplains and School Nurse getting to know everyone.

Amelia (the School Nurse) and I presented a session to the students about Mental Health, coping strategies and sleep hygiene. It was a great opportunity for the Year 7's to be able to put a face to my name and learn some interesting new skills.

One activity of particular interest was the ‘Smiling Mind’ session. ‘Smiling Mind’ is an Australian program that teaches students (and adults!) how to be mindful and practice relaxation. It is really user friendly and can be accessed on the internet or via an app on the phone (iPhone/Ipod and Android compatible!). All the Year 8’s had a try and I encourage parents to have a look at the program for use by their young person. Go to www.smilingmind.com.au to access the program. It's awesome!

In Term 2, I am also running the Teen Triple P-Seminar Series. This is three evening sessions that last about two hours. Triple P is a fantastic Australian parenting program for all parents. See the flyer later in this newsletter for information!

Have a great Easter break and look forward to seeing you in Term 2.

(Brooke Bevan-Wilson—School Psychologist)
The Year 7 students have been working on Rule of Order and then types of numbers. The students have had their first major test, have they told you their result?

Their next area of study in mathematics is Integers. Did you know integers are positive numbers, negative numbers and zero. No decimals.

Here are a few problems that have been given to the students, can you answer them?

1. $8 - 24 ÷ 12 + 3 =$
2. $3 x 6 ÷ 8 - 4 + 5 = 2$
3. $\sqrt{19 x 42 + 102}$
4. $\sqrt{343 x 4^5}$
5. What is the 6th prime number?

You will notice some of these aren’t possible to do without a scientific calculator. Does your student have one??

Here is a Number Puzzle, try it with any positive number.

Think of a number.
Add 4
Double the result
Subtract 6
Divide by 2
Subtract the number you first thought of.

What did you find? Try other numbers. Can you explain why the answer is always the same no matter what number? This is a sample problem your student is working on.

Solutions:
1. 9  2. $3 x 6 ÷ (8 - 4 + 5) = 2$  3. 30
4. 1031  5. 13

Number puzzle – you should always get one

(Beth Hewson—Year 7 Mathematics Teacher)

The Pretty Ugly Toys

The first project for Year 7 students in craft was to design and make an ugly soft toy. The features that make a toy attractive to children and different types of fabrics were discussed. Students were taught different embroidery stitches and practiced them on calico. A great effort was made by all students and the picture shows the fabulous toys they produced.

Students’ comments:
I really enjoyed this because it was fun and creative. Caelum Butler
It was a lot of fun working with Mrs Hewson. There was a lot of great ideas from all the students. I really liked making my toy. Jessica Hart
I really enjoyed this because it was creative and fun by Jemma.
I really enjoyed making these. I learnt to do blanket stitch, it was so cool. Thank you Mrs Hewson. Mackenzie
It was fun yet tricky and was a fabulous idea, I loved it. Yana Hlavaty
It was a lovely experience, I think the toys look great. Elsa Marshall

(Beth Hewson—Year 7 Teacher)
The NASHS swimming carnival took place on Monday, 23 March at the Albany Leisure and Aquatic Centre. All Year 7 and 8 students attended the carnival along with self-selected students from Years 9-12. It was a fun day with over 200 students participating in competitive races and novelty events.

I would like to sincerely thank our wonderful parent helpers. Without such fantastic community support these events would not be possible.

The winning contacts for the day were 7.3 and 8.1.

**Individual Champions:**

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion: Molly Bowles</td>
<td>Willem Freebury</td>
<td></td>
</tr>
<tr>
<td>Runner-up: Charlotte Musk</td>
<td>Noah Morcombe</td>
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<thead>
<tr>
<th>Year 8</th>
<th>Girls</th>
<th>Boys</th>
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</thead>
<tbody>
<tr>
<td>Champion: Teleya Beattie</td>
<td>Oliver Richardson</td>
<td></td>
</tr>
<tr>
<td>Runner-up: Jemma McCready</td>
<td>Bylan Boyd</td>
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<table>
<thead>
<tr>
<th>Year 9</th>
<th>Girls</th>
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</thead>
<tbody>
<tr>
<td>Champion: Mikayla Archbold-Mortensen</td>
<td></td>
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<tr>
<td>Runner-up: Amber Thomas</td>
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<table>
<thead>
<tr>
<th>Year 9</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion: Jake Castlehow</td>
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</table>

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion: Georgia Master</td>
<td>Jordan Farmer</td>
<td></td>
</tr>
<tr>
<td>Runner-up: Abigail Boyd</td>
<td>John Morgan</td>
<td></td>
</tr>
</tbody>
</table>

**Senior Girls:**

| Champion: Michaela Boreham |

**Senior Boys:**

| Champion: Joshua Simpson |
| Runner-up: Kenton Gibbs |

(Kylie Rennie—Physical Education Teacher)

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**INTERSCHOOL SWIMMING CARNIVAL**

On Thursday, 26 March, 35 NASHS students travelled to Mt Barker to compete in the B division schools Interschool Swimming Carnival. After a rushed start, the students consistently excelled throughout the day with NASHS winning the overall shield. We are especially proud of those students who swam in events outside their comfort zone (particularly in the Butterfly) so that the NASHS team could collect much needed points.

There were several outstanding individual performances on the day.

- Abigail Boyd, Year 10 Girls Champion
- Georgia Master, Year 10 Girls Runner-up
- Joe Goldsmith, Year 10 Boys Runner-up
- Teleya Beattie, Year 8 Girls Champion
- Molly Bowles, Year 7 Girls Champion
- Willem Freebury, Year 7 Boys Champion

- Year 8 Girls 100m freestyle – Teleya Beattie
- Year 8 Girls 50m breaststroke – Teleya Beattie
- Year 8 Boys 50m breaststroke – Jonah Muir

- Year 8 NASHS girls broke the medley and freestyle relay records
- Year 10 Girls 100m freestyle – Georgia Master
- Year 10 NASHS girls broke the freestyle relay record

As this was the first time our Year 7 students had competed at an Interschool Swimming Carnival there were no records to break. However, our Year 7’s set some incredible times which will become records and will be very hard to beat in the future.

(Kylie Rennie—Physical Education Teacher)
The term dates for NASHS students for 2015 are:

**TERM 1**
- **Commences**: Mon, 2 February
- **Ends**: Thurs, 2 April

**Holidays**
- Fri, 3 April
- Sun, 19 April

**TERM 2**
- **Commences**: Tues, 21 April
- **Ends**: Fri, 3 July

**Holidays**
- Sat, 4 July
- Sun, 19 July

**TERM 3**
- **Commences**: Tues, 21 July
- **Ends**: Fri, 25 Sept

**Holidays**
- Sat, 26 Sept
- Sun, 11 Oct

**TERM 4**
- **Commences**: Mon, 12 Oct
- **Ends**: Thurs, 17 Dec

The four School Development (Pupil Free) Days in 2015 for Government schools in the City of Albany are:

- Monday, 20 April 2015
- Monday, 20 July 2015
- Friday, 13 November 2015 (Albany Show Day)
- Friday, 18 December 2015

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**SWIMMING**

Teleya Beattie, Year 8, swam at the 2015 End of Summer Sensation on the 21 and 22 March in Perth. She swam a 4.08 second personal best in her 200metres Breaststroke event and went almost 2 seconds under the National Qualifying time for 13 year olds, ranking her 21st in Australia.

This makes Teleya the youngest female swimmer from Albany to qualify for Nationals. She is also the fastest female ever to swim 200metres Breaststroke for the Albany Swim Club.

Teleya will swim her 200metre Breaststroke event at Sydney Olympic Park Aquatic Centre (SOPAC) on the 13th April.

**CRICKET**

Five NASHS students were in the winning Under 17's Albany Junior Cricket Competition team Sunday March 15 - Travis Golding, Carl Evers, James Coad, Joe Goldsmith and Hayden Davies.

They play for Railways, are identified within the team as the NASHS group, and this is their second premiership in a row.

**NASHS STUDENTS STAR AT SURF CLUB CHAMPIONSHIPS, COUNTRY AND STATE CHAMPIONSHIPS**

The following students won their age group level at the Albany Surf Club Junior Club Championships:

- Willem Freebury (Year 7)
- Charlotte Musk (Year 7)
- Apryl Oreo (Year 8)
- Oliver Richardson (Year 8)

The following students came runner up in their age group:

- Molly Bowles (Year 7)
- Sophie Adeline (Year 7)

This is a fantastic effort. Congratulations to these students. We are so proud of you. Several of these students also represented the club at the country and state championships.

Willem picked up four gold medals at the country championships and finished in the top ten at the States!

Molly picked up four gold medals and one bronze at the county championships and also in the top ten at the states!

Charlotte won two gold medals and one bronze in country championships and finished in the top ten at the states!

Sophie competed in an Iron man event at country championships and came in 6th!

The surf club season starts again in fourth term. The club caters for all people from beginners to elite athletes. It is a great way to stay fit over summer. If you are interested in joining and have any queries ask Mrs Wood in Physical Education department.
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Small changes, big differences.
This term our Year 9 Aviation class has been busy learning about the principles of flight. We were inspired by the movie “Paper Planes” and constructed paper planes and tested how far they could fly. Our champion was Jesse Drage whose plane flew 29m and would have qualified for the national competition (requirements are minimum of 25m flight).

Upcoming events include parachute and model aeroplane construction.

(Mrs Offer—Aviation Teacher)
It has been very busy in the art rooms this term as the Year seven classes of Mr Marchment, Mrs Brindal and Mr O’Brien have been enthusiastically creating fantasy masks. With the addition of a drama component to the art program this year it was decided that the class projects should all have a theatrical focus. With this in mind the students all set about developing their own "Dramatis Persona", or alter ego, from which they created a detailed drawing. They used this as a basis for the construction of their masks.

Many fantastic ideas and designs began to emerge from dashing superheroes, to ethereal elves and sinister monsters. The students began with a basic mask shape that had been provided to them and then added cardboard, papier mache, and even wire frames to help mould the features of their creations. Finally after the shape of their masks was complete the students began to paint and detail their fantasy faces with all kinds of decoration.

Everything from feathers, beads, and old wigs were used to bring out the character of their alter egos and make each one colourful and unique.

It has been an excellent project, and one which all students seem to have thoroughly enjoyed. A big congratulations goes out to all students for the amazing effort they put into making and decorating their masks, as well as a big thanks to Mr Marchment and Mrs Brindal for organising all the materials and decorations that made this project possible.

(Nicholas O’Brien—Art Teacher)