CONGRATULATIONS
NASHS
TOP YEAR 12 STUDENTS

The Tertiary Entrance Pathway Dux for 2015 was awarded to Wade Millar.

The Vocational Education & Training Pathway Dux for 2015 was awarded to Rebecca Bell.
Transition
2015
Welcome to our final newsletter for 2015. In this edition, we continue to share with you the achievements of our students along with some very special celebrations, and also provide you with important information about the beginning of the 2016 school year.

2015 has been an amazing year for NASHS. Throughout the year our primary-secondary transition program which commenced 30 months ago, has gathered pace, culminating in a half day orientation for Year 7 students at NASHS in Term 3 and a full day (their first full day at high school!) in Term 4. We also recently welcomed students from Bethel Christian School and John Calvin for a day of orientation. They will be joining NASHS in 2016 to commence their Year 11 and 12 studies. Our NAPLAN results were impressive and a number of students have excelled academically this Semester which is evident in school reports, Science competitions and Maths Awards. Two Year 10 students have been selected to participate in some wonderful opportunities acknowledging their strengths. Hunni Taylor-Car will participate in some wonderful opportunities by our wonderful music students. It was a pleasure to see THE ARTS grow at NASHS. Well done to all the students who contributed to the Arts Showcase and all those supporters behind the scenes.

During Term 4 we have also been busy making final adjustments to our timetable for 2016 so that all is in readiness for day one next year – Monday, 1 February. Modern History has been added to the wide range of tertiary entrance and vocational courses already available. For our incoming Year 7 students, they will be studying Visual Technology which I am sure will be interesting and exciting as well as Art & Drama, Home Economics and Design & Technology! Students in Year 8 and 9 have also chosen from a selection of new specialised courses for 2016. The Year 10 students have their own ‘stand-alone’ specialised courses and we expect to see them demonstrate the complex skills acquired by these students. This will be great preparation for the students’ Senior School years. NASHS students also showed their great athletic skills at the Interschool Athletics Carnival. Competing in ‘A’ Division, we achieved a wonderful second place with four students receiving awards. Thank you, NASHS Physical Education for organising this event.

Last week, the Administration team have been privileged to attend the Year 6 graduation ceremonies at Mt Lockyer PS, Little Grove PS, Yakamia PS and Albany PS. On behalf of the NASHS School Board we were delighted to present 2016 Year 7 NASHS scholarships (each valued at $178) to one lucky recipients at each of NASHS feeder primary schools.

With our growing numbers we also welcome a number of staff new or returning to NASHS in 2016 – Barry Cross (Year 7 Maths and Science); Alison Grice (HOLA Humanities and Social Sciences); Tina Dawson (Japanese and Visual Technologies); Belinda Powell (Italian and HASS); Dean Parton (Business Studies and Workplace Learning); Darian Le Page (Physical Education and The Arts) and Renae Paunich (Physical Education and HASS). We expect to finalize some more appointments in January. We also have a few farewells. Thank you to Robyn, Pam and Vicki in the Canteen for their many years of service. Garan Lewis is returning to Tasmania and Nicholas O’Brien thank you for your contribution to NASHS. We also wish Glen Simpson an enjoyable Long Service Leave.

On behalf of the NASHS staff I wish all students and their families a safe and enjoyable Christmas and New Year.

Regards

Terry Bolt
PRINCIPAL

NASHS OFFICE HOURS JANUARY 2016
NASHS office will be closed from Monday, 21 December 2015 to Friday, 22 January, 2016. The office will re-open on Monday, 25 January, 2016 then close for Australia Day Holiday on Tuesday, 26 January 2016 and re-open from Wednesday, 27 January for enquiries and payment of Contributions and Charges.

Staff will be participating in professional development on Thursday, 28 January and Friday, 29 January 2016.

Students return to school on Monday, 1 February 2016.

CANTEEN OPENING HOURS 2016
NASHS uniform Polo Shirts and NASHS Sports Shirt, can be purchased from the School Canteen on the following days:

Monday, 25 January
Wednesday, 27 January—Friday, 29 January from 10.00am to 12.00pm

The cost of the shirts are $28.00 each.
**WHO DO I CONTACT IN TERM ONE 2016**

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.

### Year Coordinators 2016

Year Coordinators are an important link between the school, student and parent. If you have any queries regarding the overall progress of your child you should contact the Year Coordinator. Year Coordinators for 2016 are:

- Year 7: Rebecca Gallimore
- Year 8: Kylie Rennie
- Year 9: Dan Smith
- Year 10: Susie Wood
- Year 11: Peter Gray
- Year 12: Andrew Harrison

The Student Services Coordinator is Andrew Harrison. Andrew co-ordinates the Student Services Team which includes Year Coordinators, School Psychologist, School Chaplains and School Nurse.

### DIARIES

All students at NASHS are encouraged to have a Homework Diary. A diary will help students to manage their school time and home study time. Diaries should be used on a daily basis to record due dates for tasks and assignments, dates of class assessments and tests, reminders of meetings and appointments.

Parents will also find they are better able to track their son/daughter’s school work and help them to meet deadlines if they check their child’s diary on a regular basis. In 2016 student diaries have been included in student booklists and parents are strongly encouraged to ensure that their child has a diary at the start of the year.

### LOCKER HIRE

NASHS has lockers available for student use in 2016. Total cost for the year will be $20. Application forms will be available from the NASHS Canteen on Monday, 25 January and Wednesday, 27 January to Friday, 29 January 2015 (open from 10.00am—12.00pm). Priority is given to students in Years 11 and 12. As Year 7 students will have a home room, they will not require lockers.

**W H O   D O   I   C O N T A C T   I N   T E R M   O N E   2 0 1 6**

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.

<table>
<thead>
<tr>
<th>Yr 7 Coordinator</th>
<th>Rebecca Gallimore</th>
<th>School Nurse</th>
<th>Cathy Watson</th>
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<tbody>
<tr>
<td>Yr 8 Coordinator</td>
<td>Kylie Rennie</td>
<td>Aboriginal &amp; Islander Education Officers</td>
<td>Rachel Brown</td>
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<td>Yr 9 Coordinator</td>
<td>Dan Smith</td>
<td>Student Services Coordinator</td>
<td>Andrew Harrison</td>
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<td>Yr 10 Coordinator</td>
<td>Susie Wood</td>
<td>School Psychologist</td>
<td>Amy Gostelow</td>
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<td>Yr 11 Coordinator</td>
<td>Peter Gray</td>
<td>Chaplain</td>
<td>Ben Wyatt / Jennie Small</td>
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<td>Yr 12 Coordinator</td>
<td>Andrew Harrison</td>
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**HEAD OF LEARNING AREAS AND TEACHERS IN CHARGE**

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<thead>
<tr>
<th>Mathematics (HOLA)</th>
<th>Jo Stevens</th>
<th>Physical Education / Health (HOLA)</th>
<th>Dave Powell</th>
<th>Home Ec</th>
<th>Bronwyn Day</th>
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<tbody>
<tr>
<td>Science (HOLA)</td>
<td>Glenn Simpson</td>
<td>Technology &amp; Enterprise / Art (HOLA)</td>
<td>Peter Gray</td>
<td>Business Ed, Workplace Learning &amp; VET Coordinator</td>
<td>Pamela Greenhart</td>
</tr>
<tr>
<td>Humanities and Social Sciences (HOLA)</td>
<td>Alison Grice</td>
<td>Library</td>
<td>Pippa Williams</td>
<td>Learning Support Coordinator</td>
<td>Tracy Myers</td>
</tr>
<tr>
<td>English / LOTE (HOLA)</td>
<td>Mark Ruffell</td>
<td>Visual Art</td>
<td>Matt Marchment</td>
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**Deputy Principals:** Kylie Rennie (Years 7,8,9), Mark Cullen (Years 10,11,12)

**Manager, Corporate Services:** Keely George
On Friday, 20 November we held our combined NASHS and Albany Secondary Education Support Centre Year 12 Presentation Evening. Family and friends were present to acknowledge and celebrate the achievements of these students. All students in the graduating class wore formal uniform, looked fantastic and enjoyed their final school celebration! Again we wish you all every success in the direction you take to reach your desired career and life choices.

Following an address by Terry Bolt (Principal), the Year 12 School Captains, Asha Healy and Davida Whittaker, made their farewell speech. The speech encapsulated the genuine warmth and respect our Year 12 students have for each other and for the School. The Year 12 School Captains and Year 12 Student Councillors also received a special acknowledgement from the Principal. Andrew Harrison, Year 12 Coordinator, presented the final speech for the evening. The two musical interludes were performed by Year 11 students, Stephanie Russ, and Taylah Morgan. These performances were wonderful.

Throughout the evening there were a number of subject awards and special awards presented. This culminated in the presentation of the two Academic Dux Awards for Vocational Education and Training Pathway and Tertiary Entrance Pathway. These were awarded to Rebecca Bell and Wade Millar respectively.

The Principal, Terry Bolt, also acknowledged students who had studied courses by either video conferencing or on-line. The opportunities to study courses at school, on-line, via video conferencing and in partnership with GSIT opens up a wide range of career options for students at NASHS.

NASHS acknowledges and appreciates the generosity of both individuals and businesses who sponsored awards at the Year 12 Presentation Evening. A copy of the awards and winners along with the sponsors is enclosed in this newsletter.

All Year 12 students received a special “Presentation Folder”, and what has now become a tradition at NASHS, their “Class of 2015” graduation sash. The folder comprised their Secondary Completion certificate, their final school report, certificates for awards, Year 12 group photo, and handy information about the transition to post school.

The evening concluded with a delicious supper. Thank you NASHS / AESC P & C Association and the Year 11 Student Councillors for preparing and serving the supper. It provided a final opportunity for staff, students, family and friends to mingle together.

It is always sad to farewell our Year 12’s. The 2015 Year 12’s have been a terrific group of students. We thank them for being a part of this school and wish them a healthy, happy and successful future.
When NASHS opened in 1982 we had a Library Officer named Ruth Sell working here. Ruth was a wonderful person who always showed concern for everyone around her. Unfortunately, Ruth lost her battle with cancer some years ago.

Ruth was a very active member of many volunteer organisations and was a fantastic example of the school motto- “care and diligence”. She was highly respected in the broader community for her tireless efforts in organising many fundraising events in town.

In memory of Ruth, an award was established by the Library staff. The award is called the “Ruth Sell School and Community Service Award” and is presented to a student who is involved in both school and community activities and cares about others, as Ruth did. It comprises of a perpetual trophy which is kept in NASHS Front Office with the student’s name engraved on a plaque and a certificate for their portfolio.

Past recipients have included Stephanie Russ, Asha Healy & Dominic Brain.

Congratulations to Anthony Turner (Year 9) on receiving the Ruth Sell School and Community Service Award.

Anthony is a great role model for other students, with his positive enthusiasm for learning. He follows the school values every day and in many ways. He has helped out in the Library with Year 6 transition and always showing kindness to those around him. He has shown a high level of responsibility through his involvement in NASHS NAIDOC celebrations. As a Year 8 he volunteered to teach a skills session with his whole class in football. The lesson was well planned and executed: skills not normally expected until upper school PE studies. He is respectful in the way he greets staff and students each day and listens to the views and opinions of others. He always gives of his best in both his classroom work and when he volunteers to assist others. Anthony is an outstanding member of the NASHS community giving his time willingly to support others which is evident in his role as Student Councillor and member of the Great Southern Academy. Thank you Anthony.

On Friday, 4 December, approximately 175 Year 6, from schools within the Albany district attended their Orientation Day at NASHS. This was the first occasion that these students met together as a group. It was a time to make new friends and experience what high school is like.

Students were introduced to the Deputy Principal, Mrs Kylie Rennie and members of the NASHS Student Services Team. This included; Student Services Coordinator, Andrew Harrison; Miss Rebecca Gallimore, the 2016 Year 7 Coordinator; Chaplains, Jennie Small and Ben Wyatt; Psychologist, Amy Gostelow; and our School Nurse, Cathy Watson. Our school motto is ‘Care and Diligence’ and these people will help students become part of a caring and hardworking school community.

After a short tour of the school, led by our Year 8, 9 and 10 helpers, the students were involved in a number of activities across a range of subject areas. Students had the chance to meet some of their teachers for next year and experience a taste of high school life. Activities included making pizzas and small wooden projects, artwork, science experiments, drama and more. Team building and ‘getting to know you activities’ were also held to help the students and teachers to get to know one another.

This year the Orientation Day included a Disco, which went from 5.30pm – 7.00pm that night. Students had a fantastic time engaging in socializing, dancing, activities and games. Well done to the prize winners!

Many thanks go to the NASHS staff for organizing the activities and the NASHS student helpers who assisted during the day and night. Thanks also to the staff from both NASHS and the feeder schools who assisted with supervision during the disco.

The biggest thanks goes to the Year 6 students who participated so enthusiastically throughout the day. We have heard that all had a wonderful day and students are very much looking forward to high school life! We are looking forward to having them all too!

(Mrs Tracy Myers and Miss Gallimore)
STUDENT SERVICES REPORT

It certainly has been a busy end to the year with NASHS students, from all year groups, involved in a range of activities. We have had: Senior School students involved in exams, Year 10 students participating in a Tertiary Tour to visit Perth Universities, students participating in reward activities, students from Year 7 to 10 representing NASHS at the Interschool Sports competition (with outstanding results), Year 6 students visiting NASHS as part of their orientation activities and our Year 7 Student Councillors organising music for an excellent Year 6 disco.

A thank you and well done to all Student Councillors who have assisted in the organisation and running of many of these events. A special mention goes to Stephanie Russ and Taylah Morgan who performed at the Year 12 Presentation evening by singing two songs for our musical interludes. Their effort and courage is appreciated.

A big thank you also goes out to the Student Service Team and NASHS staff who have been involved in the organisation of these events and well done to all students for being actively involved. It is great to see the NASHS Community working together that contributes to making NASHS a great school. I would like to wish all students a safe and happy holiday and the very best for Christmas. I look forward to working with you next year.

(Mr Harrison—Student Services Coordinator)

CHAPLAIN’S CORNER

The end of Term 4 is almost upon us! This of course means a lot of things for us….end of the school year, summer holidays, Christmas, New Year, and probably a few other things! I think most of us are excited when the holidays finally roll around, and some of us have far more things planned to try and do than is realistic to fit into the time allocated for the holidays! For some people though the holidays can seem like a loooooong time and there can be a feeling of anxiousness about having to find ways to fill the time before school starts again.

Christmas also is a time where people can have differing emotions and feelings. While for many people it is an exciting time with friends and family, food and presents, for others it is a lonely time which reminds them of loss or hardship they have experienced in their life. Perhaps it is fitting then that the Christmas story is a combination of these things. The Christian tradition tells us about a family who couldn’t find a place to stay in a time of need, and in desperation ended up in a dirty animal shed where their baby was born. However there was great celebration about the birth of this child, with shepherds, angels, and wise-men from afar all coming to honour this infant King, born into the world to bring peace and hope. You can read more about the story of that first Christmas and the story of Jesus in the Bible. There are of course similar stories in various cultures where community is included.

Whatever the holidays hold for you, we truly wish you a blessed Christmas and a happy New Year, and look forward to seeing you in Term 1 2016!

(Ben Wyatt and Jennie Small—NASHS School Chaplains)

NASHS SCHOOL NURSE

It is summer time and nearly holidays, this is often a time for indulgence, so remember to enjoy some physical activities with sunshine. Here are some tips for you and your children over the break.

Healthy growth and body image

Tips for helping your child have healthy growth and body image.

- Encourage healthy eating and physical activity;
- Organise fun, family activities which encourage everyone to be active;
- Help children to see ‘treat’ foods, such as lollies, biscuits, chips, cakes and ice cream, as food which should be eaten only occasionally – not every day.
- Provide healthy meals and snacks every day;
- Be a positive role model for healthy eating and physical activity – children notice what their parents do. Parents are the most important teachers when it comes to healthy lifestyle.
- Help your children to understand that there is no such thing as an ideal body shape and that ‘healthy’ people come in many shapes and sizes.
- Help your children feel special about themselves. Provide rewards and treats which are not food.
- Teach children that a person’s value is not determined by how they look.
- Avoid making comments about body weight. Focus on growth, not on scales.
- Don’t focus on weight and food restriction – focus on improved health, fitness and having fun.

For more information visit www.heartfoundation.org.au

Remember if you have any concerns about your child’s health during school time please give me a call to discuss how we can support you and your children to attend school, to be happy and healthy.

(Cathy Watson, School Nurse, 98920605)

ATTENDANCE: IT’S NOT OK TO BE AWAY!

In 2015 there has been a decline in non genuine absences; which in turn has contributed to enhanced learning outcomes for our students. A great outcome!

As a school community, let’s keep making the hard decisions by saying NO to absences that are not necessary. Giving in is the perfect way to leave permanent scars on our students’ educational potential. School attendance needs to be viewed as a priority.

Should you require assistance in saying NO to your son/daughter with regard to unacceptable absence, please do not hesitate to contact his/her Year Coordinator. Let’s work together to make a difference to your child’s future. Be on Time, Be at School, That’s the Rule!
Wow! Where did this year go? Welcome to the final Year 7 Coordinators report for 2015. Next year I will be writing to you as Year 8’s and you will no longer be the youngest in the school. This year students have settled into their schooling program and now have a good understanding of what High School is all about.

Looking back at some of the Year 7 highlights this year, it has certainly been a busy one. Students had an action packed first term with the Year 7 camp, School Swimming Lessons and School Swimming Carnival. The students continued to have many opportunities to be involved in sporting events over the course of the year including the Cross Country, All Inclusive Soccer, Hockey and Netball carnivals and School Athletics Carnival. With all the school work they have completed, the students were given the opportunity to let their hair down at a number of social discos.

I was very impressed at the effort, competitiveness and sportsmanship displayed by students during our North Albany Athletics Carnival. We have had some impressive individual results with Sebastian Kadiongo and Chad Myors vying for many school records. Congratulations to Chad who was awarded the Year 7 Champion Boy. Our girls Year 7 Champion was award to Charlotte Musk who showed her brilliant skills over many events. Our Year 7’s selected to compete at the Interschool should be proud of the way they competed, as they represented the whole school admirably. Well done to Sebastian Kadiongo who won the 100m, 200m and 400m events to be named Champion Boy. Charlotte Musk was awarded Runner-up Champion, only narrowing missing out on Champion.

A big thank you to our student councillors who have assisted with many activities throughout the year. Congratulations again on such a successful year.

I trust that the Year 7 students have had an enjoyable year. I wish all students and parents a safe, enjoyable holiday and look forward to seeing you all in 2016. Congratulations again on such a successful year. (Rebecca Gallimore—Year 7 Coordinator)

It has been a busy month across the school and many Year 9s have been involved in extra activities.

At the end of November a large group of Year 9s were involved in the NASHS Showcase. Congratulations to Taneesha Jackman, Stacey Smith, Sheyann and ShantayTidswell, Alex Blogg, Dylan Grundmann, BJ Abarca, Zac Adami, Jema Owen, Paris Dicks and Ke-anne Hartley-Stuart for their performances. The night was a huge success. We have lots of talent in our group of Year 9s. Lunch time performances are planned for next year so everybody can get a chance to watch these students perform.

The Interschool Carnival saw another large group of Year 9s take part in a very successful day. Congratulations to all of the Year 9s who were part of the team. Special mention to Callan Mortimer who created a new record for the 200m with a time of 25.44 and came 3rd in the Individual Champion results. The Year 9 girls Relay team consisting of Aleesha Narkle, Sherelle Shandlely, Shantay Tidswell and Emerson Butterworth also created a new record. They now hold the record with ASHS as they tied at a time of 57.18. Fantastic effort!

One of the highlights this year was the Year 9 Leadership camp. The students who went on this camp will be taking part in a Peer Mentoring program early in the new year. All students will be involved in counselling Term 2 for their future direction and choices for Year 11. Several camps will be offered next year. Outdoor Education students will be taking part in a canoeing / stand up paddle board two day camp, Term 4 a Careers Camp to Perth will take place and a Reward Camp also to take place in Term 4.

To finish the term lots of Year 9 students are taking part in the reward activities. I am looking forward to participating and demonstrating my skills in the Laserscape Tournament. I am sure lots of fun will be had by all. Hope everyone has a great and safe holiday and come back ready to tackle Year 10.

(Susie Wood—Year 9 Coordinator)
YEAR TEN UPDATE

This will be the final Year 10 Report for the year. It has been a great 2015. A very BIG THANKS to all, including NASHS staff and parents who have worked extremely hard educating and supporting the students throughout the year. We are all looking forward to having a break and recharging ourselves before commencing another year, however, this time as Senior School students. Reports should arrive shortly, if they have not already, giving both students and parents a good opportunity to reflect on the results and comments. A large number of students have achieved well deserved results and should be very proud of their achievements. Congratulations to those students who tried their best and improved on their grades from the previous semester. All students have selected courses for 2016 and will need to be engaged in their studies when they return. The following two years will go very quickly, so it is important to focus on the new courses and work consistently in order to progress into further studies, training and employment. Some students will be commencing VET courses at GSIT, which whilst it will be exciting, studies back at school remain. It will be my role to assist students and provide guidance to meet their goals and achieve WACE and/or attainment.

Recently, a number of Year 10 students took part in a Tertiary Tour to Perth. The aim of the tour for the students was to;

- extend their world views of careers,
- extend their understanding of course requirements and pre requisites,
- investigate accommodation options.

The students visited the major Universities, Central Institute of Technology and student housing. All students that participated in the tour were appreciative and gained a greater understanding of the opportunities available to them. Hopefully, it will give them all the incentive to work hard next year to get the results they need in the future. The trip to Perth was very long. We had to divert our route as Albany Highway was closed near Crossman because of fires. We did manage to arrive at our first destination on time.

The students that attended were a fantastic group who represented the school proudly. Thanks also go to Mrs Greenhart and Mrs Morgan who attended, supervised students, drove the bus and navigated their way around Perth, thanks to Google Maps. Well done to all.

I hope that everyone has a relaxing and enjoyable break. See you again in 2016.

(Peter Gray—Year 10 Coordinator)

THOUGHTS FROM THE SCHOOL PSYCHOLOGIST

During the holiday period, people take time to de-stress, have fun, and to re-connect with friends and family. This is what we hope for ourselves and our families. It is the predominant response for most people. However, things don't always go smoothly, and people may feel stressed or isolated. Some common thoughts for young people during the lead up to school holidays include:

“As soon as the holidays start and I have more spare time, things begin to get overwhelming and I have too much time to think about everything that is going on.”

“I won’t be able to see all my friends and I will be bored.”

“What will next year be like?”

If you can relate to any of these thoughts, you can check out ReachOut.com which is available 24/7 throughout the holidays for people who are stuck for ideas or looking for info, on your mobile or on your computer. You can also check out ReachOut.com Forums for a safe space to get pointers from other people who have been there before.

As a parent you may be wondering how you can support your young person to stay in a healthy headspace during school holidays and you might be wondering what support is available should your young person need some extra support.

There are a number of ways parents can support their young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

   Social relationships are important to your young person’s general wellbeing. It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

   If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

   Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can. Involve them in decisions and give them responsibility at home (eg deciding what to eat for dinner and helping to prepare it). Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

   Physical activity is important for everyone’s health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

   If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (eg swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

   Getting a good night’s sleep helps young people to feel energised, focused and motivated.
Adolescence is a time when a number of changes to the “body clock” impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night’s sleep.

5. Encourage healthy eating habits
Eating well doesn’t only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing. A good balanced diet with less junk food / lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!
Devoting time to just having fun can help to recharge your young person’s battery, revitalise their social networks and reduce stress and anxiety.

Tips to help you support your young person
- Recognise their distress or concerning behaviour.
- Ask them about it (eg “I’ve noticed you seem to be sad a lot at the moment.”).
- Acknowledge their feelings (eg “That seems like a really hard place to be in, I can understand why you are upset about that.”).
- Get appropriate support and encourage healthy coping strategies (eg “Do you need some help to handle this?”).
- Check in a short time afterwards to see how they are going.

Signs that may suggest that your young person is struggling
It is normal for young people to have ups and downs. However, changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support. Changes in mood include:
- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time
- Changes in activity include:
  - Not enjoying or not wanting to be involved in things they would normally enjoy
  - Being involved in risky behaviour they would normally avoid
  - Unusual sleeping or eating habits
- Changes in thinking include:
  - Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options
- **Headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **E-Headspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kids helpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

This information is from the Headspace website- http://headspace.org.au/schools/supporting-your-young-person-during-the-holidays/

I wish you all a safe and happy Christmas and New Year and I look forward to all that 2016 brings!

(Amy Gostelow—School Psychologist)

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**YEAR 8 SCHOOL VACCINATION PROGRAM 2016**

The 2016 WA School Based Immunisation Program will be offered at NASHS by the local community school health immunisation nurses.

These vaccinations are offered free to all Year 8 students.

- A 3 dose course of Human Papilloma virus (HPV) vaccine, Terms 1, 2 and 4.
- One dose of Varicella (chickenpox) vaccine given in Term 1.

If there is any doubt whether your child has had the chickenpox illness in the past he/she should be immunised.

- One dose of diphtheria-tetanus-pertussis vaccine (whooping cough) given in term 2

These vaccines will be offered over 3 visits. Vaccination Consent forms will be sent home with students early in Term 1 2016. Parents/legal guardians are asked to complete and sign the forms and return them to the school. Even if you are not consenting to your child receiving the vaccines, please return the form.

If you do not receive a Vaccination Consent form from your child, please ask at the school office for one. An information pamphlet is included in the envelope. We need all the immunisation forms returned to school as soon as possible for checking. If you have any queries regarding the immunisation program please contact me on 9842 7526.

If your child is not vaccinated at school they can come to our immunisation clinic at the Albany Health Campus. No cost is involved. Phone 9842 7500 for an appointment.

(Sally Moir—WA Country Health Service—Great Southern)
NORTH ALBANY SENIOR HIGH SCHOOL

and

ALBANY SECONDARY EDUCATION SUPPORT CENTRE

PARENTS & CITIZENS ASSOCIATION INC.

"Be part of your child’s High School education."

TOGETHER WE CAN MAKE A DIFFERENCE

YOUR P & C ASSOCIATION:
Your P & C Association is an independent group of parents that represents parents from both North Albany Senior High School and Albany Secondary Education Support Centre.

All parents, caregivers and other community members are invited to join the P&C. Your membership fee is $1.00 per year (per person) and this gives you a voice and voting rights at the P & C meetings.

P & C MEETINGS:
Meetings are held on Wednesday evenings twice during each school term with one General meeting (length 2 hours) and one Executive meeting (length 1 hour) per term. Start times are decided at the first meeting of the year. Meeting dates are advertised in the schools’ newsletters, parent notes, school website and school app. We hope you will come along and join in, meet other parents and have your say. You are also welcome to come along to P & C meetings as an observer without any future obligations.

If you would like to know more you can contact us through the school office or the school canteen.

SCHOOL CANTEEN:
The P & C operates the school canteen and employs all canteen staff. The canteen provides a valuable service to students and school staff members.

We have ensured that our canteen meets the Government “Traffic Light” policy requirements, including a healthy menu and safe food handling practises.

We do not use the canteen as a fundraising source. P & C policy is that the canteen must cover running costs with a little to spare in case of supplier price rises during the year. This policy keeps food prices down.

Red and White NASHS uniform Polo shirts and NASHS grey sports shirt are also sold through the canteen at a cost of $28.00 each. The Canteen will be open on Monday, 25 January 2016 and from Wednesday, 27 January 2016 for uniform sales. Check school website for times.

LOCKERS: The P&C arrange for hire of lockers. This is through the Canteen at a cost of $20.00 for the year.

FUNDING & FUNDRAISING:
P & C funding comes from two sources:

- Voluntary contributions
- Fundraising activities

Your P & C does not ‘stock pile’ money. We plan to spend or allocate all funds received during the year.

Our policy is to fund projects that directly benefit students.

Thank you to all parents who pay their P & C voluntary contributions. In 2016 the voluntary contribution is $15.

The P&C sponsors a Year 12 Citizenship Award for both NASHS and ASESC as part of the Year 12 presentation ceremony each year. In addition to the Citizenship certificate, the winner receives a cheque for $100.
NASHS Athletics Carnival was held on Monday, 2 November and Wednesday, 4 November. All students performed very well, the day was full of fun with many enjoyable events and terrific participation. Even the staff had fun!!

Champions of the Day were:

Year 7:
Boys:  Chad Myors   (144 points)
       Sebastien Kadiongo (120 points)
Girls: Charlotte Musk  (152 points)
       Freya Richardson (71 points)

Year 8:
Boys:  Jimmy Duncan  (148 points)
       Aden Castlehow  (116 points)
Girls: Georgia Crosby  (184 points)
       Sophie Tate     (45 points)

Year 9:
Boys:  Callan Mortimer  (148 points)
       Jake Castlehow    (106 points)
Girls: Emerson Butterworth (119 points)
       Sherelee Shandley  (96 points)

Year 10:
Boys:  John Morgan   (105 points)
       Sam Thomason     (96 points)
       Jordan Muir      (96 points)
Girls: Samira Williams (100 points)
       Kasey van der Meulen (66 points)

Year 11:
Boys:  Corey Linthorne (168 points)
       Broady Linthorne  (124 points)
Girls: Hannah Loynes (128 points)
       Naomi Whyatt      (100 points)

NASHS Dash Winners (100m):
Boys—Callan Mortimer
Girls—Georgia Crosby

Well done to all our competitors!

The Interschool Athletics Carnival was held on Tuesday, 1 December at the North Road Sporting Complex Albany.

NASHS once again hosted this event which saw a record eleven schools compete in 2015. The event was structured into two divisions to accommodate the eleven schools.

NASHS finished second place in the division one schools competition. This was an outstanding achievement as previously we were in Division Two. The whole school community can be proud of our students at both the school and interschool carnivals. There was an air of excitement, great participation and a wonderful experience of community and engagement. Congratulations everyone.

ASHS       991
NASHS       761
Great Southern Grammar   677
Esperance SHS     567

The Division Two schools results were:
St Josephs College 756
Denmark High School 536
Bethel Christian School 473
Esperance Anglican Community School 378
Katanning SHS     350
Mt Barker Community College 265
Australian Christian College Southlands 211

NASHS Performances:
Champion Year 7 Boy
Sebastien Kadiongo    45 points
Runner-Up Champion Year 7 Girl
Charlotte Musk     30 points

Champion Year 8 Boy
Jimmy Duncan      53 points
Runner-Up Champion Year 8 Girl
Georgia Crosby     45 points

NASHS students who were awarded Champions and Runner-Up Champions at the Interschool Athletics Carnival.
Lots has been happening in the NASHS Library and we have BIG plans for 2016 and beyond. Currently Year 7 classes are being taught the ancient stone game called Mancala. This mathematical, spatial thinking game is challenging fun and we have a mystery prize for the eventual winner.

Students in Year 10 classes are receiving sessions to increase their skills in the use of technology and computer resources at NASHS. This is in preparation for the demands of Year 11 courses of study. The statistics just released from Scholastic Australia include:

Homework classes have finished for the year. These will run again in 2016 as they have proved very popular with up to 50 students attending on a regular basis on Wednesdays 3.15 – 4.30pm. Thank you to all staff who supported these.

Recently the NASHS library hosted a workshop with people travelling from as far as Perth to attend. Below is a copy of the article which appeared in the local Albany Extra.

The Library staff are excited about changes we will be making to the Library layout. This will include new learning spaces, genre based collections and new signage to make print resources more accessible. Before and after make-over photos will appear in newsletters next year. This plan will happen in stages over the next few years and will include “Pop Up” galleries and ideas with LOTS of student generated creativity… Stay tuned!!!
## NASHS IMPORTANT DATES—TERM 1 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs, 28 Jan &amp; Fri, 29 Jan</td>
<td>School Development Days (Pupil free days)</td>
</tr>
<tr>
<td>Mon, 1 Feb</td>
<td>Students Resume</td>
</tr>
<tr>
<td>Wed, 10 Feb</td>
<td>P &amp; C ‘Meet and Greet’ Sundowner in Library—6.00pm</td>
</tr>
<tr>
<td>Fri, 12 Feb</td>
<td>Whole School Assembly</td>
</tr>
<tr>
<td>Wed, 17 Feb</td>
<td>P &amp; C Meeting—5.30pm</td>
</tr>
<tr>
<td>Mon, 22 Feb—Fri, 26 Feb</td>
<td>Year 7 Camp</td>
</tr>
<tr>
<td>Tues, 23 Feb</td>
<td>Graeme Wood Cricket 20/20—Years 10—12</td>
</tr>
<tr>
<td>Tues, 1 March</td>
<td>Year 8 Immunisation</td>
</tr>
<tr>
<td>Tues, 1 March</td>
<td>Year 7 Parent Afternoon Tea</td>
</tr>
<tr>
<td>Mon, 7 March</td>
<td>LABOUR DAY HOLIDAY</td>
</tr>
<tr>
<td>Thurs, 3 March</td>
<td>Schools Tennis—Years 7—12</td>
</tr>
<tr>
<td>Fri, 4 March</td>
<td>Hockey WA Clinics</td>
</tr>
<tr>
<td>Tues, 15 March</td>
<td>NASHS Swimming Carnival</td>
</tr>
<tr>
<td>Wed, 23 March</td>
<td>NASHS Jog—a—thon</td>
</tr>
<tr>
<td>Thurs, 24 March</td>
<td>Blessing of the Roads</td>
</tr>
<tr>
<td>Fri, 25 March</td>
<td>Good Friday</td>
</tr>
<tr>
<td>Mon, 28 March</td>
<td>Easter Monday</td>
</tr>
<tr>
<td>Wed, 30 March</td>
<td>P &amp; C AGM 5.30pm</td>
</tr>
<tr>
<td>Wed, 30 March</td>
<td>Interschool Swimming Carnival in Mount Barker</td>
</tr>
<tr>
<td>Fri, 1 April</td>
<td>WAFL Football—Years 10—12</td>
</tr>
<tr>
<td>Mon, 4 April—Fri, 8 April</td>
<td>Year 7 Swimming Lessons</td>
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<tr>
<td>Tues, 5 April</td>
<td>Ride for Youth</td>
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<tr>
<td>Fri, 8 April</td>
<td>End of Term 1</td>
</tr>
</tbody>
</table>
## YEAR 12 PRESENTATION AWARDS RECIPIENTS 2015

### NASHS Honour Roll

Mariel BASA  
Melissa BELL  
Rebecca BELL  
Tim BOBBY  
Luke BUNTER  
Sebastian CHIESA  
Dylan CLARKE  
James COAD  
Sarah DOUGLAS  
Adam FRANCIS  
Erell FUENTEBELLA  
Tim FURBER  
Travis GOLDING  
Karlene GREEN  
Bridgette HAMILTON  
Asha HEALY  
Dalton HENDERSON  
Thomas HOOD  
Daniel HOOPER  
Cassandra JAMES  
Amanda KELLY  
Ashley LATHAM-WILSON  
Steven LEI  
Tahlia MADISON  
Riley MARTIN  
Vinnie MIESCHBUHLER  
Wade MILLAR  
James OFFER  
Scott PASUTTI  
Bre PAYNE  
Joshua PEIRCE  
Vianca REY  
Jessica ROUSE  
Tayler SCOTT  
Reuben Jay SMYTH-SHARPE  
Cameron STONE  
Jyvrall SWINBURN  
Jasmin THOMPSON  
Nathan WEAVER  
Ellen WESTMACOTT  
Davida WHITTAKER  
Bianca WIGGINS  
Robert WOODS

### SUBJECTS

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>SPONSOR</th>
<th>RECIPIENT</th>
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<tbody>
<tr>
<td>ART</td>
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</tr>
<tr>
<td>VISUAL ART</td>
<td>Oxlades Art Supplies</td>
<td>Jyvrall Swinburn</td>
</tr>
<tr>
<td>BUSINESS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CERTIFICATE I BUSINESS</td>
<td>Paperpark Merchants</td>
<td>Adam Francis</td>
</tr>
<tr>
<td>CERTIFICATE II BUSINESS</td>
<td>Harvey Norman</td>
<td>Sarah Douglas</td>
</tr>
<tr>
<td>DESIGN &amp; TECHNOLOGY</td>
<td>Bunnings Warehouse Albany</td>
<td>James Offer</td>
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<tr>
<td>DESIGN AND TECHNOLOGY</td>
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<tr>
<td>CERTIFICATE II VISUAL ARTS &amp; CONTEMPORARY CRAFT (PHOTOGRAPHY)</td>
<td>Harvey Norman / NASHS</td>
<td>Amanda Kelly and Tim Furber</td>
</tr>
<tr>
<td>ENGLISH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGLISH STAGE 3</td>
<td>Senator Dean Smith</td>
<td>Breanna Payne</td>
</tr>
<tr>
<td>ENGLISH STAGE 1</td>
<td>Terry Redman MLA</td>
<td>Amanda Kelly</td>
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<tr>
<td>HOME ECONOMICS</td>
<td></td>
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<tr>
<td>FOOD SCIENCE &amp; TECHNOLOGY: NUTRITION CONTEXT</td>
<td>Barefoot Clothing Manufacturers</td>
<td>Erell Fuentebelia</td>
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<tr>
<td>MATHEMATICS</td>
<td></td>
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<tr>
<td>STAGE 2 MATHEMATICS</td>
<td>Albany Chamber of Commerce &amp; Industry</td>
<td>Cameron Stone</td>
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<tr>
<td>STAGE 1 MATHEMATICS</td>
<td>Robyn McSweeney, MLC</td>
<td>Bridgette Hamilton</td>
</tr>
<tr>
<td>COMMITMENT TO MATHEMATICS AWARD</td>
<td>Hon Colin Holt MLC</td>
<td>Wade Millar</td>
</tr>
<tr>
<td>MUSIC</td>
<td></td>
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<tr>
<td>PHYSICAL EDUCATION</td>
<td></td>
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<tr>
<td>PHYSICAL EDUCATION STUDIES STAGE 1</td>
<td>Slater – Garrifell Sports</td>
<td>Rebecca Bell</td>
</tr>
<tr>
<td>PHYSICAL EDUCATION STUDIES STAGE 3</td>
<td>Peter Watson (MLA)</td>
<td>Breanna Payne</td>
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<tr>
<td>OUTDOOR EDUCATION STUDIES STAGE 1</td>
<td>Best Office Systems</td>
<td>Breanna Payne</td>
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<tr>
<td>SCIENCE</td>
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<td>STAGE 3 CHEMISTRY</td>
<td>Albany Chamber of Commerce &amp; Industry</td>
<td>Wade Millar</td>
</tr>
<tr>
<td>STAGE 3 PHYSICS</td>
<td>Clive Walker (former NASHS teacher)</td>
<td>Tahlia Maddison</td>
</tr>
<tr>
<td>STAGE 3 HUMAN BIOLOGY</td>
<td>Rick Wilson MP</td>
<td>Breanna Payne</td>
</tr>
<tr>
<td>SOCIETY &amp; ENVIRONMENT</td>
<td></td>
<td></td>
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<tr>
<td>STAGE 3 GEOGRAPHY</td>
<td>Alan Barnett (former NASHS teacher)</td>
<td>Bianca Wiggins</td>
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<tr>
<td>VOCATIONAL EDUCATION</td>
<td></td>
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<tr>
<td>WORKPLACE LEARNING STAGE 1 (NASHS)</td>
<td>Best Office Systems</td>
<td>Travis Golding</td>
</tr>
<tr>
<td>GREAT SOUTHERN INSTITUTE OF TECHNOLOGY VOCATIONAL EDUCATION TRAINING AWARD</td>
<td>Great Southern Institute of Technology</td>
<td>Rebecca Bell and Erell Fuentebelia</td>
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<tr>
<td>TOP STUDENT – SCHOOL OF ISOLATED DISTANCE EDUCATION</td>
<td>Staples Australia</td>
<td>Cassandra James</td>
</tr>
<tr>
<td>SPECIAL AWARDS</td>
<td></td>
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</tr>
<tr>
<td>ROTARY 4 WAY TEST</td>
<td>Rotary Club of Albany Port</td>
<td>Tim Furber</td>
</tr>
<tr>
<td>CALTEX BEST ALL Rounder</td>
<td>Caltex Australia</td>
<td>Travis Golding</td>
</tr>
<tr>
<td>ENDAavour AWARD</td>
<td>Kevin &amp; Sheena Prince</td>
<td>Jyvrall Swinburn</td>
</tr>
<tr>
<td>SPORTS PERSON OF THE YEAR</td>
<td>NASHS State School Teachers Union WA Branch</td>
<td>James Coad</td>
</tr>
<tr>
<td>CITIZENSHIP AWARD</td>
<td>NASHS/ASEC Parents &amp; Citizens Association</td>
<td>Asha Healy</td>
</tr>
<tr>
<td>AUSTRALIAN DEFENCE FORCES’ LEADERSHIP AND TEAMWORK AWARD</td>
<td>Australian Defence Forces</td>
<td>Breanna Payne</td>
</tr>
<tr>
<td>EDITH COWAN UNIVERSITY YEAR 12 PERSONAL EXCELLENCE AWARD</td>
<td>Edith Cowan University</td>
<td>Breanna Payne</td>
</tr>
<tr>
<td>AUSTRALIAN SUPER VET AWARD FOR EXCELLENCE</td>
<td>Australian Super Vet Scheme Division</td>
<td>Erell Fuentebelia</td>
</tr>
<tr>
<td>STUDENTS OF THE YEAR</td>
<td></td>
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</tr>
<tr>
<td>VOCATIONAL EDUCATION &amp; TRAINING PATHWAY DUX</td>
<td>Department of Education / NASHS</td>
<td>Rebecca Bell</td>
</tr>
<tr>
<td>TERTIARY ENTRANCE PATHWAY DUX</td>
<td>Department of Education / NASHS</td>
<td>Wade Millar</td>
</tr>
</tbody>
</table>
FRUIT
Cheese stick
Fruit Bites (when available)
Helt a Stone
Pomegranate
Scapes
Berries
Watermelon
Strawberries
Grapes
Mango

0.50
0.50
0.50
0.50
0.50
0.50
0.50
0.50
0.50
0.50

Various Snacks
(6 navy)
Coca-Cola, orange, apple, lettuce
Plain salad
Lettuce, cucumber, celery, radish
Tomato slice
Onion rings
 squarely
Avocado
Pepperoni
Cheese stick
Rolle Wrap
Sandwich Bar
(sandwiches $3.00)
Bread, Joco or slice, Rolls $1.00
En El Jam
ADD $0.50 for each $1.00 for Ham, Chichik

SALAD BOX
$4.00

TOASTED SANDWICHES
Toasted Sauce Portion
$2.00
Thick slice of bread
$2.00
2 pieces per slice
$2.00

Drinks
Squash & Cheese
$3.00
Lemonade
$3.00
Iced Tea
$3.00
Pepsi
$3.00
Water
$3.00

INVITATION
For parents of NASES and ASESE students
Meet the Principals
and current THC members
For further information please call
Gina Craft 874 089
Ext number 2786 779

NASES (A) ASSE (E) AKE ACCORDION
Open about the activities of the
school and current THC members

TERM 1 2016
NASHS CANTER Menu
COMMUNITY NOTICES

NASHS provides these notices as a service to our school community. Please note that this does not mean we endorse these programs/events.

SPENCER PARK DENTAL THERAPY CENTRE

Spencer Park Dental Therapy Centre will be closed from Friday, 18 December until Wednesday, 20 January 2016. If your child requires emergency dental treatment please contact Albany General Dental Clinic on 9842 2211 from 8:15am to 4:30pm. For emergencies outside of these hours, please contact your own private dentist or Albany Regional Hospital on 9892 2222.

If your child attends a Western Australian school he/she will be eligible for free basic dental care from ages 5 to 16. Our appointments are issued to your home address so please keep us up to date via e-mail: spencerparkDTC@health.wa.gov.au or Phone: 9841 3967 if you have moved house in the last few years.

Dental Therapy Staff wish you a Merry Christmas and a Safe and Happy New Year!

Leeuwin Ocean Adventure Foundation—School Holiday Adventures

Spend your school holidays doing something you will remember forever when you sail aboard the Leeuwin’s ultimate ocean adventures this summer.

Voyage 1602—Busselton—Fremantle—12—17 January
Voyage 1603—Fremantle—Fremantle—22—28 January
Voyage 1604—Fremantle—Fremantle—2—8 March

Not only will you have an incredible adventure you will also develop some important life skills that will contribute to WACE points (for Year 10 – 12 students) before you even start the school year, and develop the skills that future employers and tertiary education institutes will be looking for.

Scholarships are extremely limited so we strongly advise anyone interested to apply as soon possible to give them the best chance of receiving some financial support. We are also fortunate to have the support of many local service clubs, businesses and local governments who are willing to sponsor young people who wish to take part in a voyage, making our program accessible to anyone.

To find out more or apply today visit www.sailleeuwin.com, call (08) 9430 4105 or email office@sailleeuwin.com Places fill up quickly so get your applications in early for the best chance of getting a place on the trip of your preference.

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**2016 TERM DATES FOR STUDENTS**

The term dates for NASHS students for 2016 are:

<table>
<thead>
<tr>
<th>Term</th>
<th>Commences</th>
<th>Ends</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon, 1 February</td>
<td>Fri, 8 April</td>
</tr>
<tr>
<td>Holidays</td>
<td>Sat, 9 April</td>
<td>Tuesday, 26 April</td>
</tr>
<tr>
<td>2</td>
<td>Tues, 27 April</td>
<td>Fri, 1 July</td>
</tr>
<tr>
<td>Holidays</td>
<td>Sat, 2 July</td>
<td>Mon, 18 July</td>
</tr>
<tr>
<td>3</td>
<td>Tues, 19 July</td>
<td>Fri, 23 Sept</td>
</tr>
<tr>
<td>Holidays</td>
<td>Sat, 24 Sept</td>
<td>Mon, 10 Oct</td>
</tr>
<tr>
<td>4</td>
<td>Tues, 11 Oct</td>
<td>Thurs, 15 Dec</td>
</tr>
</tbody>
</table>

The seven School Development (Pupil Free) Days in 2016 for Government schools in the City of Albany are:

- Thursday, 28 January 2016
- Friday, 29 January 2016
- Tuesday, 26 April 2016
- Monday, 18 July 2016
- Friday, 19 August 206
- Friday, 11 November 2016 (Albany Show Day)
- Friday, 16 December 2016

**SECONDARY ASSISTANCE SCHEME**

Parents / Guardians holding a Centrelink Family Health Care Card, Centrelink Pensioner Concession Card or Veterans’ Affairs Pensioner Concession Card who have a student/s in Years 7-12 may be able to claim financial assistance up to and including the year the student/s turn 18 years of age.

**NOTE:** THE CARD HELD MUST BE CURRENT IN FIRST TERM 2015.

**Successful Applicants will receive:**

**$235.00 EDUCATIONAL PROGRAM ALLOWANCE**

And

**$115.00 CLOTHING ALLOWANCE**

Applications for Secondary Assistance must be made in person with NASHS Manager Corporate Services.

**APPLICATIONS CLOSE: 8TH APRIL 2016**

If you require further information please contact NASHS Manager Corporate Services, Keely George on 9892 0611.

Aboriginal Study Grant (through Centrelink) – please note that if you are receiving this type of grant then you cannot apply for secondary assistance. However you may be eligible for the Abstudy Supplement Allowance ($79)- applications must also be made in person.
The Great Southern Academy held its annual Awards Night Presentation recently in the Performing Arts Theatre at North Albany Senior High School in front of special guests, family and friends. The night is in recognition of students’ efforts at school on the sporting field and in the community. We have had a great year with many students achieving sound academic and athletic results. It has been a pleasure to work with these boys and they are to be congratulated on their positive role modelling particularly those listed below. We also thank the efforts and contributions that Brad Puls made to the life of the academy boys. Unfortunately he recently passed away but his memory will remain. Wishing everyone a happy and enjoyable holiday.

(Phil Gilbert—Director, GSA)

2015 Outstanding Achievement Awards:
- Tim Bobby, 2015 League Debut: Denmark Football Club
- Brandon Woods, 2015 League Debut: Denmark Football Club
- Anthony Turner, 2014 NASHS Citizenship Award

2015 GSA Football Awards:
- Great Southern Academy Junior Fairest and Best 2015: Jordan Muir
- Great Southern Academy Junior R/Up Fairest and Best 2015: Quentin Shandley
- Great Southern Academy Senior Fairest and Best 2015: Tim Bobby
- Great Southern Academy Senior R/Up Fairest and Best 2015: Robert Woods
- Great Southern Academy Coaches Awards 2015: Deacon Wynne, Rahiem Nuggett
- Great Southern Academy Beacon Award 2015: Anthony Turner
- Great Southern Academy Clontarf Values Award 2015: Jordan Pinner
- Great Southern Academy “Mooditj Marnum” Award 2015: Nicholas Penny
- Great Southern Academy “Cherry Barnett” Attendance Award 2015: Liam Giddens
The highlight of the year finally arrived with our major trip to the Gold Coast. Nine Clontarf students and two lucky staff boarded the plane on Saturday evening at 11pm with great excitement for a four and a half hour flight to Brisbane from Perth.

**Sunday 22nd November.**
After landing in Brisbane early Sunday morning (Eastern Standard Time), we then drove for an hour from Brisbane to the Gold Coast checking into our amazing Broadbeach holiday house accommodation. Whilst some of the boys were keen for a relaxing dip in the pool, most others were happy for a good sleep. That evening after a BBQ dinner we were all ready for a well-earned sleep in preparation for a big week full of fun at some of the Gold Coasts iconic Theme Parks.

**Monday 23rd November.**
The next day we were up at 7.30am for breakfast then off to SeaWorld. The weather was amazing and so was our time at SeaWorld, the boys really enjoyed the theme park but especially the rollercoasters. After hours at SeaWorld and due to the hot weather the boys were happy to finish the rest of the day off at Wet’n Wild water park, 20 minute drive from SeaWorld. After 2 hours at Wet’n Wild everyone was feeling a bit exhausted and ready to head back to our accommodation. Our first day out and about on the Gold Coast was definitely enjoyed by all.

**Tuesday 24th November.**
Tuesday morning we headed off to Metricon Stadium home of the AFL’s Gold Coast Suns and the upcoming 2018 Commonwealth Games. At Metricon Stadium we were met by one of the Suns staff who gave us a guided tour around the stadium and through the Suns club rooms where we were shown the facilities and given an insight to how the club runs. Unfortunately the boys didn’t get to meet many of the players (especially Gary Ablett) as they were still returning from their off season holidays. After our visit to Metricon we headed back to our accommodation for a relax and a quick swim, then out for the rest of the afternoon to Gold Coast’s largest shopping mall for shopping.

**Wednesday 25th November.**
Wednesday morning the boys were eager and ready for a big day out at Warner Bros. Movie World theme park. Movie World is a very popular theme park on the Gold Coast and is the only movie related park in Australia. At the park the boys experienced some world class adventure rides, such as the Superman Escape rollercoaster which accelerates from 0 – 100km/h in 3 seconds, the Arkham Asylum inverted rollercoaster and the Scooby-Do spooky coaster. They also met some of their favourite movie characters and enjoyed the whole experience of Movie World. That evening we ate dinner at Mirrors restaurant on the beach overlooking the ocean. After dinner we went for a ride around the city and took the boys to The Sling Shot, which holds 2 people at a time as they are ejected 80 metres up into the air. Only a few of the boys were crazy enough to try it.

**Thursday 26th November.**
Thursday morning after breakfast it was back to Movie World for more thrill seeking fun on the rides. We spent only half a day at Movie World then back to Wet’n Wild water park, where we spent the rest of the day enjoying all of the extreme slides and rides. Some of our bigger thrill seekers were very keen to try the Sky coaster, in which you and a friend are strapped into a harness attached to a massive cable, then you are raised over 50 metres off the ground, you then need to pull a ripcord before plummeting face first towards the ground. You and your friend are catapulted across the park on a suspended cable at 60km/h. This ride is definitely not for the faint hearted. The boys had an absolute ball.

**Friday 27th November**
After a fun packed week on the Gold Coast, we were back on our way to Brisbane to catch the plane home to Perth then Albany. This trip will definitely be remembered by all who attended as an awesome experience for years to come. All the boys and I would like to say a big thank you to Phil for organising this year’s 2015 Major camp to the Gold Coast. We appreciate the hours Phil put in to make sure it was a success.
The Showcase Exhibition and Concert held on Saturday, 21 November was a great success. Students' work in Photography and Visual Arts was impressive and the Music performances were engaging. It was amazing to watch the talented and courageous solo musicians perform for the audience. They were fantastic and included Dylan Grundmann (violin), Zac Adam (drums), Alex Blogg (piano), Morgan De La Motte (violin), Caelum Butler (French horn), Carl Evers (trumpet), Jo Goldsmith (trombone). Of course the duets, groups, musicians and singers are all to be congratulated on their excellent endeavours and encouraged to continue into the future. A musicians skill is a fantastic life long achievement and with practice will improve.

Congratulations to all of the students across Years 7 - 12 who were involved in the Showcase and who put in the excellent effort producing all of the work on show. Approximately 130 people came including parents, grandparents, siblings, NASHS students and community representatives. A big thank you to all who took the time to show their support and appreciation for NASHS students’ artistic achievements in 2015. A special thank you to Belinda Haines and Peter Gray for organising the delicious finger food on the night, Peter Gray and Gary Wimbush for some of the heavy lifting and construction of display boards, also to Jane Davies in assisting throughout, to Matt Marchment, Rachael Py, Mike Wilson and Courtney Lewis for organising the event.

Thank you to all the parents for supporting their child with rehearsals, performances etc. We look forward to hosting the Showcase again at the end of 2016.

(The Art Department)
The following students received Highly Commended in the Albany Show for Photography.

Rebecca Paust
Leon Baars
Harvey Jasper
Alexander Blogg
Ashton Steed

PERTH JAPANESE CULTURAL EXCURSION

On the 5 and 6 November, 22 students and 2 teachers travelled by bus to Perth to experience different Japanese cultural activities. The students visited a Japanese garden at the Perth zoo and put their Japanese to the test with a scavenger hunt around Armadale Shopping Centre. At night the students visited an authentic Japanese restaurant in Perth city which included being served by hostess' wearing kimonos.

The students were immersed in Japanese culture for the two days and tried many new and exciting things. The highlight of the excursion was visiting Kalamunda SHS and participating in the Taiko drumming workshop. The students were entertained with music from Japan which included the shakuhachi, kane, sasara, fue, chappa and den-den daiko. This immersion in Japanese culture was enjoyed by all and provided an amazing practical opportunity for students to enhance their Japanese speaking skills.

(Kylie Offer—Japanese Teacher)