On Friday, 12 February, NASHS held its Awards Assembly to recognize those students in Years 8—11 who achieved academic success and notable positive behaviour in 2015. The Year 12 Academic and Scholarships Awards were presented at the Year 12 Presentation Evening in November last year.

NASHS Act Belong Commit 2015 Citizen of the Year—Christopher Stronach
Christopher was nominated to receive this award for being a caring person who is always willing to help others. Congratulations Christopher.

2015 Defence Forces Long Tan Leadership and Teamwork Scholarship
The recipient of this award was nominated for her leadership skills, ability to work in a team environment and commitment to the NASHS values of respect and responsibility.

Congratulations to Hunni Taylor-Car.

Edith Cowan University 2015 Citizenship Award
Congratulations to Carl Evers on receiving this award which recognizes the qualities of respect, hard work and personal excellence.

The UWA Albany Mt Romance Awards
Congratulations to Madeline Tozer on receiving the Mt Romance Bessie Flowers Indigenous Young Australian Award and Kasey van der Meulen for receiving the Mt Romance Charles Burleigh Science Award.

Dux Awards 2015
Congratulations to the following students on receiving the Dux Awards (Highest academic achievement in each year group).

Year 11          Rachel Michael
Year 10          Kasey van der Meulen
Year 9           Zac Adami
Year 8           Apryl Oreo
Year 7           Molly Bowles

Certificate of Appreciation
Sergeant Webb from Albany Police presented Abigail and Dylan Boyd with a Certificate of Appreciation. During the holidays Abigail and Dylan were extraordinarily kind and caring and kept some members of the public safe until help could arrive.
Welcome to our first newsletter for 2016! It has been a good start to the 2016 academic year. Students have settled in very quickly to the school routines. At school census day on 12 February we had 808 students enrolled at NASHS. As well as welcoming many new students, we have also welcomed a number of new teaching and support staff. All staff at NASHS are committed to providing teaching and learning programs that provide opportunities for students to achieve academic success. Academic success also relies on students actively participating in their own education. We also rely on the support of parents and caregivers to reinforce our school values and expectations.

In addition to accessing teaching learning and programs within the classroom, NASHS students also have the opportunity to participate in curriculum related activities outside the classroom. Year 7 students recently enjoyed their orientation camp and a group of our student councillors have commenced working with the WA Youth Commissioner to provide him with advice on how to engage students in education (see the article on page 7). Last week NASHS hosted two days of the Sydney Japan Foundation Nihongo Roadshow for 200 students who are learning Japanese at local primary and secondary schools in Albany. A number of students have also joined the NASHS sports development squads which sees them training under the expertise of volunteer coaches in Basketball, Volleyball and Netball. Over the next two weeks Year 11 and 12 ATAR students (students on a study pathway to tertiary education) will have the opportunity to learn effective study skills at seminars hosted by UWA Albany. Phew! A busy start to 2016.

In the enclosed letter I have outlined the many ways we communicate with our school community. Good communication is essential if we are to work together to support all students. As we are also keen to reduce our impact on the environment NASHS newsletters are only available in electronic form. We ask that, if you have not already done so, you provide us with your email address so that we can email you important information including newsletters. Alternatively our newsletter is available on NASHS app or our school website.

Congratulations to the Year 12 graduating class of 2015. Although we only had a small number of ATAR students in 2015, of those who applied for University, 100% achieved their first preferences. In addition 80% achieved Certificate II or higher qualifications through the Vocational Education and Training Programs we offer at NASHS or in partnership with Great Southern Institute of Technology.

NASHS School Board held their first meeting for the year on 3 March. At this meeting the 2016 budget was endorsed. There is one parent vacancy on the School Board. The Board is looking for someone who is keen to contribute to the school in a positive way. If you are interested in being on the School Board – nomination forms will be available on the school website by the end of this week. The School Board AGM will be held Thursday, 7 April commencing at 5pm in the NASHS staff room. Mr Tony Evers is Chair of NASHS School Board and he can be contacted through the school.

NASHS P&C Association will hold its AGM on Wednesday, 30 March in NASHS staff room, commencing at 5.30pm. Please come along and support your P&C Association. We need to have a functioning P&C Association to be able to provide a canteen service to our students. This year we have welcomed a new Canteen Manager – Debbie von Hombracht and already we have seen some well received changes to the menu for students.

If you have any queries at any time about your child’s education please do not hesitate to contact the school. Our friendly and professional office staff will be able to direct you to the right person.

We are looking forward to a terrific year!

Regards,

Sharon Doohan
PRINCIPAL

<table>
<thead>
<tr>
<th>NASHS IMPORTANT DATES—TERM 1 2016</th>
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<tbody>
<tr>
<td><strong>Mon, 7 March</strong></td>
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<tr>
<td>Tues, 8 March—Fri, 11 March</td>
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<td>Mon, 14 March—Fri, 18 March</td>
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<tr>
<td>Tues, 15 March</td>
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<tr>
<td>Mon, 21 March—Thurs—24 March</td>
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<td>Wed, 23 March</td>
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<td>Thurs, 24 March</td>
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<td>Fri, 25 March</td>
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<td>Mon, 28 March</td>
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<td>Tues, 29 March</td>
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<td>Wed, 30 March</td>
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<td>Thurs, 31 March</td>
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<tr>
<td>Sat, 2 April</td>
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<tr>
<td>Mon, 4 April—Fri, 8 April</td>
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<tr>
<td>9.20am—10.40am 1.00am—2.20pm</td>
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<tr>
<td>Tues, 5 April</td>
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<tr>
<td>Thurs, 7 April</td>
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<tr>
<td>Fri, 8 April</td>
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<td>Fri, 8 April</td>
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</tbody>
</table>
Welcome back to 2016. The Mathematics Department welcomes Mr Barry Cross who is teaching Year 7 and 8 students this year and Mrs Michelle Rechichi who is teaching on Mondays.

Please be aware that homework classes have commenced on a Wednesday after school. These are well staffed by Mathematics teachers. Help is also available during break time if you make arrangements with your teacher.

Students may be given set homework or may have revision and study to complete. Some internet resources for these interested Maths students include Kahn Academy, Splash ABC and the BBC website. If you search BBC and a topic eg ‘BBC fractions’, it will take you to a number of activities. If you are looking for some extension work for your child try Nrich maths. All students have a Mathletics log on and can access Mathletics at any time. As a guide lower school students should be completing at least 30 minutes on Mathletics each week.

If your child is in 8.3 with Mr Slater or 9.3 with Mrs Offer or 10.3 with Mr Mettam, they will be working on a modified program. This will mean come reporting time they will receive a pathway grade as well as an Australian Curriculum Grade. Please contact the classroom teacher for any further information.

Please do not hesitate to contact your student’s classroom teacher at any time. A strong partnership between home and school is the best way to maximise your child’s school performance.

Jo Stevens—Head of Learning Area Mathematics
(9892 0692)

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: Rebecca Gallimore
Yr 8 Coordinator: Kylie Rennie
Yr 9 Coordinator: Dan Smith
Yr 10 Coordinator: Susie Wood
Yr 11 Coordinator: Tina Dawson
Yr 12 Coordinator: Andrew Harrison

**School Nurse**
Cathy Watson
Aboriginal & Islander Education Officers
Rachel Brown, Lexie Mortimer and Julie Panizza
Student Services Coordinator
Andrew Harrison
School Psychologist
Amy Gostelow
Chaplain
Ben Wyatt / Jennie Small

**Mathematics (HOLA)** Jo Stevens
**Physical Education / Health (HOLA)** Kylie Rennie
**Science (HOLA)** Rachel Richards
**Technology & Enterprise / Art (HOLA)** Peter Gray
**Business Ed, Workplace Learning & VET Coordinator** Pamela Greenhart
**Humanities and Social Sciences (HOLA)** Alison Grice
**Library** Pippa Williams
**Learning Support Coordinator** Tracy Myers
**English / LOTE (HOLA)** Mark Ruffell
**Visual Art** Matt Marchment

**Deputy Principals:** Terry Bolt (Years 7,8,9), Mark Cullen (Years 10,11,12)

**Manager, Corporate Services:** Keely George

There are quite a few events during the year that will interest students who enjoy public speaking in its many forms. Sometimes students need some encouragement from home to participate and a reminder of their great speaking / arguing skills. Events coming up are:

- Country Week - Senior School Team (Years 10-12),
- Regional Debating Competition – all year levels,
- Shout Out Festival – all year levels
- Kojonup Speech Festival – lower school only

We offer training and support. So even if students have never participated in speaking competitions before, but would like to give it a try, this is a great opportunity. Public speaking is an excellent skill to develop.

No matter what year group, 7-12, if students would like to find out more, please contact Mrs Morgan in the English Office.

Email: jo.morgan@education.wa.edu.au
Wk: 9892 0632

**Year Eight Student Council 2016**

Congratulations to our Year 8 Student Council for 2016.

Molly Bowles
Sophie Adeline
Talia Coyne
Zeke Medling
Cooper Burns

Jessica Stals
Kerri Williams
Noah Morcombe
Kaelin Abrahams
Chad Myors

**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 7 AND 9, 2016 NATIONAL ASSESSMENT PROGRAM LITERACY AND NUMERACY

In the week commencing 9 May 2016 (Week 3, Term 2), all Year 7 & 9 students across Australia will take part in the National Assessment Program Literacy and Numeracy (NAPLAN).

NAPLAN is designed to help parents and teachers better judge how Year 7 and 9 students are performing in relation to nationally-agreed standards. As this has become part of our reporting to parent processes, it is anticipated that all students will participate. NAPLAN Assessments will be conducted in Writing, Language Conventions (spelling, grammar and punctuation), Reading and Numeracy.

Students absent on the assessment day/s will be provided with an opportunity to do the assessment later in that week. Withdrawal and Exemption forms can be found on the website: scsa.wa.edu.au/internet/Years_K10/NAPLAN. These forms need to be submitted to Mrs Terry Bolt (Deputy Principal) by the 24 March (Term 1).

You will receive a report of your child's performance in the NAPLAN later in the year. The NAPLAN Report will provide information about the progress of your child. This is in addition to the information that is provided by your child’s teacher throughout the school year.

For further enquiries please contact Mrs Terry Bolt (Deputy Principal) on 9892 0611.

2016 Year 7 Camp

NAPLAN VIVO REWARDS

At NASHS we believe in acknowledging students who consistently demonstrate our NASHS School Values—

Be Respectful
Be Your Best
Be Responsible
Be Kind
Be Safe

Last year NASHS replaced the paper reward point system with an electronic system known as Vivo.

School teachers award students Vivo’s for their achievements and positive actions according to the reward criteria set by the school.

Students receive a private online profile where they can check how many points they have earned and know the actions they were rewarded for as well as the teacher or member of the school staff that awarded those points. Students can redeem their points in an online catalogue where they can choose from a range of products approved by NASHS.

Parents can also check how many points their child has earned. If you are interested in accessing your child’s Vivo account please contact the school via email—NorthAlbany.SH@education.wa.edu.au or phone the school on 9892 0611.

NASHS GOOD STANDING POLICY

NASHS has implemented a Good Standing Policy which means that for students to participate in extra curricular activities such as reward camps and activities, Country Week, dinners, balls and socials they must have Good Standing. Good Standing is based on positive student behaviour and attendance.

An updated Good Standing Policy will be published in the next Newsletter.
Classroom Music
The year has started with another influx of wonderful new students to the music program. We are delighted to welcome all of the Year 7 students who will be doing one hour of music a week for the entire year. They bring with them a variety of musical skills and great enthusiasm to NASHS.

The newly designed Year 8/9 Combined Specialist Music course is already taking students to the next level of musicianship. As all students in this course are instrumentalists or vocalists we are able to better develop performance skills as well as learn composition, arrangement and production. We will also be enhancing our understanding and appreciation of orchestral and classical music.

Our Year 10 students have begun the year with an exciting songwriting project. In small groups they have written an original song and are using GarageBand to create a demo track. Next term we will be heading into the state of the art recording studio that we are privileged to have here at NASHS to record, edit, mix and master their work.

The Year 11 and Year 12 Certificate II in Music students are already busily preparing for their performance assessments and learning how to operate the recording studio. Part of their assessment for this year will include organizing and running their own performance night in Term 2. We look forward to bringing you more details next term and hope you will be able to come along to support the students. We are extremely pleased to have Mr Michael Crannage with us again this year, an industry specialist who is working with the Certificate II students in the recording studio.

Instrumental Music
We warmly welcome back all of the wonderful Instrumental Music School Services Staff to NASHS. This unique and highly regarded program takes student's love of music to the next level. They receive free instrumental tuition and the opportunity to participate in a range of music enrichment activities. Congratulations to the select number of the Year 7 students who were successful in their application to join the Instrumental Music Program.

The Vivo Rewards system at NASHS offers extra incentive for instrumental students to keep up with their practice routine. 120 minutes of practice in one week - recorded in your journal and signed by a parent or guardian - will earn you 5 Vivo Points! Every week!

Thank you to parents and students for your patience while instrumental lessons were being organized in the last few weeks. The timetables have now been finalized for the days outlined below. Parents can help us by reminding your student to prepare their instrument, journal and equipment the night before so that nothing is forgotten! If you need to contact the instrumental teacher please do so directly (either by email or mobile) as these staff travel between many of the schools in the district and may not receive messages left at NASHS immediately.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Flute/Clarinet</th>
<th>Ms Karin Bush</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Violin</td>
<td>Ms Helen Grandage</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Voice/Percussion</td>
<td>Mr Neville Talbot</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Saxophone</td>
<td>Miss Courtney Lewis</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Brass</td>
<td>Mrs Sandra Woonings</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Classical &amp; Electric Guitar</td>
<td>Mr Colin Reeves</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cello</td>
<td>Ms Margaret Crossen</td>
</tr>
</tbody>
</table>

It is a requirement of the Instrumental Music School Services program that instrumental students are enrolled in Classroom Music and attend ensemble rehearsals. If your student has not been invited to join one of the below ensembles, please contact the ensemble director or myself.

<table>
<thead>
<tr>
<th>Band 1</th>
<th>Mr Neville Talbot</th>
<th>Tuesday</th>
<th>ASHS</th>
<th>3.30pm—5.00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band 2</td>
<td>Miss Courtney Lewis</td>
<td>Monday</td>
<td>NASHS</td>
<td>3.30pm—4.30pm</td>
</tr>
<tr>
<td>Orchestra 1</td>
<td>Ms Margaret Crossen</td>
<td>Monday</td>
<td>ASHS</td>
<td>3.30pm—5.00pm</td>
</tr>
<tr>
<td>Orchestra 2</td>
<td>Ms Margaret Crossen</td>
<td>Wednesday</td>
<td>ASHS</td>
<td>3.30pm—4.30pm</td>
</tr>
<tr>
<td>Choir</td>
<td>Mr Neville Talbot</td>
<td>Tuesday</td>
<td>NASHS</td>
<td>Break 1</td>
</tr>
<tr>
<td>Junior Guitar Ensemble</td>
<td>Mr Colin Reeves</td>
<td>Friday</td>
<td>ASHS</td>
<td>3.30pm—4.30pm</td>
</tr>
<tr>
<td>Guitar Ensemble</td>
<td>Mr Colin Reeves</td>
<td>Friday</td>
<td>ASHS</td>
<td>4.30pm—5.30pm</td>
</tr>
</tbody>
</table>
We are looking forward to another wonderful year in Music at NASHS. We have exciting performance opportunities and workshops with amazing musicians planned throughout the year ahead. So keep an ear out for some fantastic sounds coming from the Music Room! Thank you all for your continued support of the music program. Stay musical ♫

(Courtney Lewis – Music Teacher)

The Commissioner for Children and Young People WA, Mr Colin Pettit, visited North Albany SHS on Tuesday, 9 February. He met with a group of NASHS students to discuss their participation in his 2016 Advisory Committee.

The Commissioner works to increase the wellbeing of all children and young people in the State. One of the ways he does this is by advising government, not for profit organisations and industry on what they can do to improve their services for children and young people. Advisory committees are one of the ways the Commissioner is able to hear the views and ideas of children and young people. It enables him to have a more indepth discussion with children and young people on issues that affect them. The 2016 topic the NASHS Student Advisory Committee will provide information and advice on to the Commissioner is about keeping children engaged in education.
I would like to welcome all students and parents to North Albany Senior High School for 2016, to what I am sure will be a positive and rewarding year. We have already had a busy start with students participating in a variety of activities including our orientation camp for Year 7 students, excursions and assemblies. It has been great to see all students settling in to the year and I have been particularly impressed with the way that Senior School students have got straight into their studies, establishing routines and good practices.

We recently held our first Whole School Assembly for 2016. During this Assembly we announced the School Captains for 2016: Stephanie Russ and Carl Evers, as well as presenting a number of academic awards for student achievement in 2015.

On Tuesday, 5 April 2016, NASHS will again host the commencement of the Hawaiian Ride for Youth to raise funds for Youth Focus. This is a major event in NASHS calendar. We hold a “send off” Assembly for the riders and a number of our students join the riders for the first part of their long trek from Albany to Perth.

**How it all began:**
The Hawaiian Ride for Youth began in 2003 when a small group of social bike riders from the Perth business community, decided to combine their resources and raise funds for Youth Focus and assist in the prevention of youth suicide, depression and self harm.

**Hawaiian Ride for Youth Background:**
The Hawaiian Ride for Youth is held annually during March / April each year. The ride is held over five days and travels from Albany to Fremantle covering approximately 640km. The cyclists ride one of two routes—one via the South West and the other via the inland highway. Along the way they visit schools to educate students about the issues faced by young people.

**About Youth Focus:**
Youth Focus is a West Australian, non-profit community based organisation working with young people between 12-18 years of age who are showing early signs associated with suicide, depression and self harm. Youth Focus offers community based individual youth counselling, family therapy and peer support services, designed for youth who have been difficult to engage or have had difficulty accessing support from other services. Youth Focus counsellors work to prevent the devastating tragedy a suicide causes family and friends for what is a totally senseless and avoidable loss of a young life. Youth Focus Counsellors are based in Albany.

For more information contact Youth Focus on (08)6266 4333 or check their website on www.youthfocus.com.au.

Student achievement of academic and social outcomes depends on consistent attendance and participation. It is vitally important to the development of your child that unexplained absences are addressed before they become an entrenched pattern.

- School helps children build confidence in areas such as communication, teamwork, organisation and social skills, and children who miss school may find it difficult to keep up friendships;
- School enables children to build on their academic knowledge and skills each day, each week and each year;
- Consistently poor school attendance and lateness to class can negatively affect children’s educational progress;
- Going to school is a legal requirement.

The Department of Education’s Student Attendance policy requires parents/guardians to provide an acceptable explanation to the school for any absence of their children. The Principal / School must authorise all absences.

When your child is absent from school it is important that an explanation is provided as soon as possible. Please phone 9892 0611 or send a note or SMS on 0409 089 160. For prolonged illness issues please contact the Year Coordinator for support and work (where appropriate) for your child.

Parents or legal guardians of an enrolled child, are responsible under the School Education Act 1999 to ensure the attendance of their child at school every day. It is important to assist your child’s achievement and learning by making regular school attendance a priority in your child’s life.

For further information on attendance contact Andrew Harrison (Student Services Coordinator) during normal school hours.

2016 Year 12 Student Councillors

_Back Row:_ Jonathan Baars, Keesha Fletcher, Carl Evers (School Captain), Stephanie Russ (School Captain) and Ily Trayvilla.

_Front Row:_ Craig Wiggins and Hayden Davies
Jogathon!

All money raised will go towards the Hawaiian National Ride for Youth.

Date: 23/03/2016

Time:
Senior School: Period 1
Year 10 Period 2
Year 7: Period 3
Year 9: Period 4
Year 8: Period 5

There will be prizes for whoever completes the most laps in their year group. There will also be a bouncy castle for every 5 laps completed.

The sponsorship forms will have to be filled in and with the collected money to be put in the box outside the Student Services Window. You can get the Sponsorship forms either your Year Coordinator or Student Services.

On the Day

There will be a drink stand set up on the oval for refreshments. Also music will be provided to get you motivated! You can either walk or run.
Dear Parent/Caregiver

It has been a great start to the 2016 academic year at NASHS. We have welcomed our Year 7 students as well as a number of new students in Years 8 – 12. Our total number of students at census count on 12 February was 808 - slightly higher than we predicted last year. Our Year 7’s have settled into their home rooms, and are enjoying moving around the school to access specialist facilities as part of their studies in the Australian Curriculum. We have also welcomed a number of new teaching and support staff.

General communication
At NASHS we have several ways of communicating with parents/caregivers and increasingly this is via electronic means. Electronic communication is efficient and also good for the environment.

NASHS Newsletter is published twice per term and emailed to all NASHS families. While our newsletter is one way to keep you informed about what is happening at NASHS, we also have a web site at www.nashs.wa.edu.au and a Facebook page www.facebook.com/northalbanyshs

NASHS app is used frequently to send out reminders and provide quick updates. The app can be downloaded from either I Tunes or Android app store – please search for North Albany SHS. Our SMS is available for you to contact the school if your child is absent (0409 089 160) and we will also send you a SMS if your child is absent without explanation.

Staff will also communicate with individual parents/caregivers to keep you informed about your child’s progress. It is important to provide the school with your phone contact details and advise us immediately if these change.

Reporting to parents
Term One Progress reports will be mailed out parents of students in Years 7, 11 and 12 towards the end of Term One. A parent teacher meeting for all years (ie Years 7– 12) will be held on Tuesday, 3 May 2016 from 3.30pm to 5.30pm. Further details will be provided closer to the date.

At the end of Term Two a formal Semester One report will be mailed out for all students in Years 7 -12, with a second teacher-parent meeting planned for Term 3.

Student expectations
With the 2016 academic year well underway we expect all students to be focussed on their studies. Students need to work to their maximum to ensure they can access the very best opportunities now and into the future. It is very important for students to “Be Your Best” at all times.

- Year 12 students have a three term year and the pressure is already on to ensure they complete set tasks on time and undertake the study required for satisfactory performance. They will be sitting their semester one exams in Week 6 of Term 2 (week beginning 30 May).
- Year 11 students – will need to take their studies very seriously from day one as the requirements for graduation have changed. All students are required to be either on
an ATAR (university pathway) or studying a pathway that leads to completion of a Certificate II.

- Literacy and numeracy is a significant focus for students in Years 7, 8, 9 and 10. All Year 10 students who did not achieve at Band 8 or above in the NAPLAN last year will be required to sit the On Line Literacy and Numeracy test (OLNA) in early March. Year 7 and Year 9 students will be sitting their NAPLAN tests in early May.

School values

At NASHS our school values guide everything that we do. “Be Your Best” is one of our school values. Our four other values relate to being responsible, respectful, safe and kind. These values were developed following consultation with students, staff, parents and the local community and are designed to promote and support a positive and engaging learning environment. A copy of our school Values and Expectations Framework can be found in this newsletter. It is important that these values are supported by our school community.

We value the partnership we have with our parents/caregivers and the wider community. We ask that you talk about our values and expectations with your child.

North Albany SHS is a centre of learning. Students can maximise their achievement by attending school every day, behaving respectfully and engaging positively in their education.

My staff and I look forward to continuing to work with you and the NASHS school community to ensure that we provide the very best learning environment and opportunities that we can for our students.

Kind regards

Sharon Doohan
PRINCIPAL

4 March 2016
## Students First and Foremost

<table>
<thead>
<tr>
<th>Grounds</th>
<th>Classroom (Whole School, including camps)</th>
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<tbody>
<tr>
<td><strong>Be Safe</strong></td>
<td><strong>Care &amp; Diligence</strong></td>
</tr>
<tr>
<td>Students are to wear school uniform</td>
<td><strong>Values &amp; Expectations</strong></td>
</tr>
<tr>
<td>The teacher is in charge (their directions are to be followed).</td>
<td><strong>North Albany Senior High School</strong></td>
</tr>
<tr>
<td>Everyone (staff &amp; students) is to act in a responsible, courteous and respectful manner.</td>
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### Classroom Rules:

<table>
<thead>
<tr>
<th><strong>Be Kind</strong></th>
<th><strong>Care &amp; Diligence</strong></th>
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<tbody>
<tr>
<td>Everyone (staff &amp; students) is to act in a kind manner.</td>
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<table>
<thead>
<tr>
<th><strong>Be Responsible</strong></th>
<th><strong>Values &amp; Expectations</strong></th>
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</thead>
<tbody>
<tr>
<td>Everyone (staff &amp; students) is to act in a responsible manner.</td>
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<table>
<thead>
<tr>
<th><strong>Be Your Best</strong></th>
<th><strong>North Albany Senior High School</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone (staff &amp; students) is to act in a way that reflects the best of their abilities.</td>
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</table>
**STUDENT SERVICES**

**CHAPLAIN’S CORNER**

Now that Term 1 is half way through, the summer holidays seem like a very distant memory already! I hope that you managed to do something fun as well as get some rest during the summer break. Why don’t you come down and tell Jennie and I what your favourite thing about the holidays was? Personally I’m still hoping that we get a bit more summer weather in the weeks (months?) to come. Somehow it seems that we have been a bit short changed in that regard.

A new year always brings new things, including opportunities and challenges, and a new school year is just the same. You might be really excited about getting to know new friends and learning about new subjects. But you might also be a bit anxious about so much change and so many new things. If that’s the case, don’t let these challenges get the better of you – make sure you go and talk with someone about it so they can help you overcome the challenges! Here in the Student Services team we are all ready and wanting to help you succeed at school and in life, so don’t hesitate to talk to any of us; together we can face the difficulties.

(Ben Wyatt and Jennie Small—NASHS Chaplains)

**NASHS SCHOOL NURSE**

This Term has been busy with our first health promotion during Sexual Health week 15—19 February. I presented to three of the Year 7 classes on puberty changes and sexual health, as well as a display in the library. So some students may come home with some questions or comments. We encourage open communication for students to discuss sexual health issues with their parents, but if there are any questions or comments I am happy to speak to parents.

I have also been following up all Year 8 students advising that we offer school based immunisation to all students. If you have any questions please feel free to ask me. The first immunisations were held at NASHS on 1 March. Catch ups in Term 2 and 4 are available so please contact me.

I also attended the Year 7 camp. Along with the Student Services team I talked to students about how to keep mentally strong and healthy.

I would also like to remind all parents that if your child is asthmatic or has allergies requiring medication at school please remind them to keep their own supply of asthma puffers or antihistamines in their bags at school. We do have supplies for emergencies at school but we don’t issue puffers out to children unless we know they are asthmatic.

Please don’t allow your children to bring aerosol deodorant sprays to school as they are irritant to asthmatics and we are a SPRAY FREE Zone.

(Cathy Watson, School Nurse—98920605)

**THOUGHTS FROM THE SCHOOL PSYCHOLOGIST**

Welcome to 2016, a new year with lots to look forward to!

During Week 4, Jennie Small (School Chaplain) and I attended the Year 7 school camp to discuss how to access support from student services, how to look after yourself (physically, mentally and emotionally), how to manage conflict with friends and develop healthy friendships. We also practiced mindfulness using the Smiling Mind app.

Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. Smiling Mind is a free tool that will assist in improving the lives of young Australians, and is available online or as a smartphone App.

In recent years, Mindfulness Meditation has surged in popularity for use in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses. Highly regarded institutions such as UCLA, Harvard, Oxford, Monash and Melbourne Universities have developed clinical studies into the positive impacts of Mindfulness Meditation. See more at: http://smilingmind.com.au/blog/#!/category/background/what-is-smiling-mind

Self-care is any activity that you do voluntarily which helps you maintain your physical, mental or emotional health. It can help you feel healthy, relaxed and ready to take on your school work and other responsibilities. Self-care is important because it keeps you healthy, helps you ‘recharge’ and helps you manage physical or mental health issues. Some ways to look after yourself include exercise, aiming for a healthy diet, reading a book, making time to engage with positive family and friends, playing a game, taking a bubble bath, meditating and taking a nap. Take a moment to think about what you do to look after yourself! For some good ideas on ways to look after yourself, visit http://au.reachout.com

It was so nice to meet so many students at the Year 7 camp and I wish you all a smooth transition into high school this year. It is normal for big transitions such as the move from primary school to high school to be challenging at times and if you do require support, don’t be afraid to ask someone for help—a family member, friend, teacher, Year Coordinator or one of us in student services.

I look forward to supporting many of you through some of the challenges you face this year as well as celebrating your success and achievements!

(Amy Gostelow- School Psychologist)
YEAR NINE UPDATE

I must congratulate my excellent cohort on their start to the year. Nearly all are wearing the correct school uniform and I have been impressed by the enthusiastic manner in which the large numbers of students are wearing their new PE Uniform.

Being in Year 9 comes with extra privileges for their education, such as, having a wide variety of choice for their specialized subjects that allows them to focus on areas that interest them – resulting in a happy cohort.

However with the added privileges, comes the extra responsibilities! During our Year meetings, I will be encouraging the students that they need to be a bit more proactive with their education. This includes ensuring that all homework and assignments are handed in on time and that students need to study concepts that they do not understand. If students still do not understand a topic, they need to ask the teacher for help. This is a very important year as it helps to shape students future subjects/professions.

Last year a very high percentage of students achieved “Good Standing” and were duly rewarded each Semester. I hope that we achieve a higher percentage this year. Whilst most of the criteria relies on the students to achieve, wear uniform and behave appropriately, parents can assist their child in achieving “Good Standing” by sending in notes or contacting the school when students are absent.

Well done Year 9's on an excellent start and I look forward to seeing your progress throughout 2016!
(Dan Smith—Year 9 Coordinator)
YEARS TEN UPDATE

Welcome back to NASHS for another year and a big welcome to the Year 10 students attending NASHS for the first time. This year is important for students to continue working on improving and extending themselves in their academic studies and to commence planning for their remaining years at high school. Many students will be unsure about what direction they should be taking in the future, either tertiary (university), vocational or employment. To assist them with this, I will be interviewing students to review 2015 results, attendance and subjects that lead into career pathways. Parents can also help their child with planning their future by having conversations with them and researching appropriate career websites. The My Future website is a great start. The link for this site is: http://www.myfuture.edu.au/

Many of the Year 10 students are to be congratulated on the great start to the 2016 year. A large percentage of students have settled into their studies, are wearing school uniform and setting a good example to the Year 7, Year 8 and Year 9 students attending school. I need to remind students and parents that black jumpers and jackets are not part of the dress code. Parents can find the dress code policy on the schools website and NASHS App.

The school continues to focus on improving student attendance and monitoring absences. If your child is absent from school at any time please inform the school administration as early as possible with text messages or notes. Students with unauthorised absences will be followed up with either SMS or phone calls to home.

An important event coming up soon is the Online Literacy and Numeracy testing (OLNA) which commences in week 6 for Year 10 students. OLNA provides students with opportunities to demonstrate the minimum Literacy and Numeracy standard required for WACE attainment (graduation) in Year 12. OLNA also helps identify students at risk of not demonstrating the minimum standard. OLNA assesses skills described in Levels 1–4 of the Australian Core Skills Framework. The skills described are those regarded as essential for individuals to meet the demands of everyday life and work.

(Susie Wood—Year 10 Coordinator)

YEARS TWELVE UPDATE

Welcome to the continuing and new Year 12 students at North Albany Senior High School. It was great to see you all at our Year Assembly on the first day.

Students in Year 12 have made a great start to the year. For them, this year is hugely important as it will set students on their pathway to a career, further education and life choices.

It is hoped that students who have returned to school to complete Year 12, have a clear purpose or goal to work towards. Students may be working towards university or TAFE entry, or perhaps employment. To this end, while most students have a full timetable at school, some are also participating in vocational education and training programs which sees them spend time at TAFE and work placements.

For those students intending to complete Year 12 in 2016, their aim will be to graduate with a Western Australian Certificate of Education (WACE) which involves gaining an ATAR of 55 or better, reaching a standard of achievement of at least 14 C grades or higher (or the equivalent) in Year 11 and 12 units, with a minimum of six C grades or the equivalent at Year 12 or achieve a completion of a Certificate II course of study.

For our Year 12s, it has been a busy and productive start to the year. There have been a number of Year 12 students who have made subject changes, and it’s timely to remind students that they indeed need to carefully assess whether they are studying the most appropriate subjects to suit their aspirations and abilities. At the same time it is essential they all settle down as promptly as possible to completing the learning and assessment tasks of their chosen subjects. There should not be any more changes after this week (week six) and if any student is struggling with course content it is essential that they speak to their teachers. Remember: study, study, study!

(Andrew Harrison—Year 12 Coordinator)
On Friday, 12 February, several of our RAY (Rising Albany Yorgas) girls were invited to join the Follow the Dream students at ASHS to watch a performance by Scott Darlow. Scott is a singer, guitarist and didgeridoo player from Melbourne. He is also a motivational speaker and a passionate spokesperson for Aboriginal rights. For more than ten years, he has been one of the country's hardest working and most successful independent artists. A famously down-to-earth performer, Scott Darlow's music and profile has seen him become a World Vision artist, and he is known for using his infectious charm far and wide, from the biggest festivals to the smallest club crowds to raise awareness and funds for World Vision Australia's Indigenous program. Our girls spent an hour watching his performance and listening to him speak about what it was like for him and his family living in Australia both in the past and today. Scott uses the acronym FLUTE to promote his message: Forgiveness, Love, Understanding, Tolerance, Empathy.

(Alison Grice—Head of Learning Area, Humanities and Social Sciences and Aboriginal Programs)

Congratulations to the students who created stencils for the Snake Run Anniversary Project in term four last year. The students' stencil designs have been spray painted onto the skate park by urban artist Chad Marwick. The artwork looks fantastic! NASHS Art Department is very proud of the time and effort students put into creating unique and well developed designs. The Snake Run Project event was a huge success. In between the bustle of children playing, people dancing and skate boarders cruising past, I managed to snap a few photos of students' work. Many of the designs painted onto the Snake Run are created by NASHS art students and I encourage you to visit the skate park to see their achievement. The images below show artwork by Lachlan Matheson, Karma Bode, Madison Daymond, Lachlan Cox, Danica Wiggins and Samarah Brown.

(Rachel Py—Art Department)
### Fruit
- Apple - $0.70
- Orange - $0.70
- Banana - $1.00
- Pineapple - $1.00
- Strawberry - $0.90
- Watermelon - $2.00
- Mango - $1.00
- Raisin - $0.50
- Jalapeno - $0.50
- **Available Everyday**

### Sandwiches
- Ham & Cheese - $3.90
- Turkey & Cheese - $3.90
- Meatball - $3.90
- Chicken Salad - $3.90
- Tuna Salad - $3.90
- Cheese Sticks - $3.90
- **Various Wraps**
  - Vegetarian Wrap - $2.50
  - Turkey Wrap - $2.50
  - Ham Wrap - $2.50
  - Chicken Wrap - $2.50

### Toasted Sandwiches
- Tomato Soup Poutine - $3.00
- Pizza Poutine (Additionally) - $3.00
- Cheese Poutine (Additionally) - $3.00
- Turkey Roll (Additionally) - $3.00
- Hot Dog (Additionally) - $3.00
- Smoked Roast Beef (Additionally) - $3.00
- Beef Cheese Pita (Additionally) - $3.00
- Ham & Cheese - $3.30
- Turkey & Cheese - $3.30
- Spicy Chicken Roll - $3.30
- Ham & Cheese Roll - $3.30
- Turkey Roll - $3.30
- Chicken Roll - $3.30
- EGG
  - Scrambled - $3.50
  - Poached - $3.50
  - Fried - $3.50
  - Boiled - $3.50

###-drinks
- Iced Tea (Regular) - $3.00
- Iced Tea (Large) - $4.00
- 100% Orange Juice - $2.50
- 100% Apple Juice - $2.50
- Flavored Milk (Small) - $4.00
- Flavored Milk (Large) - $5.00

### Veggies
- Baby Carrots - $2.00
- Chives - $2.00
- Pineapple Slices - $2.00
- Carrots - $2.00
- Black Olives - $2.00
- Pickles - $2.00
- Cheese Sticks - $2.00

### Extras
- Mayonnaise - $0.50
- Ketchup - $0.50
- Pickles - $0.50
- Cheese Slices - $0.50
- Lettuce - $0.50
- Tomatoes - $0.50
- Olives - $0.50
- Hot Sauce - $0.50

### Fun Activities
- Community Art
- Live Music & Dancing
- International Foods

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**Nash's Cafeteria Menu**

**Term 1, 2016**
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 2016.

Successful Applicants will receive:

- $235.00 EDUCATIONAL PROGRAM ALLOWANCE
- $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.

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

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

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SECONDARY ASSISTANCE SCHEME

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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.

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Relationships Australia—www.wa.relationships.com.au

Mums Raising Boys—Up to Age 12 years and Mums Raising Teenage Girls

Our Mum Raising Boys and Mums Raising Teenage Girls will be facilitated by Debi Spencer Smith on Wednesday, 6 April 2016. Mums Raising Boys—up to age 12 years will commence at 9.30am and conclude at 12.00pm in the Albany Public Library. Mums Raising Teenage Girls will commence at 6.00pm and finish at 8.30pm in the Relationships Australia office at 29 Albany Highway, Albany.

Debi is Senior Parenting Program Coordinator at Relationships Australia. Debi has raised children of her own and has also enjoyed a successful career in education. Debi is delighted to have now landed her ‘dream job’ at Relationships Australia where she is able to return to her roots and passion, working on developing and facilitating programs to help children, parents, families and the community.
Students Teaching!

Year 12 ATAR English students, engaged in listening to Gerald Rimando (Year 12 student) read aloud a children’s picture book. He did a wonderful job with his animated voice and would make an excellent teacher.

Scholastic Book Club Parent Information:
For parents new to NASHS. Students can collect catalogues for Bookclub from the Library or their English Teacher. They order online through the Parent LOOP and the resources will be delivered to the Library for pick up. The Library does not collect money from students anymore. Search for school online is either NASHS or Albany North Senior High School.

Online Learning in the Library
Once again, students through Years 7 to 12 have been able to pursue learning through accessing online courses provided by the School for Isolated and Distance Education (SIDE), the Gifted and Talented program and the Great Southern Cluster. Altogether, there are thirty-five students undertaking more than fifteen courses; thirteen students are learning languages, most through SIDE (French, Italian, Japanese), and two students are learning independently (German and Polish). There is a range of ATAR courses being studied online too: Visual Arts, Physics, Biology, Modern History, Economics and Japanese.

During the first few weeks of the year, students learn to sign in to the Library, collect their headphones, login to their interactive lesson (SABA or video conference), get to know their teachers and access the online work. Students are well-supported by the Library staff at NASHS and by our Network Administrator Sunny Surath, and soon acquire the confidence and skills needed to manage their online learning in a responsible and effective manner.

Homework classes
Operate every Wednesday in the Library from 3.10pm until 4.30pm. Students are expected to stay the whole time and are provided with light refreshments from 3.10pm to 3.30pm. Parents are responsible for collecting their children at the end of the class.

BOOK AMNESTY: We are appealing to parents / guardians to have a serious look for overdue books from 2015. There are books out there in your homes to the value of approximately $2640, not being read. Most of these are really popular books that other students are waiting to read. A stock take has been done and bills will be sent home to replace lost resources in March. To avoid a fine, please return the books NOW! Thank you.
NASHS
CIRCLE OF VALUES

Be Proud
Be Safe
Be Respectful
Be Responsible
Be Kind
Be Your Best

Care & Diligence

Students First & Foremost