NASHS ANZAC DAY CELEBRATIONS

NASHS Student Councillors held an ANZAC Assembly to commemorate the ANZAC tradition on Friday, 11 April. Student Councillors also represented the school at the ANZAC March on 25 April.
Term 2 got off to a great start with a sensational visit from the West Australian Opera Company. Three singers, accompanied by a pianist and a stage manager, put on an amazing show for all music students. We were all so impressed with their incredible talent and the hard work that went in to the performance. Back in class we looked into the history of opera and just scratched the surface of the wide range of forms that opera can take today. Some students quickly became opera lovers while others weren’t so easily convinced, but one thing is for sure; we all agreed that opera is a truly impressive performance art!

Albany Schools Music Showcase

We are all so excited to be involved in this year’s Albany Schools Music Showcase at the Albany Entertainment Centre. Instrumental music students along with myself will be spending Tuesday, 17 June down at the AEC involved in a full day of rehearsals and preparations for the big concert that night. The concert, hosted by the School of Instrumental Music, will showcase the musical talent from Albany primary and high schools. Students from Years 4-12 will be performing music from a wide range of genres, featuring performances by the Albany Youth Orchestra, Albany Schools Concert Bands, Contemporary Ensembles, Albany Junior Strings, Take Note Choir, Classical Guitar Ensemble and solo performances. We would love to have the support of as many parents, relatives, friends and teachers as possible. Any profit made from the concert will go towards furthering music education in the Albany area; purchasing much needed equipment and providing meaningful learning opportunities for musicians of all levels. Tickets are available at the AEC Box Office and on the Ticketek website. (See Flyer elsewhere in this Newsletter)

Ensembles

After the Showcase, members of the various school ensembles have plenty more to look forward to. The Take Note Choir, under the direction of Miss Fiona Lemon, will be treated to a special workshop with The Winthrop Singers from UWA on 25 June here in the NASHS Performing Arts Theatre. This renowned choir travel all over the world performing a wide repertoire of music. We are delighted to have this opportunity to work with such incredible musicians.

The Concert Bands will continue their rehearsals after school. Concert Band 1 rehearses with their conductor Mrs Sandra Woonings at ASHS on Tuesdays. Concert Band 2 rehearses at NASHS on Mondays with myself conducting. Both bands are working hard and looking forward to camps and touring to some of the primary schools later in the year.

Recording Studio

We are thrilled to have Mr Bruce Aitken and Mr Mick Crannage with us this term to set up the recording studio and work with a great group of upper school students in the state of the art recording studio here at NASHS. These students are getting an amazing opportunity to gain real world skills and knowledge by working alongside these two industry leaders to compose and record their very own songs. Year 9 and 10 students will have the opportunity to get involved in Term 3 and 4. Stay tuned for exciting sounds coming from the studio!

A lot is happening in music and there is a lot still to look forward to. Thank you to all the wonderful parents for your support so far. We truly appreciate your efforts in getting the students to rehearsals, keeping up with their practice and everything else that goes with being the parent of a young musician. Students - keep up the great work! Stay musical ♫

(Courtney Lewis – Music Teacher)
PRINCIPAL’S COMMENT

There has been a lot happening in the first five weeks of Term 2, with an emphasis on academic achievement. Year 11 and 12 students have just completed their first set of exams and are now continuing with their course work; Year 10 students (and parents) are getting ready to make some very important decisions as they make subject selections for Year 11 in 2015; Year 8, 9 and 10 students are being reminded to complete all tasks and set work to ensure good results in their first semester reports. A number of students are also training hard for Country Week – and I am delighted to advise that once again we will be sending volleyball, soccer and speech teams to this competition.

I would like to acknowledge our hard working School Council and P & C. The P & C, led by President Dewani Dean, meets twice per term. The P & C is provided with an update on what is happening at NASHS and invited to comment on plans and future directions of the school. I encourage parents and caregivers to come along to the next meeting on Wednesday, 25 June at 5.00pm. The P & C also runs the monthly centennial markets. Funds raised through the markets benefit NASHS students directly. For example in 2013 more seating and shelter was provided for students. The P & C also sponsors the Endeavour Award. As you will see elsewhere in this newsletter, 45 students were recently presented with an Endeavour Award (certificate and prize voucher) for their academic efforts in Term One.

The parent representatives on the School Council – Tony Evers (Council Chair) Alison Sharpe, Cheri Muir, Rayeleen Tate and Jennifer Hood - also provide valued input and community feedback into our deliberations and discussions about NASHS performance and future directions. Recently the School Council has been progressing work on our application to become an Independent Public School (IPS). With two of our local intake primary schools already being IPS (Mt Lockyer PS and Little Grove PS), becoming an IPS ourselves will provide an even greater opportunity to for us develop a strong primary-secondary learning community in Albany.

In Term One, we said farewell to one of our long serving P & C and School Council members – Whitney Weaver. Whitney has been a member of the P & C and the P & C representative on NASHS School Council for several years. During this time Whitney’s contributions to discussions and her continued strong support for NASHS has been deeply appreciated and highly valued. Whitney still has a link to NASHS, through the Centennial Markets each month. Thank you Whitney!

Our primary-secondary transition program is well underway. In 2015 we will welcome two new cohorts of students to NASHS – Year 7 and Year 8. 2015 will be the first time that Year 7 students will be in high school. Members of our Student Services team are currently visiting primary schools to talk to students about enrolling at NASHS as well as providing information and answering questions about life at high school. Then in Term 3 the students will visit NASHS for a half day to experience some high school classes. This will be followed by a full day of orientation in Term 4. On 10 and 12 June we will be holding two parent information evenings and tours of the school for parents of current Year 6 and Year 7 students respectively. We are really looking forward to welcoming new parents and students to NASHS school community in 2015.

I hope you enjoy reading this edition of NASHS Newsletter!

Regards,

Sharon Doohan
PRINCIPAL
CONGRATULATIONS, STUART NEIL!

You will remember that in our February newsletter I highlighted the excellent results of our 2013 Year 12 cohort. One of those students, Stuart Neil, was recently advised that he has been invited to attend the World Science Conference in Israel in August, where he will mingle with Nobel Prize winners.

Congratulations Stuart!

NASHS IMPORTANT DATES—TERM 2 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues, 10 June</td>
<td>Year 6 Parent Night—5.30pm School Tour, 6.15pm Meeting</td>
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<tr>
<td>Thurs, 12 June</td>
<td>Year 7 Parent Night—5.30pm School Tour, 6.15pm Meeting</td>
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<tr>
<td>Tues, 17 June</td>
<td>Albany Music Showcase—Performance 7pm</td>
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<td>Wed, 18 June</td>
<td>Year 10 Parent Night</td>
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<td>Fri, 20 June</td>
<td>Reward Activity—Ten Pin Bowling</td>
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<td>Sat, 21 June</td>
<td>P &amp; C Centennial Markets</td>
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<td>Tues, 24 June</td>
<td>Interschool Volleyball Competition</td>
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<td>Wed, 25 June</td>
<td>P &amp; C Executive Meeting</td>
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<td>Thurs, 26 June</td>
<td>NAIDOC game Father/Son event</td>
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<td>Fri, 27 June</td>
<td>NAIDOC &amp; Country Week Assembly</td>
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<td>Mon, 30 June to Fri, 4 July</td>
<td>Country Week—Perth</td>
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P & C ENDEAVOUR AWARDS

Congratulations to the following students on receiving a P & C Endeavour Award at the Year Assemblies on Monday, 26 May. This award was presented to students who displayed a consistent and improved effort during Term 1.

Each student received a certificate and $20 voucher. Thank you to the P & C for sponsoring this Award.

Year 8:
- English: Connor Bristow
- Mathematics: Byron Sim
- Humanities and Social Sciences: Lachlan Matheson
- Science: Zoe Van De Laar
- Design and Technology: Dane Cody
- Home Economics: Heath Ramage
- Art: Bjorn Brill-Edwards
- Music: Ayla Plummer
- Physical Education: Amber Thomas
- Italian: Taneesha Jackson

Year 9:
- English: Abigail Brown
- Mathematics: Jeremy Thornley
- Humanities and Social Sciences: Tara Stewart
- Science: Ethan Dowdell
- Design and Technology: Justin Grocoe
- Home Economics: Keyra Bell
- Photography: Michaela Barker
- Art: Sandra Proksa
- Music: Tayla Robinson
- Physical Education and Health: Isobel Jones

Year 10:
- English: Heather Branson
- Mathematics: Jade Tate
- Humanities and Social Sciences: Lauren Kelly
- Science: Kristy Nostrini
- Design and Technology: Rielly Vincent
- Home Economics: Tahlia Bell
- Computing: Connor Menezies
- Art: Lavinia Bennell-Alymore
- Music: Nimue Taylor
- Health: Jack Steel

Year 11:
- English: Brynna-Trace Elphick
- Mathematics: Bianca Wiggins
- Humanities and Social Sciences: Cassandra Wiggins
- Science: Riley Martin
- Design and Technology: Declan Le Sueur
- Home Economics: Travis Golding
- Business: Erell Fuentebelia
- Art: Shannon Hill

Year 12:
- English: Bradley Bishop
- Mathematics: Amy Steicke
- Humanities and Social Sciences: Dominic Brain
- Science: Alison Wiggins
- Design and Technology: Brayden Gravestock
- Home Economics: Nic Cobb
- Business: Brittany Carson-Squire

2014 COUNTRY WEEK

40 NASHS students are training hard for this year’s Country Week in Perth.

Teams attending Country Week are:

- Boys Volleyball
- Girls Volleyball
- Mixed Soccer
- Speech & Debating

Country Week runs from 30 June to 4 July in Perth. Parents will be able to listen to the ABC radio for results.
SMART PHONE MOBILE APP

We are excited to introduce to our school community our new Smart Phone mobile app. The school Mobile App provides NASHS with an easy way to inform parents and carers everything they need to know about school news, newsletters, events calendar, cancellations, school notices, school information, school timetables via their smart phone.

We can send instant ‘push’ notifications reminding parents of events or notifying of excursion updates etc. Users of the App can also instantly phone, SMS or email the school from their phone. The App makes notifying the school of student absences a breeze. There are also links direct to our website and Facebook page.

The App is free and parents can download the App by searching North Albany SHS in the iTunes App Store and Android Market.

ATTENDANCE

Regular attendance is a priority of the Department of Education. The school requires parents/caregivers to provide a reason for all absences that their children have.

WHAT TO DO IF YOUR CHILD IS SICK?

Let the Absentee Officer or Front Office know on (98920611) and advise of the reason for your child’s absence. A student’s absence must be explained by the parent or caregiver not the student.

If you are unable to call before school commences at 8.50am, other methods of communication are email, note, SMS message, verbal discussion with the Absentee Officer or Front Office or write the reason for your child’s absence on the slip in the back of your child’s diary to give to Student Services. All notes can be given to the Absentee Officer at the Student Services window. A new exciting initiative that allows parents to contact the school is the smartphone app.

By downloading the free app to your phone parents are able to inform the school about a student’s absence as well as receive regular information on news and events. (Refer to article on this page.)

Please ensure that your contact details are updated at the Front Office so that we can contact you about unexplained absences.

(Andrew Harrison—Student Services Coordinator)

RISE AND SHINE YOUTH LEADERSHIP BREAKFAST

Recently Headspace Albany held the annual Rise and Shine Youth Leadership Breakfast at the Albany Entertainment Centre. Dominic Brain, Asha Healy, Airienne Spiddell and Annalise Gardner represented the NASHS Student Councillors at the breakfast and were among 50 young leaders from schools and the community who attended the breakfast.

As well as having a tasty breakfast students listened to advice, anecdotes and encouragement from “Optamus” WA’s “Godfather” of Rap and Hiphop.

Optamus (Scott Griffiths) coordinates workshops across West Australia for young people, encouraging them to use music and words to express themselves, as well as being an integral part of Perth’s hiphop scene. He has worked with and helped launch the careers of many well known performers such as Hill Top Hoods.

NASHS POSITIVE BEHAVIOUR SUPPORT IN SCHOOLS

When walking around the corridors of NASHS, it is most impressive to see and hear our students using good manners. Students are saying thank you, holding doors open, waiting for adults and peers to go first and generally displaying good manners which is great to see.

This combined with the cheery “Hi sir”, “good morning” type of comment help to make NASHS an enjoyable place to be.

A reminder that all NASHS students are to use appropriate and respectful language in class and around the school at all times.

ACT BELONG COMMIT

Now that winter is here it is easy to prefer to stay home and indoors where it is warmer, rather than going outside and being active. Winter is football, soccer and hockey time which are great team sports and Albany clubs are always looking for new members. It isn’t too late to get involved! Being part of a team is a great way to meet new friends and develop a social life which is a good way to keep mentally healthy.

Even if you aren’t into sport there are many youth groups in Albany looking for members. For more information see Mr Harrison in Student Services.

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Please ensure that your contact details are updated at the Front Office so that we can contact you about unexplained absences.

(Andrew Harrison—Student Services Coordinator)
YEAR EIGHT UPDATE

It has been a busy start to the term with Interschool Cross Country and a netball carnival in Katanning. Both events were well attended by Year 8s. Zac Adami and Dane Cody ran a fast race in the Cross Country to come 8th and 9th respectively and Stacey Smith came 7th. It was a tough course and I was proud of all the Year 8s who participated. A special mention to the Year 8 boys that I coached in Katanning—Mikael Philippus, Gerson Alforque, Damon Scott and Stephen Marshall. They joined up with 4 Year 9 boys to make a team. Their playing on court and behaviour during the day was excellent.

On Wednesday 21st May sixty Year 8 students danced the night away at the social. A big thank you to our six Year 8 Councillors who helped plan and decorate the PAT for the night—Olivia Gardiner, Jemma Hallett, Rachel Kent, Katelyn Russ, Kate Trayvilla and Anthony Turner.

A huge thank you to Mr Harrison, Ms. Dawson, Mr Ritchie and Allison Green for attending and supporting the event. Congratulations to Vanessa Oates and Callum Mortimer who won the prizes for dressed, and Rائد Hinks, Mackenzie Smith and Renee Turner who won the dance battle competition. Special mention to Angel Leonard and Emily O’Brien who danced very well and also received a prize.

Keep on nominating for interschool events and representing the school whenever you have the opportunity. Thanks to those Year 8s who have already made us proud this term.

(Susie Wood—Year 8 Coordinator)

YEAR NINE UPDATE

One of our school values is “Be Responsible”. Year 9 students are reminded that it is important to be on time for class. A few students are in the habit of getting side tracked by conversations with other students as they change class. When the siren goes to end a class it is important that students move off quickly to the next class so that you get the maximum amount of time possible in each lesson. It is possible to say a quick hello to someone and still get to class on time.

If students are late to class, they tend to miss the introduction to a lesson where the teacher gives out instructions and details on the day’s lesson. If this is missed it takes students a while to settle into a lesson as they don’t know what to do. As the teacher is busy establishing class activities they can’t provide assistance to the late student straight away.

At NASHS we want all Year 9 students to show the school value of “Be Responsible” by being on time to class and having the correct equipment.

(Peter Gray—Year 9 Coordinator)

YEAR TEN UPDATE

A lot of Year 10’s are working hard and making an effort to do their best to achieve their goals. There are still some however who think everything is going to come to them without any work at all. So here are some important messages for all students.

- Nothing comes about without commitment.
- To be successful in life and achieve goals, requires perseverance, determination, hard work, sacrifice, dedication and respect for authority.

This term Year 10’s will be working on Career Education in Humanities and Social Sciences (HASS). This will provide a good opportunity to reflect on past achievements and consider future goals and what is needed to get there. It is important for students to choose a career that suits their interests and abilities. Over the next few weeks Year 10s will be choosing their subjects for Year 11 and 12. Making the right choices will be very important as it will affect their future. Mr Cullen and the NASHS Counselling team will be able to help students make these decisions.

So Year 10’s now is the time to take control of your life and where you are headed in the future by working as hard as you can, doing your best and making good decisions. Good luck everybody in working towards your future.

(Lyn Peters—Year 10 Coordinator)

CHAPLAIN’S CORNER

For this first half of Term 2, Jennie has been away in Europe doing a number of different things, including visiting family, attending a training conference, and getting in some sightseeing travels at the same time! I am sure she will come back energised and excited for the second half of the term! In the meantime I have been picking up an extra day per week here at NASHS to make sure the same support is available for students and staff. This has made my life a bit busier, and is a good reminder of the importance of setting priorities and making good use of the time I do have. There are so many things around that can distract us from what we should be doing, that we need to be intentional to make our time count! Maybe you struggle to get your homework and assignments done because the TV, facebook, XBox, or Youtube keep you busier than they should. If you want to make sure the important things in your life do get done when they should be done, then you need to be conscious, intentional, and disciplined with how you use your time.

Speaking of priorities and using time for things that are important, one area in which we may be tempted to slack off is that of exercise. After quite a dry spell it has been great to get some rain, especially for those with farms or gardens! But although it seems that winter is upon us, I do hope you are still able to get out and about and keep up some form of physical exercise. For me this will mean planning in some bike rides during the week, which unfortunately I have let slip over the last few months! Get outside and enjoy the beauty of Albany!

Remember, you are always welcome to come and chat with us Chaplains or any other of the Student Services team here at NASHS. We are here for you!

(Ben Wyatt and Jennie Small—YouthCARE School Chaplains)
UNIVERSITY CAMP

On Sunday, 23 March at 10:00am, Mr Ritchie and Mrs Martin travelled up to Perth with 20 students in Year 10 for guided tours around four major universities. Around 3:30pm, we arrived at the camp site called Point Walter where we stayed in dorm style accommodation looking out over Perth city. This camp was organised to give us the opportunity to visit different universities and see what uni life is like.

On Monday, 24 March we went to UWA and had a two hour tour in the scorching heat of the campus, including the accommodation available for uni students. In the afternoon we went to Fremantle to visit Notre Dame but before the tour we were allowed to go shopping then Mr. Ritchie shouted us all ice-cream! Notre Dame had organised activities prepared for us; such as mini sports activities and an activity related to marketing. That night we got rugged up and ready for an outdoor cinema experience….only to find out on arrival that it had been cancelled for the night!

The next day we went to ECU (Mount Lawley) and WAAPA where we had a tour. Then later on in the afternoon we went to Curtin University where organised activities were conducted and we all had a lot of fun. At 3:30pm we left Perth to arrive home at 9:00pm that night.

The experience gave us an insight to what uni life is like and to help us decide whether to take the uni pathway. All of the universities had different environments which suit different people’s needs. This experience has definitely helped us with our future, giving us ideas of numerous courses available and scholarships that are offered for support. We thank Mr Ritchie and Mrs Martin for giving us the opportunity as it has helped us very much. There were a lot of laughs and memories made that we will always remember!

(Ily Trayvilla, Gerald Rimando, Keesha Fletcher and Steph Russ—Year 10 students)
In Term One, Year 8s travelled to the “dead centre” of Albany – the Memorial Park Cemetery. Here students explored the stories of the people at rest, and took part in a hands-on activity of recording the past by creating rubbings of interesting tombstones.

Year 9s also explored how history is represented by visiting the WA Museum Albany and the Brig Amity. They got to see the very impressive “Debt of Honour” exhibit and provided their own feedback on the museum and the Amity.

Year 10s celebrated the International Day of Forests by bussing it all the way over to the Valley of the Giants. Once there, they engaged with a guided tour of the tingle forest floor, got hands-on looking for bugs and other creepy-crawlies, before enjoying lunch on the Treetop Walk itself.

In Term Two, the Police presented information on the law and young people to the Year 9’s. We’ll be following this up with a visit to the local courthouse in mid-June which is something to look forward too!

Our Year 8s recently played host to some very special guests from the Uralla Wildlife Sanctuary. Students were thrilled to meet a range of local wildlife, and learn about the best ways to look after injured and orphaned animals.

Jessica McFarland

I graduated from NASHS in 2009 and I am currently in my final year of a Bachelor Science (Nutrition) degree at Curtin University.

When I finished Year 12 I still had no idea exactly what I wanted to study at university so I took a gap year off to work, save up some money and work out what I really wanted to do. I am very glad I did because I absolutely love my degree. Next year I hope to continue my studies and begin my Master of Dietetics degree. My interest currently is diabetes education and I plan to one day also complete a graduate certificate in Diabetes Education.

Studying at university has given me so many great opportunities; most recently I received the chance to go on a fully funded student vocational placement to Warburton. Warburton is an Aboriginal community about 1000 km Northeast of Kalgoorlie. We flew for two hours on a five seater plane, pictured, to get there which itself was an experience I never thought I would get. While I was there I got to observe what happens in a remote community health clinic which was a fantastic experience.

I recommend always taking opportunities when they present themselves; you never know where they will take you.

(Jess McFarland)
RY ELEVEN UPDATE

What is WACE? The Western Australian Certificate of Education (WACE) is awarded to senior secondary school students who satisfy various requirements. Generally, students will complete two years of secondary study to achieve the WACE although students are allowed to meet the requirements over a lifetime. Some students may enroll for an extra year of senior school to enable them to meet WACE requirements. The WACE has been known in the past as high school graduation.

Basically there are three requirements for Year 11 students to achieve their WACE.

**Breadth and Depth:** Where students complete a minimum of 20 course units where a WACE course such as English is made up of two course units i.e. 1A English and 1B English. This is the equivalent of ten subjects over two years.

The 20 course units must include: at least four course units from English and a pair of course units from each of List A (arts/languages/social sciences) and List B (maths/science/technology).

**Achievement Standard:** Where students achieve a C grade average or better across the best 16 course units of which at least eight must be completed in Year 12.

**English Language Competence:** Where students must achieve a C grade or better in a Stage 1 English course or higher.

So what does that mean for me as a Year 11 in 2014. “To increase my chances of achieving WACE I must apply myself and work hard in all my subjects in Year 11 otherwise I will need to work twice as hard when I am in Year 12.”

Mr Harrison and Mr Cullen will be looking carefully at the Year 11 Semester One results to determine those students who are at risk of not meeting the WACE requirements. If students are deemed at risk, parents will be contacted and students will be counselled accordingly.

If parents have any queries about WACE and their child’s progress they should contact Mr Harrison during normal school hours on 98920745.

(Andrew Harrison—Year 11 Coordinator)

YE TELVE UPDATE

Catch up with work missed, study hard, finish assignments, talk to your teachers. This is my message to the Year 12 students at the moment. Time is rapidly disappearing and before we know it, it will be October when students are doing final exams or preparing to leave. If students aren’t careful they can find themselves behind in their work with no time left to do it, which could result in poorer than expected grades.

It is important that all Year 12 students are working hard and aiming to get the highest possible marks that they can.

Many of the Year 12s are presently in training for Country Week in Perth. This competition is always popular and everyone always has a great time. I wish those competing all the best and particularly hope the volleyball teams go well. Usually I would take a volleyball team to Country Week but this year I will be away on leave. It is the first Country Week that I have missed for some time. In a way I wish I was going, I will be thinking of everyone over the week.

Good luck.

A reminder that on Wednesday afternoon we have a study group in the Library open to all students. It seems the group is getting bigger and bigger all the time which is great to see.

If parents wish to discuss the progress of their child in Year 12 I can be contacted during normal school hours on 98920745.

(Andrew Harrison—Year 12 Coordinator)
Chess club has started. At the moment we are playing friendly games and teaching new players. This happens on Monday, Wednesday, Friday Break 1 in the Library. After a few weeks we will have a competition with great prizes on offer. First Prize = $100 voucher, Second prize = $50, Third and encouragement award = $25 each.

NASHS students are now involved in the Middleton Beach Group ANZAC commemoration event. “Poppies in the Sand” is a community event to commemorate the departure of the ANZAC contingent of around 30,000 troops from King George Sound on November 1st 1914. 30,000 poppies like the three seen here are being made by volunteers. These will be placed in the sand at Ellen Cove during the November ANZAC celebrations this year, creating the number 30,000.

NASHS Students travelling to the Western Front in September, HASS classes and Library volunteers have started making the poppies. Some students are “Adopting a Soldier” and conducting research on their soldier. When it comes to the ceremony, students will dedicate the flowers they have made to their soldier.

HOMEWORK CLASSES/ ACADEMIC SUPPORT:
We now have an average of 30 students who regularly attend these sessions that operate in the Library on a Wednesday after school. A quick drink and snack are provided and then students study, complete assignments and homework supported by a variety of tutors from 3.15pm—4.30pm.
**NASHS SCHOOL NURSE**

**Asthma - what is it?**
As we breathe, air moves in and out of the lungs through branching airways. People with asthma have sensitive or 'twitchy' airways. When they are exposed to certain 'triggers' (e.g. cigarette smoke), their airways narrow making it hard for them to breathe. The three main factors that cause this narrowing of the airways are:

- The inside lining of the airways becomes red and swollen (inflamed).
- The muscle around the airway tightens.
- Extra mucus is produced.


**What are the main symptoms of asthma?**

- Wheezing - a high pitched raspy sound on breathing
- Coughing
- Shortness of breath
- Tightness in the chest

These symptoms vary from person to person, and from time to time within the same person. Some people have all the symptoms, while some may only have a cough or wheeze. Symptoms can also vary considerably in intensity.

For more information visit: [http://www.asthmawa.org.au](http://www.asthmawa.org.au)

We don’t really know why some people have extra sensitive airways and others don’t, but we do know that many people are born with a tendency to develop asthma. There is often a history of asthma, eczema or hay fever in brothers, sisters and parents or close relatives. Asthma can occur for the first time at any age.

There is evidence that contact with certain things, for example cigarette smoke during pregnancy and early childhood, increases the risk of developing asthma. For more information on smoking, pregnancy and asthma visit [www.smokefreebaby.org.au](http://www.smokefreebaby.org.au).

**Asthma and exercise**
Children with asthma should be encouraged to exercise or take part in sport, in order to strengthen their chest muscles and to keep fit. For some children, exercise may trigger an asthma attack. Children who cough, wheeze or become extremely breathless with exercise should be seen by a doctor.

Using reliever medication, prescribed by your Doctor, before exercise, will reduce symptoms for most children who have asthma.

It is important to teach children how they can prevent their asthma attacks by using a puffer. Guidelines for the management of asthma and exercise are available through the Asthma Foundation of WA website [www.asthmawa.org.au](http://www.asthmawa.org.au)

**Asthma – tips for parents**

- Find out and control or reduce trigger factors if possible, for example; by reducing exposure to household dust, or keeping pets outside.
- Keep your home and car smoke free.
- Watch for signs of asthma when your child has a cold. Be ready to start the asthma management plan as soon as symptoms appear.
- If your child is unwell, tired and not full of energy, check with a doctor to assess if asthma management needs to be improved or changed.
- Help your child to take as much responsibility as possible for managing his or her own asthma.

For more information visit [www.asthmawa.org.au](http://www.asthmawa.org.au)

**Asthma first aid**
Children with asthma can quickly become seriously ill. Asthma needs to be taken seriously. A child with a serious asthma attack may not sound wheezy, but may be pale, quiet and/or breathing with quick shallow gasps.

If a someone is short of breath and wheezing from asthma, follow his or her Asthma Management Plan, or these first aid steps:

**Step 1** - Sit the person upright, remain calm and help the person stay calm. Do not leave the person alone.

**Step 2** - Quickly give four puffs of a reliever puffer (blue puffer), one puff at a time. This is best given through a spacer. Ask the person to take four breaths from the spacer after each puff. Use the puffer on its own if no spacer is available.

**Step 3** - Wait four minutes. If there is little or no improvement, repeat steps 2 & 3.

**Step 4** - If there is still little or no improvement, call an ambulance immediately - 000.

- Continue to repeat steps two and three while waiting for the ambulance.

For more information about asthma and asthma first aid, go to [www.asthmawa.org.au](http://www.asthmawa.org.au)

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**SLIPS, TRIPS AND FALLS**

'Be Safe' is one of the core values of our school so in Term 2, Years 8, 9 & 10’s will be involved in school safety activities in their Monday contact time. Activities include discussion of a school safety poster, safety words, word sleuth, crossword puzzle and encouragement to report hazards around the school. Many students at NASHS work part time or will be in the near future, so NASHS is taking a proactive approach to educate students on workplace safety.

Thank you to Lisa & Gary Watson from Western Work Wear and Safety, Chesterpass Road, for providing prizes for the activities.

In Term 3 our focus will be on Electrical Hazards. (Janet McArtney—Workplace Health & Safety Representative)
2014 TERM DATES FOR STUDENTS

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Remaining School Development (Pupil Free Days) in 2014 for Government schools in the City of Albany are:

- Monday, 21 July 2014
- Monday, 13 October 2014
- Friday, 7 November 2014 (Albany Show Day)
- Friday, 19 December 2014

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.

Albany Light Opera and Theatre Company presents 'Let’s Shine Forever' is a variety show with the special guest stars, people living with a disability. This show has nostalgic and modern music involving skits, dancing, singing with special effects from sound and lighting. It follows the successful productions in 1998 ‘Let’s Shine’ and 2009 ‘Let’s Shine Again’ with all abilities enjoying stardom.

Planned music from Michael Jackson, Hairspray, ABBA, Olivia Newton John, John Farnham, Ghostbusters, Zumba and Gundam Style, to name a few.

A number of past and present students from ASESC & NASHS have already signed up for the cast.

The show will be the last two weekends in November, with rehearsals on Thursday night starting late August. If you would like to know more about the show call Janet McArtney - 98464211

The Albany Soapbox Club began back in 1962 and has continued to run strong in Albany for 52 years. It is a family orientated sport and is also very economical way for families to have their children participate in a club sport on a budget. Children begin racing from six years of age through to 17 years old, encouraging our future road users to learn vehicle skills, whilst having fun. Please contact our Club President, Trevor Hannig on 0437 025776 or email albanysoapboxclub@gmail.com for further information.

NEWSLETTER BY EMAIL

If you would prefer to receive the school newsletter in full colour edition via e-mail, then please complete the form below and return it to the front office as soon as possible.

Alternatively e-mail Sandra.Liddiard@education.wa.edu.au with ‘Newsletter by email’ as the subject. Thank you.

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Newsletter by Email

I _____________________________ would like to receive the Newsletter by e-mail rather than a hard copy being posted home.

_________________________________________ Signature

_________________________________________ Email address
A fun day of games, teamwork, design, presentations, and most importantly, learning, listening to, speaking and writing in the Japanese language was had by 150 students from NASHS, Mt Barker Community College, Mt Lockyer Primary School, Little Grove Primary School and Mt Manypeaks Primary School on Monday 19 and Tuesday 20 May.

A team of presenters from Perth (Education Department and Hyogo Prefecture Government Cultural Centre) and Sydney (Japan Foundation, Sydney) engaged students in listening, speaking, and writing Japanese in an interactive and fun presentation based around the theme of ‘Obento: Japanese Packed Lunch’. Students learnt about the different types of Obento, how a well-balanced Obento including making it with love, using healthy and colourful ingredients only – no sugar, while ensuring hygiene is maintained. In teams, students designed their own Obento in such a way to promote the local area through produce and its attractions.

The highlight for many students was putting together their own Obento lunch consisting of teriyaki chicken, rice and a variety of fresh vegetables kindly cooked by teacher, Jeff Cronin.

The day ended with the ‘Obento Expo’ held in NASHS Performing Arts Theatre. Students needed to work together using their newly learnt Japanese to convince the judges to come to their booth to look at and ask questions about the Obento their team had designed. The team with the most signatures from the judges were the winners.

(Tina Dawson—Japanese Teacher)
Congratulations to Amber Thomas and Lochie Matheson—Year 8 students
Saturday, 26 April was the final day of Art in the Park at the Porongurups National Park. Two Year 8 NASHS students Amber Thomas and Lochie Matheson entered the ten day long Art competition and came in second by public vote in the Youth section, winning $400 for their efforts.

“Running Out of Time” was inspired by the strong environmental message by the event organizers “The friends of the Porongurups Range”.

Amber and Lochie are already planning next year’s entry, anyone interested in the competition can contact Judy O’Neill on 9853 1212.

Congratulations to Jesse Venus—Year 12 student
Jesse Venus recently took out first place in the Art category of this year's Headspace Albany Youth Week competition. His stunning spray paint on canvas artwork was a stand out. His work and all the competitors work were on display at Open Access.

NASHS Students Achieve in Sport

Best Players in Hockey—Josh Vanni, Mani Giuntoli, Sam Steel and Jemma Owen.

Cross Country—Stacey Smith

Cross Country—Sean Haddleton and Charlie Richardson-Cronin

NASHS 2014 Cross Country Winners