In the last week of first term North Albany SHS held the annual school ANZAC Assemblies for the school community. The Student Council ran two assemblies, one for lower school and one for senior school, providing information about the ANZAC tradition and an explanation as to why we commemorate ANZAC Day. The students presented a moving ceremony that involved laying the wreath and the playing of the last post. I am proud to say that all students present at these assemblies were courteous, quiet and well behaved, displaying the NASHS Values—Be Respectful and Be Your Best.

On 25 April, 14 students represented NASHS at the ANZAC march and ceremony. The day started off wet and gloomy and throughout the morning it threatened to rain, however the wet weather held off and all remained dry. It was great to see our students participating and proudly representing their school in such an important event.

A special mention goes to Year Ten Student Councillor, Anthony Turner and Year 12 School Captain, Carl Evers, who attended the Dawn Service. Carl played the Last Post and Revaille at the Dawn Services.
In our endeavour to provide engaging learning spaces and comfortable student facilities, there will be a number of projects around the school over the next 18 months. So far this year we have purchased $35,000 worth of furniture distributed amongst classrooms in English, HASS and Maths. At the beginning of Term 3 we will have another computer laboratory ready to go in the Year 7 block. Our Japanese garden is almost complete and will provide a place of quiet contemplation for students. Permanent goalposts have been installed on the netball courts. Some new seating has been placed around the school for students to use at break times and the Library has been transformed with new furniture. Our next project is to convert the recreation room adjacent to the gym into a fitness centre, provide new Physical Education storage facilities and a shaded area for students at the western end of the gym.

An important role of NASHS School Board is to monitor the performance of the school. 2015 achievements and highlights were presented to the board at their recent meeting. An overview can be found in the NASHS 2015 Annual Report, a copy of which is available on our web site. At the May meeting I was also pleased to advise that our attendance data for Term 1 2016 was a vast improvement on Semester 2 2015. As you can see from these graphs, the percentage of students attending regularly (blue) has increased while the percentage of students at risk of not succeeding due to poor attendance (purple) has reduced. This is good news. However there is still a way to go before all students are attending regularly. Regular attendance is necessary for students to achieve success.

In 2006, the P & C first started lobbying for a children’s crosswalk on Albany Highway near Anson Rd. What has been a long term campaign by a number of committed parents, has been rewarded with the recent announcement that a children’s crossing, manned by a traffic warden, will be placed on Albany highway near TAFE. The P & C also runs the school canteen. This term students have been treated to a delicious new winter menu which includes soup, toasties and burgers. A copy of the menu is in this newsletter. Please encourage your child to purchase their lunch at the canteen. Canteen Manager Debi and her team are keen to work with our students to provide a wholesome menu.

We recently have welcomed two new teachers to NASHS. Mrs Jade Maiolo has joined our Year 7 team of teachers and this week Mrs Emmaneni commenced a program of specialist literacy support for selected students in Year 7-10.

NASHS newsletter is an important way of communicating with our school community. However with the increasing use of social media (NASHS face book and SMS), email and our web site, we are planning to alter the way our newsletter is presented. We are considering more frequent and shorter newsletters combined with more regular updating of our web site. I am very keen to know your thoughts about this proposed change. Please email us at NorthAlbany.SHS@education.wa.edu.au with your ideas.

Regards,

Sharon Doohan
PRINCIPAL

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.

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

<table>
<thead>
<tr>
<th>Subject Area</th>
<th>Teacher</th>
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</thead>
<tbody>
<tr>
<td>Mathematics (HOLA)</td>
<td>Jo Stevens</td>
</tr>
<tr>
<td>Science (HOLA)</td>
<td>Rachel Richards</td>
</tr>
<tr>
<td>Humanities and Social Sciences (HOLA)</td>
<td>Alison Grice</td>
</tr>
<tr>
<td>English / LOTE (HOLA)</td>
<td>Mark Ruffell</td>
</tr>
<tr>
<td>Physical Education / Health (HOLA)</td>
<td>Kylie Rennie</td>
</tr>
<tr>
<td>Technology &amp; Enterprise / Art (HOLA)</td>
<td>Peter Gray</td>
</tr>
<tr>
<td>Library</td>
<td>Pippa Williams</td>
</tr>
<tr>
<td>Visual Art</td>
<td>Matt Marchment</td>
</tr>
<tr>
<td>Home Ec</td>
<td>Bronwyn Day</td>
</tr>
<tr>
<td>Business Ed, Workplace Learning &amp; VET Coordinator</td>
<td>Pamela Greenhart</td>
</tr>
<tr>
<td>Learning Support Coordinator</td>
<td>Tracy Myers</td>
</tr>
</tbody>
</table>

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

Manager, Corporate Services: Keely George
NASHS students recently attend the 2016 Science Rocks Career Expo at the Albany Marina Boatshed. The Career Expo was organised by the Great Southern Science Council and sponsored by Southcoast Natural Resource Management, National Landcare, Regional Development Australia, Western Australian Museum, UWA and Bendigo Bank.

During the morning students listened to keynote speakers, Stephanie Yoong and Shyam Drury. Stephanie's field of expertise is Biological Anthropology. She currently teaches Human Biology at UWA and Forensic Anthropology at Murdoch University. Shyam Drury is the Maths Multiplier at Scitech, a STEM museum in Perth. He works in the museum and around the country, promoting the importance and beauty of maths to school teachers, students and the general public. He understands how much the power of mathematical thinking benefits people in all aspects of their lives.

Students listened to short talks delivered by various scientists. Each Scientist shared their passion for science in four minutes. These Scientists’ interests included aquatic macro-invertebrates, Ornithology, Geology, production animals, marine science and Mycovative (exploring the biotechnology applications of fungi). Later the students were split into three groups to talk to each of the scientists during the Discovery sessions that ran throughout the rest of the day.
NASHS Cross Country was held on Friday 29th April 2016. The Year 10-12 event enjoyed perfect weather conditions and a fantastic level of participation. The Year 7-9 event saw equally fantastic participation, but the weather was not as wonderful. Despite the rain, several individual and relay records were broken on the day.

2016 NASHS Cross Country Results:

Year 7 Girls—
Champion: Ksharna Coyne
Runner-Up: Imogen Sivwright
3rd Place: Tegan Simmonds

Champion Team:
Ksharna Coyne, Imogen Sivwright, Willow Hill, Tegan Simmonds (new record)

Year 7 Boys
Champion: Connor Pettley-Grey (new record)
Runner-Up: Harley Webb
3rd Place: Levi James-Wallace

Champion Team:
Cameron Pettley-Gray, Connor Pettley-Gray, Josh D’Aprile, Xavier Brenton-Reed

Year 8 Girls
Champion: Molly Bowles
Runner-Up: Freya Richardson
3rd Place: Kerri Williams

Champion Team:
Molly Bowles, Charlotte Musk, Freya Richardson, Taleah Ugle (new record)

Year 8 Boys
Champion: Peter Godwin
Runner-Up: Arlo Goldsmith

3rd place: Chad Myors
Champion Team:
Arlo Goldsmith, Chad Myors, Peter Godwin, Uluka Luscombe

Year 9 Girls
Champion: April Oreo
Runner-Up: Georgia Crosby
3rd place: Sophie Tate
Champion Team:
Georgia Crosby, Sophie Tate, Sade Collinge, April Oreo

Year 9 Boys
Champion: Jimmy Duncan
Runner-Up: Kyle Kowalski
3rd place: Henrick Alforque
Champion Team:
Jimmy Duncan, Kyle Kowalski, Darcy Sanford, Lachlan Cox

Year 10 Girls
Champion: Stacey Smith
Runner-Up: Hayley Hulm
3rd place: Aleesha Narke
Champion Team:
Aleesha Narke, Stacey Smith, Felicity Rowe, Emerson Butterworth

Year 10 Boys
Champion: Lachlan Clayton
Runner-Up: Jordan Pinner
3rd place: Raiden Hinks
Champion Team:
Lachlan Clayton, Halem Collinge, Broady Linthorne, Jack Steel

Year 11 Girls
Champion: Naomi Golledge
Runner-Up: Emily Hulm
3rd place: Charlize Van der Mescht

Year 11 Boys
Champion: Sean Haddleton
Runner-Up: Sam Thomason
3rd place: Halem Collinge

Year 12 Girls
Champion: Ruth Devos
Runner-Up: Hannah Loynes
3rd place: Dakota Green
Champion Team: Dakota Green, Maddie Robinson, Naomi Golledge, Ruth DeVos

Year 12 Boys
Champion: Broady Linthorne (new record)
Runner-Up: Craig Wiggins
3rd place: Jack Steel
Champion Team:
Broady Linthorne, Halem Collinge, Jack Steel, Sean Haddleton

Dream Teams
The dream team relay event is open to all students and can be made up of a mixture of age groups.

Boys Dream team:
Broady Linthorne, Corey Linthorne, Jack Steel, Halem Collinge (new record)

Girls Dream team:
Molly Bowles, Freya Richardson, Imogen Sivwright, Aleesha Claybrook (new record)

(Kylie Rennie—Physical Education Teacher)
**ATTENTION PARENTS:**

The first day back for Term 3 for both students and staff is **Monday, 18 July** 2016.

**STUDENT SAFETY**

**Congestion in NASHS Car Park**

Parents who collect their children at the end of the school day will know that Anson Road and NASHS car park becomes very congested. The combination of cars, students on bikes, students walking along Anson Road and school buses means we all have a responsibility to take great care. Thank you to everyone for looking out for the safety of our students.

Usually by about 3.15pm the school car park and Anson Road is free flowing. Parents who do not need to pick up their child right at the end of the school day, are asked to please consider arriving about 3.15pm. This will help to decrease the congestion between 3.00pm and 3.15pm.

**DENTAL THERAPY CENTRE HOURS DURING SCHOOL HOLIDAYS**

Spencer Park Dental Therapy Centre will be open for most of the July school holidays. We will be closed from Monday, 11 July until Wednesday, 13 July inclusive. If your child develops an urgent dental problem during this time please contact Mount Barker Dental Van on 0437 486 143 between 8.00am—4.00pm. For non-urgent enquiries please contact Spencer Park Dental Therapy Centre when we re-open on Thursday, 14 July. If you would prefer an appointment during school holiday times please call us as soon as possible to make arrangements.

All appointments are sent to your home address. If you have moved in the last few years we may not have your correct address and your child will miss out on their check-up, please contact us to update your details either by phone: 941 3967 or e-mail: spencerparkdtc@dental.health.wa.gov.au

**NASHS IMPORTANT DATES—TERM 2 2016**

| Mon, 6 June | WA DAY HOLIDAY |
| Tues, 7 June | Outdoor Education Land Day Trip |
| Wed, 8 June—Fri, 10 June | GSA Camp—Southern Challenge Esperance |
| Tues, 14 June | Year 6 Parent Night 5.30pm to 7.00pm |
| Tues, 14 June | Eagles Cup Footy Years 7—8 |
| Thurs, 16 June—Fri, 17 June | Year 10 Outdoor Education Camp |
| Wed, 22 June | GSA Football game in Katanning—Years 7—10 |
| Wed, 22 June | Interschool Volleyball—12.30pm—3.30pm |
| Wed, 22 June | P & C Meeting 5.30pm |
| Fri, 24 June | Whole School Assembly |
| Mon, 27 June—Fri, 1 July | School Sports WA Countryweek |
| Mon, 18 July | Term 3 resumes for both students and staff |
| Thurs, 28 July | Australian Maths Competition |
| Fri, 29 July | Whole School Assembly |

**INTERSCHOOL CROSS COUNTRY**

The GSSSSA Interschool Cross Country competition was held on Tuesday, 17 May at Great Southern Grammar School. NASHS entered 60 students in the Interschool competition, and we placed third overall.

All students performed well, of particular note are:
- Sean Haddleton won the Year 11 boys division and achieved the fastest 5km time of the day across all divisions.
- Broady & Corey Linthorne crossed the finish line together recording exactly the same time. The timing equipment gave champion to Broady and runner-up to Corey.
- Kyle Kowalski won the Year 9 boys division and achieved the fastest 2.5km time of the day across all divisions.
- Harley Webb was runner-up in the Year 7 boys division.
- Ksharna Coyne was runner-up in the Year 7 girls division.

The following students also excelled:

**Top 5 performers:**
- Imogen Sivwright
- Molly Bowles
- Ruth de Vos
- Peter Godwin
- Freya Richardson

**Top 10 performers:**
- Connor Pettley-Gray
- Willem Freebury
- Kerri Williams
- Georgia Crosby
- Isabel Garnett
- Jack Steel
- Arlo Goldsmith
- Helen Godwin
- Apryl Oreo
- Jordan Pinner
- Halem Collinge

(Kylie Rennie—Physical Education Teacher)
It is important to be at school every day.... To get the most out of a good education, children need to go to school and attend every class every day. School attendance has a major influence on educational outcomes. Students who attend school regularly are more likely to achieve better results at school and are more likely to complete their schooling.

Parents can make it easier for their child to attend school by having a positive attitude to learning and education.

Poor school attendance patterns can start as early as Year 1. It is important that from the first day of school parents set an expectation that their children will be at school every day. Missing an average of ten days of school a term adds up to missing two full years of schooling by the end of Year 10.

It is important to remember that all Australian States and Territories have legislation in place that requires parents to ensure their children attend school. These laws apply to all students in government and non-government schools.

Tips for parents to support school attendance.
- Talk positively about attending school and learning.
- Help your child get into a stress free routine for getting ready to go to school. For example all books and files should be in the student’s bag the night before.
- Help your child to get ready for school in the morning. Talk about what subjects they have that day.
- Talk about the positive social of the school environment:
  - Friends
  - Favourite classes
  - Favourite teachers
- Talk with your teenager about their long term goals and dreams and how school can help them achieve these.

My Child Has Been Sick
Now that winter is here so too are the related coughs and colds. A reminder to all parents that a note, phone call, text or email needs to be provided to explain student absences. This communication is ideal for short absences due to illness however if a student is away sick from school for a prolonged period a medical certificate should be provided.

NASHS positive approach to behaviour and school values
At NASHS we believe that everyone, staff and students, has the responsibility to contribute to a supportive and engaging learning environment by being positive, courteous and respectful to all. This means that we base all that we do on the five NASHS School Values: Be Safe; Be Respectful; Be Responsible; Be Kind and Be Your Best.

Recently an external body representing the Education Department completed a survey of staff and students examining the school’s positive approach to behaviour. The results of the survey were pleasing. In particular one result identifying that over 70% of the school population can name our NASHS Values stood out. Although this is great news and worth celebrating, throughout the remainder of the year the Positive Behaviour Team will be promoting the school values. When the next survey is completed we are aiming for over 80% of the school population being able to name the NASHS Values. Do you know the five NASHS Values?

RAC Education Program
NASHS recently held an RAC talk for all Year 10 students on road safety as part of the Resilient Drivers Program. The program is designed to help keep students safe on the roads by influencing risk reduction, increasing resilience and encouraging responsible behaviour.

Our students participated in the “Back Seat Driver” program which highlights the role of young people as passengers in vehicles. It provides an opportunity for students to explore and identify the part they play whilst travelling in a car.

The presenter discussed:
- The role of passengers in vehicles.
- Strategies for travelling safely in vehicles.
- Information and activities on speed, seatbelts, fatigue, alcohol, drugs and distractions.

The presentation was informative, thought provoking and links closely to the Keys For Life program delivered as part of the Year 10 Health program.

(Andrew Harrison—Student Services Coordinator)
THOUGHTS FROM THE SCHOOL PSYCHOLOGIST

Hello everyone, I hope you are having a fantastic term two!

Peer pressure is a normal part of children and young people’s lives. The need to belong is so strong, particularly in adolescence, that the consequences of not being able to go along with the peer group’s beliefs and preferred behaviours may bring about embarrassment and isolation.

What is peer pressure?
When a child or young person’s friends, classmates or sports teammates try to influence how they act, or dare them to do something, it’s called peer pressure. This influence increases as children and young people grow older and reach adolescence. There are different ways a child or young person may experience peer pressure ranging from direct, open pressure, to more subtle and non-confrontational pressures to think and act like everyone else.

Peer pressure is the influence a peer group has on its members to fit into a particular way of thinking and behaving.

What is the impact of peer pressure?
Despite the risks, peer groups remain an essential part of your child’s development because they can help your child to:

- Learn how to be independent.
- Take positive risks and test out values and opinions of others.
- Test out their strengths and limitations.
- Feel safe and boost their self-confidence.
- Explore new and positive things including music, clothing, hobbies, sports and other interesting activities.
- Feel understood and accepted by others going through the same stage.
- Improve their ability to make personal choices.

Some of the common pressures children and young people may experience from negative peer pressure include:

- Pressure to try drugs including alcohol or cigarettes.
- Pressure to engage in sexual activity, either by a partner or friends.
- Cheating on tests, copying assignments or letting others copy their work.
- Skipping school for the day to do something else with friends.
- Pressure to dress a certain way that doesn’t feel comfortable or appropriate.
- Pressure to not be friends with certain people or to ignore or not include certain people in social situations.

How do I as a parent assist my child or young person to deal with peer pressure?
Below are some suggestions you may find helpful in supporting children and young people in relation to unwanted peer pressure:

- Always keep the communication line between you and your child open, allowing them to come to you for help and advice when they experience peer pressure.
- Help them understand the values that are important in making decisions and remind them to think about the possible consequences of their choices.
- Encourage your child or young person to ‘choose their friends wisely’ – if they choose to be with peers who behave responsibly, then they are likely to act in the same way.
- Teach your child or young person how to be assertive in a respectful but firm way. Good friends should accept them for who they are and respect the positive choices they make.
- Show your child or young person that you trust them. If they make a mistake, be patient and discuss with them how they could do better next time.
- Support your child or young person to be confident and true to themselves and take time to show them you care.

Studies show children and young people who are supported by family members are less likely to be affected by negative peer pressure.

This information is from the Kids Helpline Info for Parents- https://kidshelpline.com.au/parents/tips/coping-with-peer-pressure/

If your child or young person needs some support to deal with peer pressure, encourage them to talk to someone. Here at student services we have a team of people with a variety of skills to support young people! Encourage your child or young person to seek help from either their year coordinator, one of the chaplains, the school nurse or school psychologist.

Take care and be kind to yourself and others.
(Amy Gostelow- School Psychologist)
YEAR SEVEN UPDATE

The Year 7 Student Councillors have been selected. Due to the overwhelming response we had from so many students, they were asked to complete an extra written activity as part of the selection process. Students were to create a program to keep M Block clean. There were many fantastic ideas that the new councillors will try and implement in the near future. A huge congratulations to our 2016 successful Year 7 councillors,

Xavier Brenton—Reed, Tahlia Stewart, Cheyenne Ashton, Joshua D’Aprile, Joshua Petty, Jasmine Haydock, Kaila Bellotti and Grayson Green

I am confident you will represent yourself, your classmates and your school well.

As a group, the Year 7s are doing a fantastic job of coming to school in uniform, although as it is getting colder there are a few students wearing black jumpers. If you do not own a school jumper, then you must wear a plain red or grey jumper (these can be obtained cheaply in town).

Year 7 attendance is also generally excellent. Please make sure that all absences are explained with a note from home. Notes are required by the school for accurate records, but will also prevent you from losing your Good Standing status if the absence was legitimate and explained.

An exciting opportunity that is currently being offered to current Year 7 students is a trip to Sydney and Canberra to take place next August (2017). The trip is being coordinated by Mr Adam Tetlow (NASHS Year 7 teacher), who has extensive experience in organising similar trips. The trip is limited to 50 students and expressions of interests have gone home for students to think about. This year’s group filled up quickly, as it is a fantastic and exciting opportunity for students to take advantage of, and I’m sure interest in next year’s trip will be the same.

Year 7 students have recently changed their specialist subjects. This has created an air of excitement and expectation as students are experiencing all that high school has to offer. Another major event that occurred recently was the NAPLAN test sat by all Year 7 students. It was great to see that our students took the test seriously and tried their best. Please encourage and support your child to keep up the hard work.

(Rebecca Gallimore—Year 7 Coordinator)

YEAR EIGHT UPDATE

Year 8 at NASHS has continued to be very busy. Students have had the opportunity to participate in many school and interschool events already this term. Congratulations go to our interschool and state cross country runners. The Year 8 group were very strong at the interschool with 7 of our 11 runners finishing in the top ten.

As a group, the Year 8s are doing a fantastic job of coming to school in uniform, although there are still a few students wearing black jumpers. If students do not own a school jumper, they must wear a plain red or grey jumper. Year 8 attendance is also generally excellent. Please make sure that all absences are explained with a note from home. Notes are important as they are required by the school to ensure that attendance records are accurate. A consequence of a student not returning notes may be that they lose good standing meaning they wouldn’t be able to participate in our Year 8 acknowledgement activity (scheduled for early Term 3).

Final preparations are taking place for the Year 8 Sydney/Canberra Trip to take place this August. The trip is being coordinated by Mr Adam Tetlow (NASHS Year 7 teacher), who held an information meeting on Friday, 20 May. If you missed this meeting, please contact Mr Tetlow. If you have paid your deposit and have since decided not to send your child, please contact Adam as soon as possible, as there are still students on the wait list.

(Kylie Rennie—Year 8 Coordinator)

YEAR NINE UPDATE

Year 9’s are breathing a bit easier following the completion of NAPLAN testing. It can be a daunting time for some students. However the students handled their final NAPLAN tests extremely well and in a positive manner.

Planning is underway for the Semester One Acknowledgement Activity. I am hoping that we are able to invite as many, if not more students as we did last year. The students will be considered for the event by:

- Attending regularly (90% attendance or 85% attendance with no unexplained absences)
- Wearing the correct uniform
- Not having any behavioural incidents

Year 9’s as a cohort have been very good to date in regards to wearing the appropriate uniform. However, as we have started to experience the cooler weather, I have seen an increase in the number of jumpers that are not school colours. If parents could remind their children to wear the correct school uniform it would be greatly appreciated.

(Dan Smith—Year 9 Coordinator)
YEAR TEN UPDATE

It’s great to see our Year 10 students applying the NASHS School Values in the many aspects of their school life. Here are just a few examples that I have witnessed in the last month. During the NASHS Cross Country, Jordan Pinner stopped and assisted a fellow competitor making sure that he was okay and that help was on its way. Olivia Gardiner, helps out with Breakfast Club once a month as one of her roles as Student Councillor. Olivia turns up to help even when she is not rostered on. These are examples of behaviour that make me proud to be a teacher at NASHS!

Also I have noticed in the Year 10 cohort that school colours are being worn, good behaviour both in and out of the classroom has increased and participation in all school activities is also on the rise. A number of students have achieved outstanding results in the Swimming and Cross Country Interschool Carnivals. It was good to see NASHS students representing the school in such an important event in Albany. Congratulations to all.

Students are reminded that this is an important year in making the transition to Senior School (Year 11 and 12). To assist with this transition I would encourage students to ask their teachers for help if they are finding some of the tasks and assessments difficult or confusing. Most likely they will find that they are not the only one in the class who is having the problem. This may require students seeing their teacher at another time if questions can not be resolved in their class at the time.

I also encourage all students to take advantage of Wednesday after school homework classes. These provide students with the opportunity to catch up on work using the facilities and resources in the library as well as speaking to one of the supervising teaching staff who are there to help. Many students already take advantage of this program.

Selections for Senior School courses in 2017 will commence soon and further details will be provided to students and parents to assist with the selection process.

(Susie Wood—Year 10 Coordinator)

YEAR 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 (Year 11 and Year 12) to achieve the WACE although students are allowed to meet the requirements over a lifetime. Some students may enrol 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:
- Completion of a minimum of 20 units or the equivalent. This requirement must include at least:
  - 10 units or the equivalent at Year 12
  - two Year 11 units from an English course and one pair of Year 12 units from an English course
  - one pair of units completed in Year 12 from each of List A (arts/languages/social sciences) and List B (mathematics/science/technology)

Achievement Standard:
- 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.
- Completion of at least four Year 12 ATAR courses or of a Certificate II (or higher) VET qualification

English Language Competence:
- Completion of at least four units of an English course post-Year 10 and studied over at least two years.
- Demonstration of the minimum standard of literacy and numeracy. (The literacy and numeracy standard can be met either through the Online Literacy and Numeracy Assessment (OLNA) or by achieving Band 8 or above in the associated components of reading, writing or numeracy in the Year 9 NAPLAN tests)

So what does that mean for me as a Year 11 in 2016. “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.”

Ms Dawson, Mr Cullen and Mr Harrison 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 Cullen during normal school hours on 98920611.

(Mr Harrison—Student Services Coordinator)

YEAR TWELVE UPDATE

Recently I have had a number of students who are feeling stressed come to see me to ask for advice. It is not uncommon at this time of the year for Year 12 students to feel under pressure and as I say to all of these students "You are not the only one feeling like this, so don’t feel that you are different and out on your own. It is quite common." I then talk to the students to evaluate their situation and provide what I hope is useful advice.

The advice I give is this:
- Tell your teachers if you don’t understand. Let them know you are feeling under pressure and ask them for help.
- Be organized. Ensure that you are spending equal time on all subjects and meet deadlines.
- Revise and study. But don’t burn yourself out. Short intense periods of study with breaks are better than five or six hour marathons.
- Don’t’ leave things to the last minute. Set up
realistic timelines so that assignment deadlines are met and you aren’t continuously trying to catch up. There is nothing more difficult than a Year 12 student trying to complete a whole year’s subject course in the last few weeks of the year.

- And my final piece of advice is don’t give up.

Although the year is shorter for our Year 12 students and we are half way through Term Two there is still time for students to work hard, catch up and achieve good grades.

I would strongly urge all parents with a student in Year 12 to talk with them to see how they are travelling and if any support needs to be provided. Two essential questions that you can ask are: “Have you completed all of your assignments in all of your subjects?” and “Have you talked to your teacher?”

Parents wanting advice or further information are more than welcome to contact me during normal school hours on 98920745 and students can catch me in Student Services on most days.

(Andrew Harrison—Year 12 Coordinator)

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Winter is upon us and time to keep warm. The new quadrivalent influenza vaccine is available to adults and school students with chronic conditions so please see your local doctor or chemist for details and reduce risk of absenteeism. If your child has a cough or a cold encourage them to eat healthy by eating foods with vitamin C, keep warm and use appropriate hygiene to reduce risk of spreading the germs around—maybe put a packet of tissues in their bag or give them vitamin C tablets before school as a prevention. If your child is asthmatic please be sure to check they have a puffer in their bag as winter puts them at higher risk of an asthma attack, even if they haven’t had one for several months.

Also please be aware that if your child becomes unwell at school the best place for them is at home and you may need to come and collect them. We don’t have a sick bay for these students and the nurse is not always available to look after them. Please ensure your contact details are up to date so office staff can either get hold of you or someone who is able to collect your child on your behalf.

This term I will be presenting “Core of Life” to Year 9 students as part of their health curriculum, so you may have your son or daughter asking questions about their birth or whether they were breastfed. To increase student’s awareness around pregnancy, birthing and parenting this program also involves students seeing a birth video. If you have any questions I am happy to explain the program.

Glandular Fever:
Glandular Fever is an infectious disease which is common in teenagers and young adults. Glandular fever is caused by an infection with Epstein—Barr virus. The virus is transmitted through saliva and can be passed from person to person through:

- Kissing (which is why it is sometimes known as the ‘kissing disease’), coughing and sneezing, which spread the virus in airborne droplets
- Sharing eating and drinking equipment like cups, glasses and eating utensils.

It takes one to two months from the time of infection for glandular fever to develop. A person with glandular fever is contagious for at least two months after the time of infection—some people may remain infectious for up to 18 months.

(Cathy Watson—School Nurse)
HOMEWORK CLASSES are proving popular with about 40 students attending on Wednesdays after school. Students enjoy an afternoon snack at 3.15pm followed by tutoring from 3.30pm - 4.30pm.

At the beginning of Term 2 students were delighted to see new furniture in the Library. This was part of a continuing make over of NASHS Library to create engaging learning spaces for our students.

CHESS CLUB HAS STARTED
Every Break one. Come and join up. Fun games to begin with, great prizes for competition players. Top 20 players may go to the Regional Championships in Mount Barker.
KIDS AND READING REPORT
In late 2015, Scholastic, in conjunction with YouGov, conducted a survey to explore family attitudes and behaviours in Australia around reading books for fun. The full report is available at:


The State of Kids & Reading
It is also well known that reading improves a student’s academic performance. So parents please encourage your child to read.

- More than half of children aged 6–17 (58%) believe reading books for fun is extremely or very important and 60% of kids also say they love reading books for fun or like it a lot.
- Just over one-third of children aged 6–17 (37%) report they are frequent readers, with kids aged 6–8 being the most likely to read 5–7 days a week.
- An overwhelming majority of kids aged 6–17 agree that their favourite books—and the ones they are most likely to finish—are the ones they pick out themselves.
- Above all, children aged 6–17 want books that make them laugh, and what parents want in books for children is often the same as what kids want for themselves.
- Children of all age groups agree: their favourite books—and the ones they are most likely to finish—are the ones they pick out themselves.

On Thursday, 24 March, Ms Powell’s Year 9 HASS class travelled to the national ANZAC centre in Albany. The class had been learning about the causes of World War I and found the excursion very beneficial to their studies. Another section of the excursion was looking through the Interpretive Centre. We were each given a card with a photo of a soldier from World War I as well as a pen so we could listen to various reflections. With our pen and card we each journeyed our soldier’s lives. The tour was extremely interactive and gave us an in-depth view of just how many Australian soldiers died in World War I. The whole experience gave us a broader view of the tragedy of WWI and how brave and courageous the ANZAC soldiers were. Each and every person in the class walked away knowing something new. The excursion was informative, enjoyable and a great tribute to the men and women of World War I.

Thank you to Ben Wyatt, NASHS Chaplain, for driving the bus to the National ANZAC Centre.

Written by: Jemma McCready, Apryl Oreo and Maeve Joyce-Piette.
At the end of the term it was time to spend an afternoon focussing on the all the positive things that had happened during Term 1. We celebrated our hard work and success by having an afternoon of enjoyment at Emu Point. The RAY girls had a BBQ lunch and then played volleyball, cricket and Viking chess. We also reflected on what we had achieved in Term 1. Importantly, the RAY girls discussed what it meant to be ‘yorga’ and how they could develop their own strength and resilience to become future leaders who stand strong and proud within their school and community. The RAY girls also had to work together as a group to solve puzzles, work in teams to receive rewards and sign the RAY Charter. The RAY Charter focuses on the positive attributes that are expected of a girl in the RAY program.

Last term Year 10 students were studying the ‘Rights and Freedoms’ unit of the Australian Curriculum. Part of the unit looks at the struggle of Aboriginal Australians and their fight for civil rights, reconciliation and equity. As part of the course, students visited the permanent exhibition called ‘The Residency’, at the WA Museum. The Residency exhibition shares the stories of the indigenous Noongar people and the influence of Mokare, a young Noongar warrior, as well as the stories of the early settlers and convicts. It also explores the region’s unique natural landscape, flora and fauna. It now houses an array of stunning galleries with stories from Minang Noongar Boodja (Country), a place rich in culture, Aboriginal and Wadjella histories and information about the amazing regional biodiversity of our local area.
Canteen Menu 2016

**Burgers**
- hamburger
- chicken burger
- vegetarian burger

**Salad Box**
- chicken
- egg
- ham

**$4.50**

**Toasties**
- ham/cheese/tomato
- chicken/cheese
- ham/cheese
- ham/cheese/pineapple

**$4.50**

**Chicken Chilli Wrap**
with 2 chilli tenders
lettuce, tomato, carrot

**$4.80**

**Sushi**
- Californian (vegetarian)
- tuna (creamy tuna & corn)

**$4.50**

**WEEKLY SPECIALS**

**MONDAY**
- Hot dogs **$3.50**
- Pizza singles **$2.70**
- Chicko Rolls **$2.50**
- 2 x chicken chilli tenders **$3**

**TUESDAY**
- Pizza rounder **$2.70**
- Cruger pie **$3.50**
- Corn Jack **$2**

**WEDNESDAY**
- Beef pie **$3.40**
- Sausage roll **$3.20**
- Spinach & ricotta roll **$3.20**

**THURSDAY**
- Corn Jack **$2**
- Hot dog **$3.50**
- Pizza single **$2.70**
- Cruger pie **$3.50**

**FRIDAY**
- Beef pie **$3.40**
- Sausage roll **$3.20**
- Pizza rounder **$2.70**
- Chicko roll **$2.50**

**Lasagne & fried rice** **$4.50**

**SOUPS**
- Monday potato & bacon
- Tuesday chicken noodle
- Wednesday pea & ham
- Thursday tomato
- Friday vegie

*Served with parmesan roll*

**$4**

**ALL WEEK**
- Spag bolognese
- Mac cheese

**$4.50**

*Prices vary between sizes
Water $1  Milk drinks $2.50 - $4*
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.

Saver Plus
Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including school uniforms and text books, computers, laptops and tablets, excursions and camps, sports equipment, uniforms and lessons, music tuition and instrument purchase. You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself. You will need internet access and be contactable by email. Contact your Saver Plus Coordinator: Call or SMS your name and postcode to 1300 610 355 or email saverplus@bsl.org.au

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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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<tbody>
<tr>
<td>TERM 1</td>
<td>Mon, 1 February</td>
<td>Fri, 8 April</td>
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<tr>
<td>Holidays</td>
<td>Sat, 9 April</td>
<td>Tuesday, 26 April</td>
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<tr>
<td>TERM 2</td>
<td>Wed, 27 April</td>
<td>Fri, 1 July</td>
</tr>
<tr>
<td>Holidays</td>
<td>Sat, 2 July</td>
<td>Mon, 18 July</td>
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<tr>
<td>TERM 3</td>
<td>Mon, 18 July</td>
<td>Fri, 23 Sept</td>
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<tr>
<td>Holidays</td>
<td>Sat, 24 Sept</td>
<td>Mon, 10 Oct</td>
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<tr>
<td>TERM 4</td>
<td>Tues, 11 Oct</td>
<td>Thurs, 15 Dec</td>
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The remaining School Development (Pupil Free) Days in 2016 for Government schools in the City of Albany are:

- Friday, 19 August 2016
- Friday, 11 November 2016 (Albany Show Day)
- Friday, 16 December 2016

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Asna

Autism Support Network Albany inc.

Memberships for the 2016/2017 financial year are now being accepted.

ASNA is a not-for-profit parent-run support group and registered charity, for parents and carers of individuals on the autism spectrum of all ages.

Our aim is to support each other by sharing information and working together for better outcomes for individuals with ASD in Albany and the Great Southern region of Western Australia.

Membership is available to parents and unpaid carers of a person with ASD or currently going through a diagnosis of ASD.

Membership is $15 per year and some of the benefits include:
- Access to our closed Facebook Group
- Invitations to meet and greet with other members
- Information meetings
- Reduced fees on any training courses that are run by ASNA.

Contact us on;
asnalbany@gmail.com
secretary.asnalbany@gmail.com
Mobile: 0474 479 599
ASNA P.O. Box 5272 Albany 6332

for further details.
NASHS students recently attended the Bendigo Community Bank’s High School Netball Carnival in Katanning. Fifteen schools took part in this event. The organisers commented on the exemplary behaviour shown by our students.

NASHS teams had a great day. The Middle Girls (Year 9/10) team and Upper Boys (Year 11/12) team were both Runners Up and the Junior Girls and Boys and Senior Girls narrowly missed out on finals.