

NASHS NAIDOC AND COUNTRY WEEK ASSEMBLY



Celebrating NAIDOC Week



Goodluck
NASHS Countryweek Teams

NEWSLETTER

CARING FOR ANIMALS

On Friday, 30 May, 23 students from the Caring for Animals course attended an excursion to the Old Marron Farm where they learn't about the care of the birds and animals. Students were able to feed and handle birds and small animals.



Above: Kiara Wilkes, Tayla Robinson, Sarah Bertola and Ashlee Sprigg inside the rabbit and guinea pig enclosure.

Below: Tahlia Bell enjoys the company of a colourful bird.



Above Left: Kate Curlewis, Courtney Meehan and Ella Askevold-McDonald in the bird aviary.



Above Right: Connor Menezies cuddles a guinea pig.

Lea McCall visited Mrs Hunter's Class on 13 June with her amazing Reptile Roadshow. Her enthusiasm for and knowledge about reptiles is awesome and students were able to handle a variety of reptiles from the tiny Bearded Dragon to the enormous Olive Python.



Above: Chanese Dodimead, Kiara Wilkes, Tahlia Campbell, Taylor Padden, Savannah Hart and Sine Remaj holding the Olive Python.



Left: Tahlia studies the Carpet Python closely.

PRINCIPAL'S COMMENT

In the May edition of NASHS newsletter I briefly mentioned aspects of our **primary – secondary transition program**. It is a very comprehensive program that has been developed after consultation with primary school staff and feedback from both primary and high school students and parents as to what makes for good transition. Our Year 6 and 7 parent information evenings held in June were well attended. At these evenings we introduced parents to our Transition Coordinator, Ms Kylie Rennie. As part of her role Ms Rennie will be visiting primary schools during the remainder of the year. In Term 3 all Year 6 and 7 students will be attending NASHS for half a day to begin their familiarisation with high school life in readiness for 2015.

Our **Year 10 students are also now transitioning into senior school** (Year 11 and 12). Through their Humanities course in Semester One, students have been learning about work skills and career options. They are now making decisions as to which courses they will study in Year 11 and Year 12. This is a very important decision. All students will participate in a personal interview with a career counsellor and we hope that parents are able to attend the interview. Interview times were mailed out to parents last week. At NASHS we want to support all of our students to make good choices.

Over the last four weeks we have progressively posted out Semester One Reports to parents. We will be holding a **Parent – Teacher meeting on Thursday 31 July** (Week 2, Term 3) to provide an opportunity for parents and caregivers to meet with their child's teachers to review Semester One and talk about ways in which we can continue to work together to support your child achieve their very best for the remainder of the year. Details about the Parent – Teacher meeting will be provided to students to take home, when they return for Term 3 on Tuesday 22 July.

Last Friday, 27 June students and staff at NASHS

joined in **celebrating NAIDOC**. Parents, Elders and community members were welcomed for lunch and this was followed by a Whole School Assembly. The Assembly was facilitated by our Aboriginal students – they showed pride in their culture and history. The Welcome to Country was presented by Mr Alwyn Coyne and our guest speaker was Mr Wayne Devine, Manager Aboriginal Education. A highlight was the singing performance by Taylah Morgan, Shantay and Sheyann Tiddswell. They sang 'Stand By Me' and were accompanied by community members Ashley Smith on guitar and his son, Amos Smith on didgeridoo. NASHS Year 8 student Anthony Turner, read a piece of prose on Aboriginal ANZAC's – very fitting given the ANZAC commemorations in Albany this year.

Following the NAIDOC assembly, we farewelled the NASHS **Country Week** team. A smaller contingent this year but nevertheless full of enthusiasm and high hopes! While our teams travel to Perth hoping for success, at NASHS we also believe that fair play and being respectful when playing games is equally important. Congratulations to Country Week team captains – Sam Gibson and Airienne Spidell. To NASHS staff members – Dave Powell (Country Week manager and Soccer coach), Susie Woods (Volleyball), Simon Slater (Volleyball) and Jo Morgan (Speech) – a big thank you for giving many hours of your own time to coach the teams. Ben Wyatt (NASHS chaplain) and Tim Mier (Physical Education teacher) will also be accompanying and supporting the teams.

On behalf of all staff at NASHS, I wish all students and their families a safe and enjoyable Term 2 holiday break.

Regards,

Sharon Doohan
PRINCIPAL

WHO DO I CONTACT IN TERM THREE 2014

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 8 Coordinator	Susie Wood	School Nurse	Cathy Watson
Yr 9 Coordinator	Peter Gray	Aboriginal & Islander Education Officers	Rachel Brown
Yr 10 Coordinator	Lyn Peters	Student Services Coordinator	Andrew Harrison
Yr 11 Coordinator	Andrew Harrison	School Psychologist	Brooke Bevan-Wilson
Yr 12 Coordinator	Andrew Harrison	Chaplain	Ben Wyatt / Jennie Small
Transition Coordinator	Kylie Rennie		

HEAD OF LEARNING AREAS AND TEACHERS IN CHARGE

ICT Coordinator	Ian Spurgeon	English / LOTE / S & E (HOLA)	Marc Ruffell	Visual Art	Robyn Brindal
Mathematics / Science (A/HOLA)	Jo Stevens	Physical Education / Health (HOLA)	Dave Powell	Home Ec	Bronwyn Day
Curriculum Leader – Science	Dave Cooper	Technology & Enterprise / Art (HOLA)	Peter Gray	Business Ed & Workplace Learning	Pamela Green
Curriculum Leader – Society & Environment	Anthony Ritchie	Library	Pippa Williams	Music	Courtney Lewis

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

Business Manager: Keely Field

NASHS IMPORTANT DATES—TERM 3 2014

Sat, 19 July	P & C Centennial Markets
Mon, 21 July	School Development Day
Tues, 22 July	Students Resume—Term 3
Fri, 25 July	Year 8's—Plant a Tree Day
Tues, 29 July	Outdoor Education excursion
Thurs, 31 July	Years 8—12 Parent—Teacher Meetings—3.15pm—5.00pm
Fri, 1 Aug	Jeans for Genes Day
Wed, 6 Aug	WAFC Year 10 Football
Wed, 6 Aug	Open Day at GSIT
Wed, 6 Aug	P & C General Meeting—5.00pm
Thurs, 7 Aug	Australian Mathematics Competition
Wed, 13 Aug— Fri, 15 Aug	Perth Band Festival (NASHS students involved)
Sat, 16 Aug	P & C Centennial Markets
Mon, 18 Aug— Fri, 22 Aug	National Science Week
Mon, 18 Aug— Fri, 22 Aug	Book Week
Fri, 22 Aug	UWA Albany—Open Day 10.00am—1.00pm and 3.00pm— 6.00pm
Fri, 22 Aug	Book Week Dress Up Day
Fri, 29 Aug	Chess Competition at NASHS
Mon, 1 Sept— Fri, 5 Sept	Online Literacy & Numeracy Tests—Year 10
Tues, 2 Sept	Interschool Year 8 Soccer
Thurs, 4 Sept	State Volleyball Tournament
Mon, 8 Sept	Online Literacy & Numeracy Tests—Year 10
Wed, 10 Sept	Year 11 Dinner
Thurs, 11 Sept	Interschool Touch Carnival
Mon, 15 Sept— Wed, 17 Sept	Outdoor Education Camp
Wed, 17 Sept	NASHS ARTS Show (evening)
Wed, 17 Sept	P & C Executive 5.00pm
Sat, 20 Sept	P & C Centennial Markets
Mon, 22 Sept— Fri, 26 Sept	Year 12 SIDE Exams
Tues, 23 Sept	Academy Photography—School Photo Day
Fri, 26 Sept	Casual Dress Ride for Youth BBQ
Fri, 26 Sept	Last Day Term 3

Parents Please Note

Monday, 21 July 2014 is a School Development Day. Staff will be undertaking professional development on this day. Term 3 commences for students on Tuesday, 22 July 2014.

ANZAC ALBANY 1914—2014 Commemorating 100 years since the departure of the first convoy from Albany to WW1

To fully acknowledge this most significant historical event, the Minister for Education, Hon Peter Collier MLC, **has agreed to close Albany public schools on Friday, 31 October 2014.** Many exciting activities are already planned for the Albany community with more being discussed. During the Centenary period, our students will be learning more about the history behind ANZAC and the important role played by Albany and the convoy. We hope you and your family will take advantage of this fantastic opportunity to commemorate the occasion and take part in the many activities available.

For further information, including a detailed program covering local events, please visit the web site www.anzacalbany.com.au

NASHS COUNTRY WEEK TEAMS 2014

At the Whole School Assembly on Friday, 27 June 2014, students and staff farewelled our 2014 Country Week Teams.

The Country Week Captains were announced—congratulations to Sam Gibson and Airienne Spidell.

Below is a list of students who will be participating in the various sports.

Speech and Debating—Coach—Jo Morgan (English Teacher)

Asha Healy Michaela Barker

Girls Volleyball—Coach—Susie Wood (Physical Education Teacher)

Rebecca Bell Zoey Lenson
Bre Payne Emma Pellicaan
Mikayla Penn Shanae Robinson (Captain)
Tehya Sykes

Boys Volleyball—Coach—Simon Slater (Physical Education Teacher)

Caleb Farmer Rhyce Kent
Corey Linthorne Dylan Puls (Captain)
Reilly Vincent Hayden Robinson

Mixed Soccer—Coach—Dave Powell (HOLA Physical Education and Team Manager)

Carl Evers Jake Ferrell
Tim Furber Sam Gibson (Captain)
Josh Gregory Brayden Gravestock
Tom Hood Isobel Jones
Riley Martin Wade Millar
John Morgan James Naylor
Michael Palm Airienne Spidell
Josh Vanni Allison Wiggins

Additional Staff—Tim Mier and Ben Wyatt

STUDENT SERVICES UPDATE

SCHOOL UNIFORM

As the colder weather has now set in, students need to ensure that they are wearing appropriate school uniform, particularly jumpers, pants and footwear. As well as creating a sense of belonging and attachment to the school, it is important for safety and identification of students. A reminder that polo shirts need to be red or white, preferably with the school logo, jackets need to be from the different options available with NASHS logo or plain red or grey and the lower half needs to be in black.

Interesting fact: When I was marching with our Student Councillors on ANZAC Day I overheard many positive comments about how good our students look in our uniform. **'Be Positive Be Proud—Be in Uniform!'**

POSITIVE BEHAVIOUR IN SCHOOLS (PBS)

As you are aware NASHS is a PBS School. The focus this term has been:

'Getting to class on time and being prepared.'

It is important to note that successful students are those that turn up to class ready to learn with the correct equipment. Students shouldn't rely on the teacher or other students to supply pens and paper.

Be Responsible:

'Be on time and bring the correct equipment to class.'

POLICY AND GUIDELINES ON PARACETAMOL AND / OR OTHER ANALGESICS AT NASHS

At NASHS we encourage students to manage their health by increasing their awareness of the causes of headaches, before taking analgesics.

For students seeking paracetamol at school the following procedure is followed:

1. The general procedure is that we do not provide students with analgesics -unless the dispensing of analgesics is permitted in an authorized student Health Care Plan that has been signed by the parents.
2. The School Nurse is the only person at the school who may use his / her own discretion as to whether or not they will give analgesia to a student without a parent or caregiver's permission.

There may be other ways to cope with pain other than using analgesia. The best way to avoid pain is by staying fit and healthy. This means you should exercise regularly, get plenty of sleep, learn relaxation techniques.

Another way students can avoid headaches is by ensuring that they drink plenty of fluids and eat food during the day.

ATTENDANCE

Poor attendance is always a concern. Presently there are some students who are leaving the school premises without signing out and without parental approval. All students are required to sign in and out during the day with a note via the attendance officer at the Student Services window.

Parents are reminded that as part of the NASHS focus on attendance students need to gain permission from the school for absences that aren't unexpected illnesses. This means that holiday and shopping are regarded as unauthorized absences.

CHAPLAIN'S CORNER



Ben

It is great to have Jennie back after her trip away. While Jennie reported that it was an amazing and life changing time for her, we are glad she is back!



Jennie

As Term 2 draws to a close, a lot of people are looking forward to the school holidays (including me!), but before we get there some of us have Country Week! Once again I'll be driving one of the school buses and providing support to the teams proudly representing NASHS. It is a real joy to be with a bunch of students (and staff of course!) who are so fantastic in showing people the many positive characteristics of our school. NASHS regularly gets feedback from the community about how polite and well behaved our students have been when out and about, and this is a real credit to the students, staff, and also their families. Keep up the good work!

It is much easier to face the challenges and stresses of life (and joys!) when we have people we can share it with. So don't go it alone, make sure you find people you can talk to, people who can be a listening ear, a source of good advice, or just someone who will laugh and cry with you. This might be a good friend, a relative you are close to, or someone else in the community you are comfortable with (e.g. a teacher). Whoever it is, make sure you have at least one person in your life who you know is there for you – we all need somebody! Here at NASHS you can always come to the Student Services team for support. Whether Jennie or I as the Chaplains or any of the other Student Service team, we are here to support you!

(Ben Wyatt and Jennie Small—YouthCARE School Chaplains)



Sculptures by
NASHS students.

STUDENT SERVICES UPDATE

YEAR NINE UPDATE

This term has flown by yet again. Many of the Year 9 students have really settled into the school year and their classes. The term has had a number of activities that your child may have been involved with. Most Year 9 students participated in the NAPLAN testing earlier in week 3. Results for the tests will be available next term. In Term 3 students will be commencing their chosen specialised courses for the remainder of the year while continuing with courses in English, Maths, Science and Humanities. There is a process and cut-off date if students wish to change a specialised course. Students will be advised of these through the student notices. Changes cannot be made after that period of time.

Student reports have been completed and you should be receiving them shortly, if not already. Many students have shown a positive improvement in their academic progress from last year's reports, achieving some outstanding results. Those students who have been consistently awarded with A and B grades will be receiving Gold and Silver Certificates at a whole school assembly early in Term 3 for their excellent achievements. Students and parents will also notice Principal and Deputy Principal Award stickers on those excellent reports, along with personal comments of encouragement and praise. Well done to those students who have also worked consistently hard and tried their best for the term. It's great to see students upholding our school values in all they do. They are; Be Responsible, Be Respectful, Be Your Best, Be Kind and Be Safe.

As students begin to enter a new phase in their education and with significant changes in education, it is very important that your child starts to think about their schooling and what it might lead into in the near future. For some students it may be study to enter a university pathway or it may be to enter a vocational pathway. What happens in your child's education at NASHS now, can have a direct influence in further educational choices in the years ahead. As a result of this, **students will be meeting with me next term to discuss their progress** and where they may see themselves heading in the coming years, concerning educational pathways and future career aspirations. This is an important process in monitoring and tracking your child's progress so that the school can advise students of the appropriate pathway they should be selecting in Year 10 and beyond.

On the social aspects of schooling, selected Year 9 students will also be participating in a reward activity on the last Friday of the term. This will involve a bus trip to Albany Ten Pin Bowling for the morning during periods 1 and 2 only. The Year 9 Student Councillors have also planned a Year 9 Social for week 2 of Term 3. This will be similar to our last social to be held in the PAT. There will also be a Year 9 Leadership Camp held towards the end of the term for selected students. This will involve students participating in a number of specific activities and an overnight stay at a campsite. Further information concerning these events will be available after the July holidays.

Parents are reminded that the school is monitoring **student attendance** and would appreciate prompt notification of absences through either notes or text messages. Students may be absent from school but if the school is not notified of the reason, your child will have an "unexplained" absence recorded. This usually results in either a phone call or letter from the school seeking a reason for your child's absence. Students who miss a number of days from school are of a concern and in some cases their class work and grades can be seriously affected. Part of my role is to monitor student attendance. There are a couple of simple steps that you can remind your child to do to ensure that you are not contacted by the school to explain absences:

1. If you arrive late to school you must sign in at Student Services window. You must either have a written note from your parents explaining why you are late or your parents must call or text to advise the school of your whereabouts.
2. Any absences must be explained either by a written note or a call / text to the school.
3. If you leave school at some point through the day, you must sign out at the Student Services window. You can only leave the school grounds if you have written permission from your parent or a phone call from parents has been made in advance. Parents will be notified if your child is absent from school or classes.

Most students adhere extremely well to our **dress code**, and are to be commended for this. The options available for students provides good choice and allows students the freedom to wear clothing that is appropriate for not only Albany's climate but also the range of activities undertaken. In winter it is important that students continue to wear dress code and choose appropriate red or grey jumpers and jackets. Some students are arriving at school in non-dress code items. Students who continually are not wearing school dress code can be placed in lunch time detention or provided with school dress code items for the day. For further information on the school uniform policy please follow this link to the school website. <http://nashs.wa.edu.au/>

Parents are reminded that a **student diary** was provided to students at the commencement of the school year. Teachers find the diaries an essential way of communicating with parents. If your child has a diary please take the time to look at it frequently, as students are instructed to place homework, assignment due dates and other important events in their diary. In the back of the diary there is a class leave permission section that students can complete if they leave class and tear off Absence Notes in bright orange that parents can complete. Your child can simply tear off the slip and hand to the Students Services window or Contact Teacher.

Finally I hope that all students have an enjoyable break and come back refreshed for Term 3.
(Peter Gray—Year 9 Coordinator)

STUDENT SERVICES UPDATE

YEAR TEN UPDATE

Term 2 is a big term for our Year 10 students as they make decisions about their future directions. In their Humanities and Social Sciences classes they are doing some work on Career exploration. This usually starts with some self-analysis and identifying their own skills and strengths, before looking at possible career pathways. This is all leading towards students making informed decisions when selecting their course for Year 11 and 12.

Future Directions:

On the 18 June we held a Parent Night to provide parents with knowledge and information about what to expect in Year 11 and 12; and also to assist you in guiding your child in their pathway and decisions. We like you to be involved in this process, so that we are working as a team to support your child. Thank you to all who attended.

All Year 11 and 12 students are working towards achieving their WACE. As an overview, students will need to: demonstrate a minimum standard of literacy and numeracy; complete 20 units or equivalents; complete 4 or more ATAR courses OR complete a Certificate II or higher. There are more details related to breadth and depth and the achievement standard to achieve WACE.

This week we commenced appointments for all Year 10 students, with their parents if possible, to meet with a member of the student services team to ensure the basics are covered and the pathway chosen is manageable. Appointments continue into early next term.

In the past, many students “had a go” at the ATAR pathway. This is no longer an option. Students choosing this pathway need to be committed and show that they are most likely to be successful (hence the importance of Year 10 Semester One results).

School Uniform:

As the colder weather approaches, students need to ensure that they are wearing appropriate school uniform, particularly jumpers, pants and footwear. Uniform creates a sense of belonging and attachment to the school.

Attendance:

Attendance is always a big concern. Students need to attend school regularly. Students who are late are required to sign in and out with a note or with contact to the front office. As the Year 10's start moving towards senior school, family holidays during term time should be avoided, as they have an impact on the child's learning and continuity in their classes.

Being Positive:

To all Year 10—it is important always to look after yourselves as you progress through your school years by getting plenty of sleep, eating a balanced diet, exercising regularly, believing in yourself and asking for help when you need it. Set yourselves realistic

goals and be prepared to commit yourself to working hard to achieve these goals. So Year 10's good luck for the future and remember work hard for your own success.

(Lyn Peters Year 10 Coordinator)

YEAR ELEVEN UPDATE

Now that the Year 11 cohort have completed a semester of Senior School, students realise that if they wish to achieve success they must work hard in all their courses. The demands and expectations of Senior School is high and if students don't take their studies seriously they soon find themselves falling behind.

Having recently read through the Year 11 reports it is pleasing to see that most students are achieving at a satisfactory level. However there are some who are still struggling with the transition to senior school.

To assist students with their studies NASHS does hold a study group on Wednesday afternoons until 4.30pm. For those students who have failed to complete all work in English, I am holding a catch up session during the same time and I will be strongly encouraging students to attend.

I have been talking to several students recently about the possibility of course changes and it maybe something that students and parents need to consider. If parents wish to discuss students options, career pathways and related information they can do so by contacting me during normal school hours on 98920745.

Leavers Jackets

Believe it or not! The Year 11 Student Councillors have already commenced design work for next years leaver jacket. By planning now it means that the students will receive their jacket at the start of 2015. Next term students will vote to select a final design as well as complete a sizing of jackets so that in term four we can send the order off to manufacturers. Although not finalised the cost of the jackets will most likely be in the order of \$90.00 to \$100.00 and as always at NASHS we aim for the more affordable options.

(Andrew Harrison—Year 11 Coordinator)



Sculptures by NASHS students.

STUDENT SERVICES UPDATE

YEAR TWELVE UPDATE

Having just read the Year 12 reports I am concerned with those students who have not completed all of the expected work, especially in English. I would like to remind students and parents that to achieve the Western Australian Certificate of Education the present group of Year 12's are required to achieve a C grade average and a C pass in English. It would be timely for parents to talk to students about their grades and look at course outlines. All students were given a course outline at the beginning of the year which shows what tasks will be covered and what is required for students to achieve a pass level or better.

The main issue I feel is that students aren't doing enough study or work at home.

You should never believe your child when they say 'I have nothing to do'. If homework has been completed, then study must be done. NASHS and most schools recommend that students study for a **minimum** of 1 hour a week per stage 1 course [non ATAR], and 2/3 hours a week per stage 2/3 course [ATAR]. This roughly equates to 2/3 hours per week night of study for a student enrolled in a tertiary bound course and 1 hour per week night of study for a student enrolled in a non-tertiary bound course. Catch up study and revision on the weekend is also highly recommended for ATAR students.

I would like to remind parents that we have our study group on Wednesday afternoons in the Library and starting next term I will be holding English catch up

sessions to help students catch up with work that they have failed to hand in over semester one.

Information Available

I have information for students in Year 12 who might be interested in:

- Early offer program for Notre Dame in 2015.
- UWA Albany Open Day.
- UWA Business Degrees.
- Country Students easier entry to UWA.
- Casual Job Opportunities at CBH Operations.

Students or parents can contact me for further information in regards to any of these during normal school hours on 9892 0745.

(Andrew Harrison—Year 12 Coordinator)





Book now!
Call SEA on:
08 9841 6002

KidsCulture
Pilot Project
Up to \$200
TOWARDS KIDS CULTURE FOR NSW

KIDSPORT
Because every kid has a chance to shine

act belong commit
Mentally Healthy WA

Concession Card
holders can
access up to \$200
to pay for these
workshops

Albany
Government of Western Australia
Department of Culture and the Arts

Albany
Australian Government

SEA YOUTH PERFORMANCE
Holiday Workshops
Performing Arts Extension

Aerial Arts

3 - Days Beginner Trapeze
with Amy Hastie
Wed 16th to Fri 18th July
8 yrs +
SEA Central
Limited spaces! \$60.00

Acting Antics

4 - Days Acting & Expression
with Merinda Logie
Mon 14th to Thur 17th July
10 yrs +
Vancouver Art Centre
Only 10 spaces - \$120.00

Jazzin' it up!

One Day only! Fri 11th July
Swing & Vintage Jazz
with Allahana Cosgriff
5 yrs +
Vancouver Art Centre
\$40.00



STUDENT SERVICES UPDATE



LIVE AN ACTIVE LIFE FOR A MENTALLY HEALTHY MIND!

NASHS is an Act, Belong, Commit School.

Being Mentally Healthy

Being mentally healthy is not just the absence of mental illness; it is the ability to cope with stress, maintain healthy relationships and give back to the community.

Having good mental health is vital to enjoying life and feeling content and happy. Living an active lifestyle helps to protect our mental wellbeing and is easy to incorporate into everyday life by following the three simple steps of:

Act—Stay physically, socially and mentally active. Walk or cycle to school, dance, kick the footy with friends or do some yoga! Do things that you enjoy and do them more often!

Belong—Hang out with like-minded people who share your values and interests—it is not only fun, it's also good for us! Join a surf club, a hockey team or organise a table tennis tournament with friends. Belonging to a club or team can improve your confidence and self-esteem and make you happier and healthier!

Commit—Challenge yourself, learn new things, volunteer and help others. Rather than going for a walk with friends, why not try orienteering? Instead of sitting at the beach, join your local surf club. You may like to volunteer to help a charity or help an elderly neighbour with their garden. Learning new things, challenging ourselves, volunteering and helping others gives us a sense of satisfaction and achievement, which in turn makes us feel good.

Useful Websites:

Act-Belong-Commit:

actbelongcommit.org.au

Find out how you can Act-Belong-Commit to be more mentally healthy. Use the 'Activity Finder' to find local activities, events and clubs.

Department of Sport and Recreation:

dssr.wa.gov.au

Use the 'Find a Club' tool to find local sports clubs to join.

Heart Foundation:

heartfoundation.org.au

Sign up for Jump Rope for Heart or get ideas on how to unplug and play.

Why should I lead an active life?

Did you know that exercise can help prevent stress and depression?

When we exercise, our brain releases endorphins, a chemical which contributes to feelings of joy and elation. By incorporating physical activity into your daily routine, you can improve your overall mood and resilience and help ward off mental health problems.

Scientific studies have shown physical activity can actually reduce depressive symptoms. Experts are so convinced of the benefits of physical activity, it's now used as a treatment for people who suffer from mental health problems.

School-related stresses such as exams and assignment deadlines may cause you to feel overwhelmed. Regular physical activity can alleviate some of the pressures of school, work and family commitments. You don't have to join a competitive sports team or run a marathon to fit exercise into your day. Simply, walking the dog, playing Frisbee at the park with friends or skateboarding is good for you.

So, the next time you are feeling overworked, stressed or a little bit down, remember it is important to take regular breaks to maintain an active lifestyle. This is extra important during exam times, when you are more likely to give up leisure time. You will be able to focus better on your studies and be more productive at school, at work and at home if you keep your body moving.

HEAD LICE ARE ON THE MOVE AGAIN!

We have had a few reports of head lice and are asking parents to please be vigilant and check your child's head regularly for live lice or eggs 'nits'. Head lice are only about 2 – 4mm long and are often hard to see. Head lice can move up to 30cm per minute and will rapidly run away when you search for them so a 'dry' hair check is not always reliable. Tips for preventing head lice include: tying long hair back and avoid sharing combs or brushes. Asking students to avoid head to head contact with other students.

If you find lice then the Health Department's preferred treatment is the "10 Day Hair Conditioner Treatment". Head lice can be removed by applying plenty of hair conditioner (any type is fine) and then combing to remove the live lice and eggs. The conditioner traps them in the teeth of the comb. Eggs generally hatch 7-10 days after being laid on the hair shaft so the 10 day treatment breaks the reproductive cycle of the head lice. Combing out any new hatchlings every 1 – 2 days is also advised and means they cannot lay further eggs.

Under the *School Education Act 1999* a child can be asked to stay away from school until treatment for head lice has commenced. Your child may return to school when all live lice have been removed. There is no need to stay away from school if there are only a few remaining eggs but you must continue treatment for 10 days to ensure all eggs and hatchlings have been removed. It is also important to check all members of the household. For further information go to

www.public.health.wa.gov.au/2/261/2/head_lice_fact_sheet.pm

Thank you for your cooperation.

2014 TERM DATES FOR STUDENTS

The term dates for NASHS students for 2014 are:

2014	COMMENCES	ENDS
TERM 1	Mon, 3 February	Fri, 11 April
<i>Holidays</i>	<i>Sat, 14 April</i>	<i>Sun, 27 April</i>
TERM 2	Tues, 29 April	Fri, 4 July
<i>Holidays</i>	<i>Sat, 5 July</i>	<i>Sun, 20 July</i>
TERM 3	Tues, 22 July	Fri 26 Sept
<i>Holidays</i>	<i>Sat 27 Sept</i>	<i>Sun 12 Oct</i>
TERM 4	Tues, 14 Oct	Thurs 18 Dec

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, 31 October 2014
- Friday, 7 November 2014 (Albany Show Day)
- Friday, 19 December 2014

In addition public schools in Albany will be closed on Friday, 31 October for the ANZAC celebrations.

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.

Newsletter by Email

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

Signature

Email address

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.

Irish Dance Classes

Fun and fitness for all ages, come and enjoy a little bit of Ireland.

Beginner—Advance;

Children from 4 years;

Adult classes—Coming Soon...(low impact / group dancing);

Thursday at Centennial Oval;

All enquiries—Lucy (0448 095 314 /
lucycelticdance@bigpond.com).



Grandcarers Support Scheme

for all enquiries call:

Wanslea Grandcarers Support Scheme

1800 794 909

10.00am - 4.00pm Monday to Friday

What is the Grandcarers Support Scheme:

- ♦ An annual payment to grandcarers who have the full-time care of their grandchild / grandchildren

Criteria:

- ♦ Providing full-time care for grandchildren under 16 years
- ♦ Minimum of four months care in the past year
- ♦ Not receiving financial support from the Department for Child Protection and Family Support
- ♦ Willing to sign a Statutory Declaration confirming that the information provided is true and correct

How much is the payment:

- ♦ Eligible grandcarers will receive \$400 for the first grandchild and \$250 for each additional grandchild under 16 years

How to apply:

- ♦ Telephone **Wanslea 1800 794 909** to apply
or
- ♦ Online at: **www.wanslea.asn.au/gss** to download the application form
then
- ♦ Send your completed application form to:

Wanslea Grandcarers Support Scheme
PO Box 1142 Cloverdale WA 6985



Albany Schools Music Showcase



Instrumental music students from NASHS made up just some of the 200 plus students involved in the **Albany Schools Music Showcase** on the 17 June at the Albany Entertainment Centre. The students and teachers put in a lot of hard work leading up to the concert and gave a fantastic performance as a result. Thank you to all of the instrumental music teachers, especially to the wonderful **Mrs Sandra Woonings** who organized the entire event! Thank you to the staff who tirelessly helped out back stage all day and all night, and to the staff at the AEC who were so helpful and supportive of our students.

It was such a valuable experience for the students to perform under such professional conditions. Congratulations to everyone involved – you really did NASHS proud!

(Courtney Lewis—NASHS Music Teacher)



Life of a Musician

It all started at 9:00am, on one fine June morning. Parking spaces were scarce. For many parking on the gravel was the only option. People rushing, signing in, trying to tune up. It was hectic. Oh no! I am supposed to be on stage now. Practicing my pieces, hungry I am, wait, shut up stomach, I have to play now. Quick crescendo, oh woops that was supposed to be a F natural not F sharp. Hope no-one noticed, uh-oh everyone is looking at me. Just keep playing. Relax, just smile. Man this song is getting to me, uh-oh don't cry, don't cry. Darn it. Try to hold it in....oh good that was the end of practice. Packing away my instrument, time to go home. We have to come back at 6:30pm.

Getting ready at home, white long sleeve shirt, buttons all the way up. Put the wax in the hair, model in front of the mirror. Every ones shouting at me to hurry up. In the car I go. Oh wait, I forget my cello, woops. Driving down to the Albany Entertainment Centre. Found a parking space, well gravel space. Now we start our 0.6km walk journey to the AEC tired as we are, we still have to get ready. Putting the tie on, a couple selfies here and there. Last minute problems of course. We are walking on stage. The curtain rises, I get blinded from the light. We have already started, we nailed that piece. Next piece. "Just keep smiling and pretend to play" I say to myself. Am I sweating? Oh my god I am, I got butterflies, not now! Good we finished. As the curtain descends, we walk off stage. We survived. Packing up our instruments. People rushing, I just want to go home, sleep. As we escaped we then dragged our feet to our car that is 0.6km, just to top it all off. As we get home, sleep is my main objective.

Another day in the life of a musician for other peoples entertainment.

(Craig Wiggins—Year 10 student)



Albany Schools Music Showcase

On the 17 June 2014, the instrumental music students of Albany performed at the Albany Entertainment Centre. The items included in Tuesday's performance were string ensembles, two concert bands, a choir and pop bands. A huge range of students at all different schools participated, from the primary schools to students from our very own NASHS. As the sun set performers carrying shiny instruments poured into the Entertainment Centre. Every single person performed admirably, making all of our parents and teachers proud.



As performers in the showcase, it was the waiting as we prepared to go on that made us the most nervous. Keeping quiet backstage proved to be a challenge, everyone jittery with barely concealed excitement. Finally getting on stage washed away our doubts. A special thanks to the staff for organising a very successful day.

(Zoe Shephard, Rani Haese and Tayla Robinson—Year 9 students)

CONNECTING TO CULTURE

Six Year 9 and 10 students from the Great Southern Academy are learning more about their Culture and the Environment through the South Coast Natural Resource Management 'Cultural Connections 4 Youth Program' which assists Aboriginal youth to connect with Country through culturally appropriate NRM activities.

The students have been participating in weekly educational excursions with South Coast NRM Aboriginal staff to significant Aboriginal sites in the Albany area, where they are taught about the cultural and scientific environmental values of each site.



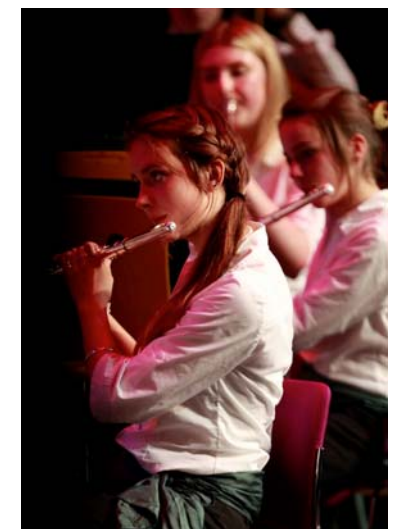
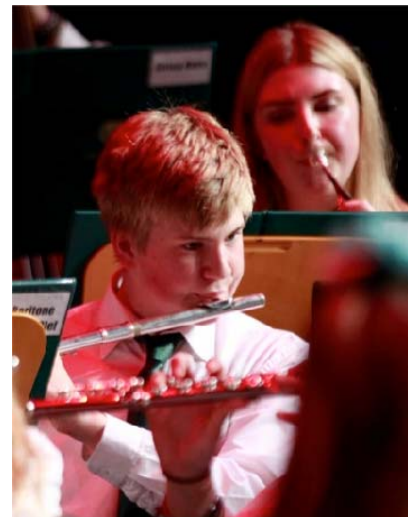
At the end of the program a two day On-Country camp at Stirling Ranges National Park will be provided for participants, and will be filled with a variety of culturally appropriate activities and attended by local senior Aboriginal Elders.



Great Southern Academy would like to thank their partners South Coast Natural Resource Management for facilitating a great program for the local youth and the GSA students.
(Thomas Dimer—GSA)



Albany Schools Music Showcase



Photos taken by Leon Durrant
Photography
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NASHS ARTWORK



SHAUN TAN AWARD FOR YOUNG ARTISTS



Joe Goldsmith, Year 9 and his art work.

2014 marked the twelfth year of the annual Shaun Tan Award for Young Artists. The award encourages imagination and innovation, and is a great opportunity to develop skills in visual arts.

All school students aged between five and eighteen years in Western Australia were invited to submit an original drawing, painting or other two-dimensional (2D) creation, no bigger than 1m x 1.5m.

Congratulations to NASHS student, Joseph Goldsmith, Year 9, whose artwork was shortlisted and has been selected for exhibition at the Subiaco Library from Monday, 7 July to Sunday, 3 August 2014.

