

NASHS Newsletter Week 5, Term 3 2019

Hi Subscribers Name

This week is Book Week, and at NASHS we are celebrating reading in all its variety and formats. Reading really is a 'secret power' that can allow us to experience other worlds, other times and other lives, and open up opportunities for a lifetime.

"Reading for pleasure is the single biggest factor in success later in life, outside of education. Study after study has shown that those children who read for pleasure are the ones who are most likely to fulfil their ambitions. If your child reads, they will succeed – it's that simple." English author
Bali Rai

The Book Week Parade, where students and staff dress as their favourite book characters is always fun, and we have captured some of our NASHS readers in photos sharing their current reads.

We are also working on a list of favourite book titles and authors and will have a final vote very soon. It has been wonderful to see the enthusiasm generated as students nominated their favourite books.

I would encourage everyone to read every day, and enjoy the many benefits that result from this activity. Check out the link below to see [8 Science-Backed Reasons to Read](#)

Please visit our [website](#) to read the latest articles and find out what is happening in our school, and explore the Library pages to see what we have to offer for readers of all ages – our [Literature Map](#) is an interesting way to find other titles and authors you may enjoy.

Warm regards

Barbara McNeill
Head of Library & Information Services



Year 8 Canberra Excursion 2019

Year 8 students from North Albany Senior High School recently returned from an excursion that saw them travel over 4000km, from Albany to Perth to Sydney to Canberra and home.



Year 8 students from North Albany Senior High School (NASHS) recently returned from an excursion that saw them travel over 4000km, from Albany to Perth to Sydney to Canberra and home.

Whilst in Sydney the students visited iconic structures and locations such as the Sydney Harbour Bridge, Taronga Park Zoo, the Sydney Cricket Ground and the Sydney Opera House.

Students then travelled to Canberra and experienced numerous sights and venues important in understanding what it means to be an Australian citizen. Places included:

- Parliament House
- National Museum of Australia
- Australian Democracy High Court
- Mt Stromlo Observatory Questacon
- National Art Gallery
- CSIRO Discovery Centre National Capital

- Exhibition Australian Institute of Sport
- Australian War Memorial

Many students experienced snow for the first time when the group visited the Corin Forest Resort in the Brindabella Ranges.

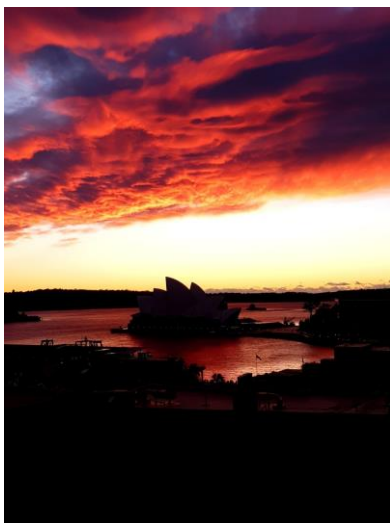
But without a doubt the opportunity to participate in the Last Post Ceremony on the Friday at the Australian War Memorial was a highlight for all students and staff.

North Albany Senior High would like to acknowledge the Parliament and Civics Education Rebate (PACER) scheme for greatly assisting in reducing the costs of the excursion (\$340 per student).

An excursion of this nature requires teachers and parents to volunteer their valuable time. This year parent helpers Ms Siobhan Hepworth, Ms Kellie Burton, and Mr Brent Offer along with teachers Ms Alison Quinn and Mr Tony Stokes gave up a week of their own time to help with this valuable experience. On behalf of North Albany Senior High school, the students and parents of participating students, thank you. Your contribution was most appreciated.

Expressions of interests have already gone out for next year's excursion, and due to high demand an application process has been put in place.

Mr Adam Tetlow





Country Week 2019

A fantastic week was had by NASHS students attending Country Week in Perth for the last week of term 2. 10 nashs teams played in 7 sports which were: basketball, soccer, netball, hockey, debating, touchrugby and volleyball.

PHOTO GALLERY

MONDAY

On Monday we all attended the opening ceremony as a team. The school captains, Sam Want and Sharni Day, walked the NASHS flags into the stadium and Kaelin Abrahams did an amazing job speaking at the opening ceremony.

The first fixture of the week was the netball team at 10:30, they had a big win over Newton Moore, 48 to 7. The boys' soccer team played against Busselton and won 6 to 1. The hockey team played their first game against Australind and won 4 to 0. The touch rugby team sadly lost their first game against the strong Hedland SHS side, 9 to 2.

The girls' soccer team came up against Esperance SHS in their first game and defeated Esperance 4 to 2. Both basketball teams had big wins in their first fixtures, with the boys defeating Bunbury SHS by 31 points and the girls defeating Kalgoorlie Boulder by 19.

The debating team had a very close first debate, going down by 1 point to Christmas Island. The touch rugby team played their second game of the day and were much more successful, defeating Bunbury CGS by 6 tries'. The netball team played against Katanning SHS in the afternoon and had another huge win defeating them by 32 points.

The whole NASHS team finished the day watching volleyball with the boys and girls team final fixtures of the day. The girls sadly had a loss against Broome SHS and the boys defeated Esperance SHS.

We finished off a successful first day with fish and chips at Cicerello's and then headed back to the hotel for some well-earned rest!

TUESDAY

The girls volley ball had an early start, playing Busselton SHS at 8am. They sadly lost 1 set to 2. Their second game of the day was soon after and had a win against Esperance SHS, 2 sets to 1. Volley ball boys also played an early game, going down against Newton Moore, 0 sets to 2. Their second game of the day was against Karratha SHS which they drew 1 set all.

Netball had a big win in the morning against headland defeating them by 44 points, winning their only game of the day. Basketball girls also had a big win over Pinjarra, 66 to 8. Their second game of the day was closer but they still came away with a win, 27 to 14.

Basketball boys lost their only game of the day to Denmark by 3 points. Boys soccer drew against Cape Naturaliste while the girls' soccer had a loss to Cape Naturaliste by 1 point.

The debate team went down by just one point against Geraldton Grammar. Touch rugby drew in their first game of the day against Coodanup, but had a win in their second game against Narrogin, 6-4.

Hockey won both their games on Tuesday, their first against Strathalbyn 3 to 0, and their second against Esperance ACS 13 to 0. Kaelin Abrahams delivered his speech today, which got him into the finals for the debating team!

We topped the day off with dinner at Grill'd and the movies where we watched Men in Black in our recliner cinema chairs.

WEDNESDAY

Girls volleyball had another early start and were rewarded with a win over Cape Naturaliste 1 sets to 2. The boys' volleyball team played their first game against Headland SHS where they drew 1 set all. Their second game of the day was won against Coodanup 2 sets to 1. Netball continued their winning streak on Wednesday with another two wins. One over Narrogin, 47 to 39 and another one over Eaton, 35 to 17.

Basketball had an early game against Geraldton where they won by 8 points. Their second game was against Albany SHS and won, 50 to 41. Girls basketball won their only game of the day defeating John Tonkin, 39 to 22.

The boys' soccer team drew their first game of the day against Esperance 2 all. They defeated Karratha in their second game, 3 to 1. Girls soccer won against Bunbury in their only game of the day, 2 to 1. The debate team lost to Manea, 224 to 227. The touch team won their game against Mount Barker 5 to 0. The hockey team continued their successful week defeating Katanning, 4 to 1. Amber Wilkinson, Matilda Rolfe and Jordan Philp all performed their Monologues today, with two of the three making it through to the finals.

After another great day we headed into Leederville for dinner at the Italian restaurant called Siena's, with frozen yoghurt and gelato for dessert.

THURSDAY

On Thursday morning the school captains and Mrs Rennie had an early start at the Leadership forum where they had breakfast with all the participating school captains and listened to a talk by guest speaker, Mr Brant Garvey.

Volleyball boys lost to Dalyellup but had a win in their second game against John Tonkin. Volleyball girls lost against Dalyellup. Netball had their first loss of the week by 2 points out in the rain against Broome and then won their second game which earned them a place in the grand final.

Basketball boys won against Great Southern Grammar by 10 points and then sadly lost their next game by 5 points, losing their spot in the grand final. Basketball girls continued their winning streak beating Karratha, 32 to 9, guaranteeing a spot in the grand final. Touch rugby

wo against Geraldton, 7 to 5 which also got them into the grand final. The debate team won against Albany Senior High School, 222 to 219. The hockey team was supposed to play a final but it was cancelled due to bad weather, so they went straight through to the grand final. The girls soccer team did play a final where they beat Esperance to get them into their grand final.

Every member of the speech team got through to the finals and Jordan Philp won the A grade division with his monologue. Kaelin Abrahams won the B grade division with his speech and Matilda Rolfe came second in B grade with her monologue.

That night we rushed off to the shopping center where we all organised our own dinner and on return to the hotel we all met in the function room to do presentations which is always a laugh.

FRIDAY

It was an early wake up on Friday so that we could get all the buses packed before we headed off to the first fixture.

The girls' soccer was the first team to play their grand final. it was a rainy and miserable morning but that didn't stop them. They came out on top against Cape Naturaliste, 1 to 0. Congratulations girls!

The boys' soccer also played in a grand final and were successful as well. Congratulations boys!

The boys' basketball team played off for third position but sadly went down against Geraldton. Fantastic effort boys.

The girls' basketball team continued their winning streak right until the end, winning their grand final by 12 points. Congratulations girls!

The netball team came up against Margaret River once again in their grand final, beating them once again by 3 points. Congratulations girls!

The boys' volleyball team played off in their final against Hedland for third place, which they were successful in. Congratulations boys!

The girls' volleyball team played in their final to finish up in sixth place overall. Great effort girls!

The touch rugby team came up against Hedland in their grand final but sadly lost, they kept them to a much closer margin compared with their previous game which was impressive. Super try team!

The hockey team had a close game against Strathalbyn to fight for first place, they came out on top beating them 1 to 0. Congratulations team on bringing home the win!

Overall we had a very successful week full of so many laughs and fun times. I'd just like to say another huge thank you to all of the coaches and especially Mrs Rennie on making the week as good as it was, and making the year 12s' final country week one to remember.

Sharni Day



Crosswalk Danger

Please remind your children to remove earphones and to look up from devices when using the crosswalk on Albany Highway. An increasing number of students are becoming inattentive when using the cross walk and have walked into the attendants due to lack of attention.

Please encourage your children to act responsibly when crossing the busy highway, so as to ensure the safety of students and the attendants. Your cooperation with this matter would be greatly appreciated.



ATAR Revision with Regional Learning Specialists

Members of the Regional Learning Specialists (RLS team have visited NASHS several times this year to support our ATAR students studying via SIDE. For further revision sessions please read on

This revision support is extended to all of our ATAR students, and information regarding access to individual team members for course specific material is available at the [2019 ATAR Club connect site](#).

[Click here](#) for an update of what the team provides and the resources available for both Year 11 and 12 students as they head towards exams.

Revision seminars for Year 12 ATAR students are planned for Week 8 of this term, and a timetable will be published as soon as it is finalised.

Barbara McNeill

Warm regards

Barbara McNeill
Head of Library Services



STEM Week 2019

All year 7 to 9 students were involved in STEM Week 2019 activities during week 3. The challenge was to build a catapult with limited resources and to fire a projectile the furthest. The week involved students investigating their designs by planning, constructing and modifying their catapults. Well Done to the

following students!

The results were:



Top Year 7
 Riley Robertson,
 Jayden Hathaway
 Average distance 8m

Top Year 8
 Zoe Versluis, Melodie Boyd
 & Abbey Turnbull Average
 distance 8.4m

Top Year 9
 Joe Mourish &
 Jake Brown
 Average distance
 9m

NASHS STEM
 Champions for 2019
 Joe Mourish & Jake
 Brown

Highly Commended

Clas s	Students	Dista nce
7.6	Bryden Guelfi Josh Tracey Lucas Page	6.8m
8.4	Chelsea Sobik Brooke Hanlon Alison Findlay	7.7m
8.4	Callum Offer Jay Napier Nikita Harvey Ryder	7.2m
8.4	Colema n Kirk Phillips Jack Bradsha w	8.3m
8.4	Kasey Harrington Daisy Stewart Morgan	7.9m
8.2	Koby Cook	7.0m
9.3	Kobi Westo n Tyson Petter	7.1m
8.3	Charlotte White Jemma Griffiths Bella Haddleton	8.1m



National Sleep Awareness Week

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. Teenagers can adjust their body clock but it takes time.

National Sleep week

Here are some tips for parents if their child is not getting enough sleep

Sleep - tips for teenagers

Teenagers need about 9 -10 hours of sleep a night. Lack of regular sleep can affect academic and sporting performance, mental health and behaviour.

Even getting an extra 30 minutes of sleep each night will make a difference.

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage.

Teenagers can adjust their body clock but it takes time. Suggestions include:

- Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
- Avoid loud music, homework, computer games or any other activity that gets the mind racing for about an hour before bedtime. Avoid watching television right before bed.
- Keep the room dark at night. The brain's sleep–wake cycle is largely set by light received through the eyes. Each week start the bedtime routine about 10 minutes earlier until the desired bedtime is reached.
- Avoid staying up late on the weekends. Maintain the regular routine as much as possible.
- It may take about six weeks to establish a new bedtime and sleep routine and to feel the benefits of getting extra sleep.

To get further advice contact your local Community Health Nurse, Cathy Watson on 98920622, or for more information visit the [Raising Children website](#)



FREE Parenting Programs

2 Free parenting seminar :

Understanding Behaviour - Tuesday 13th August 2019 9:30am - 11:30am.

Stress, Relaxation & Mindful Parenting - Tuesday 10th September 2019 9:30am - 11:30am

Understanding Behaviour
Tuesday 13th August, 2019
9.30am-11.30am

Stress, Relaxation & Mindful Parenting
Tuesday 10th September, 2019
9.30am-11.30am

Where:
Relationships Australia WA
29 Albany Highway,
Albany

Cost: FREE, Refreshments provided

Call 6164 0530 to enquire or to book your spot

Crèche available Places are limited

Free Parenting Programs is funded under the Families and Communities Program
by the Australian Government Department of Social Services

4Parents

Amity
Communities for Children
Albany

Relationships Australia
WESTERN AUSTRALIA



Extra Transition to Work Training

Passport 2 Employment (P2E) is designed to provide students who have learning barriers with extra (on top of the schools WPL program) practical skills to prepare them for employment in a structured and safe learning environment. The P2E program was delivered in Term 2 over 8 weeks. Students covered the following topics:

1. Meet & Greet - Team building games and respecting each other.
2. Health & Exercise - Healthy lunches and a visit to Albany Leisure and Aquatic Centre
3. You've Got The Look - What to wear to an interview
4. Industry Visits - Visited hospitality, retail and administration businesses
5. Put It All Together - Given \$100 to spend on interview clothes
6. Job Applications Resume & Being in a Job - Writing resumes and interview tips
7. Looking good - Dressed up and mock interviews
8. Transport (local bus and taxi talk) - TAFE tour graduation ceremony and lunch

One very lucky NASHS student, Cameron Tindale, joined 9 other students from Albany Senior High School, Great Southern Grammar, Denmark and Albany Education Secondary Support Centre.

Students particularly enjoyed meeting students from other schools with similar challenges and formed friendships to continue after the course.



VACSWIM October 2019

Enrol your children in swimming lessons during the October School holidays. Two programs to choose from: 9 Day or 5 Day program. [Click Here](#) for enrolment information or call 9402 6412



Museum Stem Excursion

The top pathway year 9 Mathematics students had the opportunity to attend the Ancient Civilisations- Roman Empire exhibit at the Great Southern Museum, Albany. A total of 41 students participated over 2 days on the 17th and 20th of June

The students learnt how pulley's worked and how the Romans built bridges and roads. They played the mathematics strategy game of Rota and learnt about the Roman defences and engineering feats.

The students also solved problems relating to using an abacus and learnt how the romans knew the time using a water clock and sun dial. A fantastic group of students who consistently displayed the NASHS values during the two-day event.

Thankyou Mr Bishop for driving the bus. Well done 9.1 and 9.4 Mathematics class!

Mrs Offer and Mr

Smith Mathematics

Department

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