YEAR 11 / 12
CERTIFICATE I AND II
PHOTOGRAPHY

NEWSLETTER
At the recent Farewell Assembly for the Year 12 students the 2016 Year 12 Student Councillors were announced along with the announcement of School Captains. Congratulations to the following:

Hayden Davies  Keesha Fletcher   Ily Trayvilla  
Jonathan Baars  Kate Curlewis    Craig Wiggins

The 2016 School Captains: Carl Evers and Stephanie Russ.
Term 4 is characterised by farewells with Year 12 students leaving in week 2 and Year 11 students in week 6. The staff reflect on their teaching and learning programs and start planning for next year. Our students focus is on our school value of “Be your Best” – which will help them achieve good grades as they strive for their best to complete another school year.

Planning for the future is ongoing at NASHS. Feedback from all members of the community is important to gain insight from parents and students regarding the education programs we provide, along with any suggested areas for improvement. Already there has been a Year 7 parent forum facilitated by Kylie Rennie (Deputy Principal) where the information that was collected will be used to inform our practices in 2016. At all times we are keen to receive constructive feedback on the school performance and this can be provided by email, letter or conversations with the Administration. Every two years an on-line survey is conducted and this will occur again in 2016. Your views are welcome and extremely useful in identifying the improvements necessary to be the best school for your children.

On Friday, 13 November we had a Professional Learning Day where NASHS staff used their time to review our school performance, and identified areas where we can improve to ensure we provide the very best opportunities for our students. Our focus in the early part of this term was on our Year 7 and Year 9 NAPLAN results. I am pleased to advise that in the NAPLAN many of our students did well. There continues to be improvement with the most significant improvement this year being in Numeracy. Writing is the context which like most schools we will need to focus on in 2016 within the priority area of Quality Teaching. Students who do well in NAPLAN will not have to sit the OLNA testing (on line literacy and numeracy) in Year 10.

We recently farewelled our Year 12 students. At NASHS we have established a number of traditions to ensure that we appropriately acknowledge our Year 12 students and their contribution to the school. On Monday, 21 October, we held the Year 12 formal dinner which was attended by both staff and students. It was a most enjoyable evening. Then on Friday, 23 October, the whole school celebrated the final day of school for the Year 12’s at the farewell assembly. This assembly is always one to look forward to as the school salutes the Year 12’s. It is a light hearted and joyous occasion. On Friday, 20 November, we will hold our formal Year 12 Presentation Evening during which subject and special awards will be announced along with student scholarships. The students also receive their Year Book which they have created. The school thanks all teachers and parents for their support of these students to achieve their best and in particular to Andrew Harrison (Year Coordinator) and Mark Cullen (Deputy Principal) for their support and guidance for this unique group of Year 12 students.

They now move on to the next phase of their journey to reach new goals and experiences in life. We wish them joy, happiness and success.

As we farewell the Year 12’s we are also welcoming the 2016 Year 7 students to NASHS. With the arrival of two cohorts of students in 2015 and another Year 7 group in 2016 we are expecting our overall student numbers to increase by another 80 students in 2016. We believe that our “village building” transition program significantly assisted the primary school students, parents and staff as well as the NASHS staff to effectively integrate the Year 7 students to high school in 2015. The 2016 Transition Program has continued to develop and improve on this theme. The next step in our transition program will be the orientation day (Friday, 4 December). This will be followed by a disco on that same night. Each primary school has information about the disco and it will be supervised by both primary and secondary staff. If parents have any queries about our transition program please contact either Rebecca Gallimore (Transition Coordinator) or Kylie Rennie (Deputy Principal). Thank you to both of them for their fantastic work in the Transition Program and developing the positive relationships with students in preparation for 2016.

I also express my thanks and gratitude to the Student Leaders and Captains of 2015 for their enormous support of North Albany SHS community and leadership within their student group. Thank-you to Asha Healy, Davida Whittaker, Amanda Kelly, Melissa Bell and Jessica Rouse. I close by welcoming and congratulating the newly appointed Student Leaders: Hayden Davies, Illy Trayvillla, Keesha Fletcher, Kate Curlewis, Criaig Wiggins and Jonathon Baars. The Captains are Carl Evers and Stephanie Russ for 2016 and we wish you well in your roles including the development and refining of your leadership skills.

On Thursday, 4 November, it was wonderful to watch the whole school participate in the School Athletics Day. It was fantastically coordinated by the Physical Education Department. The students and staff had a wonderful day and now start to prepare for the Interschool Athletics. Thank you to all including the parent helpers.

Regards,

Terry Bolt
A/PRINCIPAL

NASHS / ASESC P & C ASSOCIATION
MEET AND GREET 2016

Please keep the following date free in February 2016.

Wednesday, 10 February, 2016, commencing 6.00pm in NASHS library - P & C Meet and Greet. This is a great way to meet other parents and learn about what the P&C does. (More details in December Newsletter.)
NASHS IMPORTANT DATES—TERM 4 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon, 2 Nov—Fri, 27 Nov</td>
<td>WACE written exams</td>
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<tr>
<td>Mon, 16 Nov—Fri, 20 Nov</td>
<td>Year 11 exams</td>
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<td>Fri, 20 Nov</td>
<td>Last Day for Year 11 students</td>
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<td>Fri, 20 Nov</td>
<td>Year 12 Presentation Evening</td>
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<td>Sat, 21 Nov</td>
<td>NASHS Arts Showcase</td>
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<td>Mon, 23 Nov—Wed, 25 Nov</td>
<td>Year 10 Tertiary Tour Visit</td>
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<tr>
<td>Wed, 25 Nov</td>
<td>UWA Guest Speakers—Year 10 students and parents</td>
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<td>Thurs, 26 Nov</td>
<td>2016 Senior School students visit NASHS.</td>
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<tr>
<td>Fri, 27 Nov</td>
<td>Lower School Outdoor Education Day Trip</td>
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<tr>
<td>Tues, 1 Dec</td>
<td>Interschool Athletics Carnival</td>
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<tr>
<td>Fri, 4 Dec</td>
<td>2016 Year 7 Orientation Day</td>
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<tr>
<td>Wed, 9 Dec</td>
<td>P &amp; C Meeting—5.30pm</td>
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<tr>
<td>Mon, 14 Dec to Wed, 16 Dec</td>
<td>Year 10 Camp</td>
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<tr>
<td>Thurs, 17 Dec</td>
<td>Students Last Day</td>
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<td>Fri, 18 Dec</td>
<td>School Development Day</td>
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NASHS SCHOOL ATHLETICS CARNIVAL

The NASHS School Athletics Carnival was held over two days. On Monday, 2 November the top twelve girls and boys in each Year group competed in discus / shot put / long jump and triple jump field events.

Some great results were achieved in these events and all students showed great determination. The top students will be invited to participate in the Interschool Athletics on Tuesday, 1 December at the North Road Athletics Complex.

On Wednesday, 4 November, students participated in the NASHS school track carnival which also included track events and a number of fun novelty events. The carnival was well attended and students were cooperative and enthusiastic throughout the days activities.

It was an excellent day where students demonstrated the school values of Be Your Best leading to an extremely successful day, enjoyed by all.

Those students who performed well in the track events will be included in the Interschool Carnival to compete on the 1 December.

At NASHS we encourage SunSmart practices. Shade was provided and water / ice / sun screen was available. Unfortunately few students were seen to be wearing a hat or sunglasses. For 2016 we will purchase more shade tents. Thank you to all parents for supporting students to take responsibility for sun protection as the UV in Albany is particularly high in November.

(Dave Powell—Head of Learning Area—Health and Physical Education)

Results and photos of the Athletics Carnival will be in the December Edition of the NASHS Newsletter.

WHO DO I CONTACT IN TERM FOUR 2015

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 7 Coordinator</th>
<th>Rebecca Gallimore</th>
<th>School Nurse</th>
<th>Amelia Jeffers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8 Coordinator</td>
<td>Daniel Smith</td>
<td>Aboriginal &amp; Islander Education Officers</td>
<td>Rachel Brown / Damien Yarran</td>
</tr>
<tr>
<td>Year 9 Coordinator</td>
<td>Susie Wood</td>
<td>Student Services Coordinator</td>
<td>Andrew Harrison</td>
</tr>
<tr>
<td>Year 10 Coordinator</td>
<td>Peter Gray</td>
<td>School Psychologist</td>
<td>Amy Gostelow</td>
</tr>
<tr>
<td>Year 11 / 12 Coordinator</td>
<td>Andrew Harrison</td>
<td>Chaplain</td>
<td>Ben Wyatt / Jennie Small</td>
</tr>
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HEAD OF LEARNING AREAS AND TEACHERS IN CHARGE

<table>
<thead>
<tr>
<th>Mathematics (HOLA)</th>
<th>Jo Stevens</th>
<th>Physical Education / Health (HOLA)</th>
<th>Dave Powell</th>
<th>Home Ec</th>
<th>Bronwyn Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science (HOLA)</td>
<td>Glenn Simpson</td>
<td>Technology &amp; Enterprise / Art (HOLA)</td>
<td>Peter Gray</td>
<td>Business Ed, Workplace, Learning &amp; VET Coordinator</td>
<td>Pamela Greenhart</td>
</tr>
<tr>
<td>Curriculum Leader</td>
<td>Garan Lewis</td>
<td>Library</td>
<td>Pippa Williams</td>
<td>Learning Support Coordinator</td>
<td>Tracy Myers</td>
</tr>
<tr>
<td>—Humanities and Social Sciences</td>
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</tr>
<tr>
<td>English / LOTE / HASS(HOLA)</td>
<td>Kier Perryman</td>
<td>Visual Art</td>
<td>Matt Marchment</td>
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Deputy Principals: Kylie Rennie (Years 7,8,9), Mark Cullen (Years 10,11,12)

Business Manager: Keely George
In a recent analysis of school data, I noticed a concerning trend developing—the number of approved student absences has been gradually increasing, especially amongst our Year 9 and Year 10 students. I have mentioned many times in the NASHS newsletter the importance of regular student attendance. It is a simple fact that the better a student’s attendance, the better their results will be. It is also important to note that those students who attend school more regularly also tend to have a stronger sense of belonging, they feel part of a community, they have a solid group of friends and find school more enjoyable.

**IT’S NOT OKAY TO BE AWAY!**

A considerable number of students across Australia and at our school are having their opportunities to perform to their potential adversely affected by parent-condoned absences.

Once it was the case, that students only missed school when they were genuinely ill, but now that has changed. Students are being allowed to stay away from school for an ever increasing number of excuses including:

- A day off for their birthday
- A day off because relatives are visiting
- A day off to be with parents at home
- A day off to look after younger brothers and sisters
- A day off to go shopping

Every day a student is away, they lose a learning experience and over time, their knowledge base will be full of holes. Learning is sequential and attending three out of four lessons leaves gaping holes.

A sobering fact is that in Australia today, the average students will lose one year of education (200 days) through parent-condoned absences over their school career from Primary School to Year 12.

After love and care the most important thing that we as parents can give our children is an education. Let’s do it.

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**NEW COMMONWEALTH SCHOOL LEAVER REQUIREMENTS**

From 1 January 2016, school leavers 15 to 21 years of age will be given greater incentives to study or work in order to improve their chances of finding long term employment, This will include:

- Requiring early school leavers to meet their activity test requirements of 25 hours per week until they get a Year 12 or Certificate III qualification or turn 22, or
- Requiring early school leavers to look for work if they are not in full-time study, or are not in a combination of study and part-time work for 25 hours per week.

**Questions and Answers:**

**Who is affected by this measure?**

This measure will affect early school leavers who:

- Are in receipt of Youth Allowance (other)
- Are 15 to 21 years of age
- Do not hold a Year 12 or Certificate III level qualification.

Job seekers who gain a Certificate II level qualification after 1 January 2016 will remain an early school leaver until they turn 22 or gain a Year 12 or Certificate III qualification.

**Who is eligible for this measure?**

Early school leavers aged 15 to 21 years of age are subject to this measure.

**The date this measure will start and finish.**

This measure will start on 1 January 2016 and is ongoing.
YEAR SEVEN UPDATE

Year 7 at NASHS has continued to be very busy. On Wednesday, 23 September, Year 7 students were able to dress up as their favourite movie character and enjoy a disco run by their student councillors. It was a fun night with dancing and games and a fantastic opportunity for students to socialise. The Year 7 councillors were able to put their skills to the test when they became the local DJ’s. Despite Mrs Rennie requiring earplugs for some of the music choices, the night was a big success raising funds for a much needed charity.

Students have had the opportunity to participate in many school and interschool events already this year. Congratulations go to Jessica Stals, Kaysie Wood, Taleah Ugle, Coen Jackman, Uluka Luscombe and Delcan Hepworth who all competed in the Great Southern Year 7-10 Basketball Country Competition. The competition had teams from as far as Katanning, Denmark, Mt Barker and Albany. Our four NASHS teams finished very competitively. These students are to be commended for their efforts and behaviour during the lead up and on the day.

I would like to congratulate all the Year 7’s who received awards at the Year 12 Farewell Assembly. Well done to the individuals who received a subject Endeavour award for Term 3, keep up the fantastic effort. Well done to some of our Year 7 students who gave a fantastic effort in the Australian Mathematics and Science Competitions.

I encourage the Year 7 students to finish off the year with the enthusiasm that they started with and all students to endeavour to maintain their good standing. Students have conducted themselves well by exhibiting our school values – being respectful, responsible and kind. Well done and keep up the good work. As a Year 7 cohort our attendance is sitting at 86% we need to aim to improve this to 90%. More time at school does mean more chances of success.

(Rebecca Gallimore—Year 7 Coordinator)

YEAR EIGHT UPDATE

I was very impressed and proud of the Year 8 cohort early this term in the way that they rallied around one of their peers when he was involved in an accident riding home from school. Luckily the boy was wearing a helmet which saved him from more serious damage. I was particularly pleased how our students showed care and compassion both immediately after the accident by assisting with first aid and the way the students conducted themselves in the days afterwards at school by exhibiting our school values – being respectful, responsible and kind. The student involved in the accident looks like he is making a full recovery and he and his parents have thanked the school community for their support. I would like to reiterate that if students are riding to and from school, they must be wearing a helmet as they do save lives!

Congratulations to the Year 8’s who received awards at the last assembly. I was particularly delighted to see such a high number of students achieve awards for the Australian Mathematics and Science Competitions. Well done to the students who were recognised for their efforts in the competitions and the individuals who received a subject Endeavour Award for Term 3. Keep up the good work in Term 4!

On the final day of last term, the Year 8 councillors held the finals of the whole school dodge ball tournament. This was the culmination of the tournament that they ran throughout Term 3. All games were tightly contested with Dodgy Balls (Year 7), Sophie’s team (Year 8) and Corey’s team (Year 10-12) taking the coveted prize as champions for their year group. On the day, the councillors held a free dress day and sausage sizzle, raising over $200 for their designated charity, Make-A-Wish. The councillors have already put plans in place to make this a bigger event next year. It is fantastic to see them display excellent leadership skills. Well done!

(Dan Smith—Year 8 Coordinator)

YEAR NINE UPDATE

Talking to some Year 9 students a couple have made a comment that they don’t know what they want to do when they leave school. If this is the case for you don’t let this stress you out. My advice is to keep all your options open. Get into some good study habits. Make sure you complete all assessments and have an organised file and diary system. Do your best in all your subjects. Any prospective employer will think highly of a student who works hard and to the best of their ability. Teachers report comments will reflect students commitment. In Year 10 we will discuss your options and provide opportunities to investigate various careers and tertiary studies.

Some students are making a conscientious effort to improve their attendance. Keep up the good effort. Make sure all your absences are explained. It would be great to have all students have the option to attend the reward activity at the end of this term! Attendance is one of the criteria for this.

At the end of Term 3 a lucky group of Year 9s who had applied by writing a four question application, were invited to a leadership camp to Pemberton. We were working on our leadership and group work skills but also our survival skills! The highlight of the camp for most of us was the mountain bike ride on purpose built skill and single track. The mountain bike instructor ‘Troy’ was very impressed by the skills of the group. He commented that we were the best mountain bike group they have had in all year! It was a pleasure to spend time getting to know you better, and develop some communication and team building skills with this group. We will be asking them to put into practice their leadership skills in the future.

(Susie Wood—Year 9 Coordinator)
YEAR TEN UPDATE

This time of the year traditionally is very busy with many different activities occurring throughout the school. The Year 12 students have left and have commenced their ATAR exams along with the Year 12 Presentation Evening and NASHS Arts Showcase will be held soon. However, the school continues to operate as normal for Years 7 to 10 and students need to stay focussed for the remaining weeks. School uniform, attendance and other school requirements remain unchanged. A few students are unfortunately taking the poor option of truanting classes and / or visiting shops in the local area. Parents will be contacted of absences and possible actions are detention during or after school and parent meetings. Good standing is also affected.

I trust that the Year 10 students will be demonstrating the positive behaviours as they will be the 2016 senior school students of NASHS.

On a more positive note, a number of students will be attending a Tertiary Tour to Perth in the coming weeks to visit a number of University campuses. The students who participate in this activity will benefit in extending their world views of careers, gain a greater understanding of course requirements and pre requisites and investigate possible future accommodation options. Hopefully this will translate to increased motivation with improved study habits and greater success in education in the coming years. A full report of the trip will be included in the next newsletter.

(Peter Gray—Year 10 Coordinator)

YEAR ELEVEN UPDATE

We are fast approaching the end of the year for Year 11 students. This should now be a time when students really apply themselves to ensure that assignments are completed, examinations are being prepared for and every student is aiming to achieve the best result that they possibly can.

If students don’t have this mind set now they may find that they run out of time and put unnecessary pressure on themselves at the last minute.

The Year 11s are looking forward to their dinner that was held on the 11 November. This is a major event and always proves popular with the students. The evening which is held at Motel Le Grande is a great way for students to socialize with their teachers and celebrate the end of the year.

(Andrew Harrison—Year 11 Coordinator)

CHAPLAIN’S CORNER

Ben

2015 is rapidly coming to a close with only 7 weeks to Christmas. This term is always busy with the completion of all assessments and projects and end of year activities such as sports days and reward camps. We can all find ourselves rushing around and stressed so it’s a good time to make time to relax and smell the roses as they appear in the warmer weather.

This term we at Student Services have recommenced the School Breakfast Club. It is on every Tuesday morning at 8.15am in the Home Economic room. This is for everyone but especially those who don’t have much food at home or just didn’t get time to eat anything before they came to school. So come along to the Breakfast Club and have a feed to sustain you for the day.

Ben continues to drive the bus and attend camps. Last term on a bike camp in Pemberton he was observed skidding sideways on his bike with the result of hitting the ground rather heavily. Ben being the trooper he is, got back on his bent up bike and kept riding with the students although he had multiple abrasions and several broken ribs. I say what a tough guy!

Perseverance is something that we all need to have as we face life issues that stress us or just seem impossible to navigate our way through. Remember you are never alone but you have to admit you need help and to ask for help. We at Student Services don’t have all the answers but we have many support agencies we can refer you to receive the help you need.

A great site is: Beyondblue where there is adult information as well as youth information to check out. You can go to the website or phone: 1300224636 There is also a great Chat line available on Youth Beyondblue which is available on line from 3pm-12am for young people under 25. This is a good place to discuss those confidential questions you can’t ask your parents’ or your friends about.

(Jennie Small and Ben Wyatt—School Chaplains)

BREAKFAST CLUB

TUESDAY MORNINGS

TIME: 8.15AM—8.45AM

PLACE: HOME ECONOMICS ROOM

MENU: TOAST / CEREAL / PANCAKES / JAFFLES

ALLNASHS STUDENTS WELCOME

NO COST

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(Jennie Small and Ben Wyatt—School Chaplains)
As we approach the end of the year, the Art Department has seen a lot of NEW experiences and Art elements. Ms Py and Mr Marchment are still in the processes of giving the classrooms and store rooms a major overhaul in preparation for the new courses being offered. We hope to add more resources geared towards computer-aided design to compliment traditional studio arts.

One of the big changes this year was the welcoming of a Year 7 cohort. In the Art Department the Year 7’s have been exploring Art and Drama. This subject is still in its infancy but has proved to be a great way for students to extend their artwork – masks, puppets and props – into the field of drama. The students have been involved in script writing, drama games, role-playing and performing in front of their peers.

This term, the Year 7 Art/Drama students are learning about Japanese Noh Theatre. A traditional form of theatre dating back to the early 14th century. Student groups have written a plot for their own play, using the conventions of Noh theatre. They have created character profiles and designed masks to communicate their characters personality. They are also learning to draw correct facial proportions and sculpt a three dimensional face. Student groups are collaboratively writing their script and beginning rehearsals for their final performance at the end of the semester. There are some fantastic Noh plays and masks being created and students are to be commended for their effort and enthusiasm.

(Mat Marchment—Art Teacher)
Workplace Learning and VET @ North Albany SHS

On the 22 September the ROADS Foundation and Construction Training Fund, in conjunction with Great Southern Institute of Technology and local North Albany Senior High School, offered a ‘Try A Trade’ opportunity for Year 10 students in the Civil Construction Industry.

The ‘Try A Trade’ included practical skills, learning the different elements that make up Civil Construction, outlining the content of the Certificate II and what the broader industry involves.

North Albany Senior High School had ten students attend the Civil Construction ‘Try A Trade’ including Halem Collinge, Mani Giuntoli, Mitchell Claybrook, Mitchell Phillips, Renee Tichelaar, Charli Atkins, Jesse Rowe, Ethan Dowdell, Khy Cunningham and Ian Pellicaan.

They have reported that they enjoyed the program and were engaged with the industry and learned new skills. Trades are an industry area in demand in the community and we hope with more exposure and access to programs our students will engage positively and successfully in careers within this industry.

(Pam Greenhart—VET Coordinator)
Display of Year 9 and 10 Woodwork

The creative Year 9 and Year 10 woodworking students displayed their completed wooden frames in the Library. One student used the frame to create a beautiful coffee table with attractive objects under glass. The display generated considerable interest and many compliments among the staff and students who viewed it.

Yet another jigsaw has been completed – this time in a record three days! Jigsaws continue to be a popular collaborative project, and this semester four have been successfully completed.

Last week the West Australian newspaper featured some interviews and articles about Generation Z; this refers to those people born after 1995. The letters to the editor in that day’s newspaper were all from young people expressing their views covering topics as diverse as customer service and capital punishment. Classes visiting the Library over the next two weeks will read these articles and be given a chance to have their say too, on issues about which they feel passionate.

A reminder to students and parents as the end of the year approaches that the last day for Library loans for the Year 11s is Thursday, 12 November, and for the rest of the school, Thursday 3 December is the last day to borrow. Please check under beds and in cupboards for any NASHS resources and return them as soon as possible. Many thanks!
STUDENTS BRILLIANT IN NATIONAL MATHEMATICS COMPETITION

Our students performed fantastically in this year’s Australian Mathematics Competition held in July.

Students from Year 3 to Year 12 compete on the same day, making it the largest single event on the Australian education calendar. The competition has become a truly international event, attracting approximately 13.5 million entries since it began in 1978. The AMC was the first and is also believed to be the largest competition of its kind in the world, with more than 1100 prizes and 60 medals awarded annually.

This competition tests everything from basic numeracy skills through to advanced problem solving. This is the sixth year that a Proficiency certificate has been awarded for students reaching a pre-set standard in both skills and problem solving, using their skills in the world around them.

The competition is conducted by the not-for-profit Canberra based Australian Mathematics Trust under the trusteeship of the University of Canberra.

Victoria Cash, Year 8, was the standout performer. Her result was in the top 4% of Year 8 students in Western Australia. Victoria earned two certificates: a certificate of Distinction and a Prudence certificate. The latter award being for the most consecutive correct answers in the school, 18 out of 30. Congratulations Victoria.

Alex Blogg, Year 9 was fantastic. His score in the Intermediate Division was in the top 7% of Year 9 students in Western Australia. Alex earned a certificate of Distinction. Congratulations, Alex.

Joseph Goldsmith and Jordan Farmer Year 10 were outstanding in the Intermediate Division. Their performance was in the top 9% and top 12% respectively of Year 10 students in Western Australia. Joseph and Jordan earned certificates of Distinction. Congratulations Joseph and Jordan.

Isaac Jasper, Year 7 achieved in the top 15% of his year group Western Australia. Isaac also earned a certificate of Distinction. Congratulations Isaac.

Tahlia Maddison Year 12 achieved in the top 20% of Year 12 students in Western Australia in the Senior Division and was awarded a certificate of Distinction. Congratulations Tahlia.

Twenty one students earned certificates of Credit, putting their performance in the top 50% (Junior or Intermediate Divisions) or top 60% (Senior Division) of their year group Western Australia. These students are listed below.

Year 8:
Wei Su, Lily Link, Lily-Rose Hill, Oliver Richardson.

Year 9:
Taneesha Jackson, Stacey Smith, Kate Gowland, Jemma Hallett, Jasper Weston.

Year 10:
John Morgan, Kasey Vandermeulen, Hunni Taylor-Car, Isobel Jones

Year 11:
Carl Evers, Jonathan Baars, Katelyn Hordyk

Congratulations students.

A further twenty two students were awarded a Proficiency certificate for achieving a pre-set score. Altogether fifty one students participated in this year’s competition. Every competitor was provided with an individual performance report.

Congratulations to all our award recipients. Well done to all students who entered the competition.

The date for next year’s competition is 28 July, 2016. Details will be available in March.

(John Smith, AMC Manager)

NASHS CHESS COMPETITION

Congratulations to Stacey Smith (Year 9) for winning 1st prize in the NASHS chess competition. Runner-up prizes went to Andrew Coe (Year 9) and Carl Evers (Year 12).

Each of the winners won a voucher to spend at Harvey Norman. There will be another competition next year, so keep practising or start learning now. If chess is not your kind of game, there are lots of other board and card games available to play in the Library during Break 1.

(Mrs Williams—Teacher / Librarian)

HEALTHY FOODS

Now that NASHS has a supermarket in close proximity we have had an influx in the number of students purchasing a variety of snack foods, drinks and lollies before school.

NASHS follows the healthy food traffic light system and provides students with a healthy range of food and drinks from the school canteen. It is a concern that students are purchasing Red Bull, Mother, snack foods and lollies before they come to school and consuming them during the day.

Given the high caffeine and sugar levels, these products are not only unhealthy, they are not conducive to sensible, controlled and focussed behaviour in students. Consequently these type of products are banned at NASHS.

We appreciate your support in encouraging healthy eating at school.
Hi, my name is Cathy Watson and I will be your school nurse while Amelia is on leave until the end of Term 3 2016. Some of you may remember me as I was here last year in Terms 1, 2 and 3. If you have any questions or medical concerns about your child then I am available Monday to Thursday 8:45am till 3.00pm. Meanwhile here is a healthy tip to keep your children safe for the summer.

Sun safety
With the hot weather approaching, it is important to talk to your children about sun safety and teach them good sun protection habits.
- **Slip** on some sun-protective clothing – that covers as much skin as possible
- **Slop** on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- **Slap** on a hat – that protects your face, head, neck and ears
- **Seek** shade
- **Slide** on some sunglasses – make sure they meet Australian Standards.

Extra care should be taken between 10.00am and 3.00pm when UV levels reach their peak.

For more information see the Cancer Council website: [www.cancer.org.au](http://www.cancer.org.au).

(Cathy Watson—NASHS School Nurse)

Can you believe it’s almost the end of the year!

**National Psychology Week** is running from the 8th - 14th November and during this week the Australian Psychological Society will conduct the national Stress and Wellbeing in Australia survey. As well as measuring Australians’ level of stress and wellbeing, this year’s survey will explore the impact of social media on our wellbeing and behaviour. The survey will examine how entrenched use of social media is in our lives and to what extent we experience fear of missing out (FOMO). The survey will help provide answers to questions such as: Can Australians switch off from social media without experiencing anxiety? Is staying constantly connected a benefit or a burden? How is social media shaping how we behave and relate?

An article titled ‘The distracted generation switches off social media and switches on to study’ in the Age National in 2014 stated that according to the Australian Communications and Media Authority, 97 per cent of 15 to 17-year-olds are online regularly (the most of any age group in Australia), 70% have smartphones and 86% listen to music or watch videos online. Many teenagers prefer to study with an iPod, online streaming or Facebook.

So what can you do? Here are some suggestions:
- Separate study spaces from the areas you use for social media or watching TV.
- Focussed study is better! Try 40 to 60 minutes of focussed study, interspersed with short breaks, provided those breaks are not online.
- Studying, then switching to Facebook or any other kind of screen, keeps the brain too wired! Adrenaline build-up can also cause sleep disruption which can impact performance. Better study breaks include activities to ‘quiet’ the brain, such as meditation, cardiovascular exercise, or talking to friends. A better study break is like driving a car through Albany and a break using screens is like driving a car in six lanes of traffic!


So which road are you going to take?

(Amy Gostelow—School Psychologist)
Physical Education and Sport is having a makeover!

We are proud to welcome the latest addition to the NASHS school uniform.

The NASHS physical education (PE) sports shirt.

Currently students are expected to have a change of shirt for their Phys Ed class and sporting activities. As of 2016 the NASHS PE shirt will form part of our school uniform policy as the recommended shirt.

Shirts can be ordered and purchased from the school canteen.
NASHS AND ASESC P&C
CHRISTMAS MARKETS

To be held at
The Senior Citizens Centre
Grey St, Albany
Saturday 12th December 2015
9am until 1pm
$15 per stall, Tables and Chairs provided
To book a stall space ring Trish on 9842 8625.
Stall setup will be from 7am, ‘gates’ open at 9am.

NASHS & ASESC P&C
invite you to our
Christmas Market
The Senior Citizens Centre, Grey St Albany
Saturday 12th December
9.00am
Entry gold coin donation

If you have things to sell ring Trish on 9842 8625 to book a
$15 stall space.
All proceeds to
NASHS & ASESC P&C
DENTAL THERAPY CENTRE

The Dental Therapy Centre provides a free and continuing dental service for all enrolled students until the age of 17 or the completion of Year 11. Routine treatments such as examinations, cleaning, x-rays and fillings are carried out by Dental Therapists under the supervision of a dentist. Appointments will be posted to the home address we have on record. Please call us if you haven’t received an appointment in the last 18 months, it could be that we don’t have access to your current address. We request that students are brought to the Dental Therapy Centre by a parent or guardian. If you are unable to attend the appointment you can call us or send an e-mail to make other arrangements.

The centre is open Monday to Friday 8:00am to 12:30pm and 1:00pm to 4:00pm. The telephone number in 9841 3967 and our e-mail address is spencerparkdtc@health.wa.gov.au

COMMUNITY NOTICES

Albany Women's Centre (AWC) is a local Women's Refuge and Support service that is run by Anglicare WA. Our work has been directed by a commitment to social justice and a well-developed understanding of the issues faced by women and children affected by Family and Domestic Violence (FDV).

AWC heavily relies on donated items to provide for the day to day needs of our clients. Many women and children experiencing domestic violence leave their homes with just what they are wearing.

Please when you shop next, pop something extra in your trolley for the centre.

This drive is in November and items required this year are:

- Vouchers from Department stores
- New children's bags, lunch boxes and drink bottles.
- New and full sized toiletry items such as shampoo, conditioners, toothpaste, deodorant, shower gel, razors, etc.

Drop off points:
- Leading Edge Computers—U3/ 89 Cockburn Rd, Centennial Park
- Summit Fertilizers—Princess Royal Drive, Albany
- Anglicare WA office—44 Collie St, Albany
- Mt Barker Bendigo Community Bank—4 Short St Mt Barker

More details and contact www.facebook.com/essentialsforwomenofAlbanyWesternAustralia

Donations drive coordinated by:

The Lawley Park Tennis Club (LPTC) is looking to promote the family game of tennis. The is centrally situated in Lawley Park. To encourage families to join in the game LPTC is offering a special membership discount of 20% for new families that become members. Families can consist of 1 adult and 1 child under 18. The full membership fee is $110 per adult and $10 per child. Membership allows use of the courts at any time if they are free. For further information please contact Jenny Rickerby (Secretary) 0409 448 130. “Families that Play Together Stay Together”.

Giant Garage Sale and Local Craft Market—Saturday, 21 November 2015—Lower Kalgan Hall, 516 Nanarup Road from 9.00am—1.00pm. Public Entry—Gold Coin Donation. Outside Car Boot Garage Sale Stalls—$10, Inside Local Produce and Craft Stalls $15. Stall Bookings contact Frances, franfare@active8.net.au 9846 4403 or 0457 127 692.

Lower Kalgan Progress Association

SURVEY FOR PARENTS AND KIDS

Researchers at the University of Western Australia are looking for parents with children or teens between the ages of 8 and 17. The survey can be done over the internet and at home, and it takes about twenty minutes of your time (5-10 min parents and 10-15 min kids). Parents are given the opportunity to enter a draw to win one of twenty $50 gift certificates to Coles/Myer.

To participate go to:
www.tinyurl.com/SSBParents

For more information please contact Kate Derry at 0411 811 212.

2015 TERM DATES FOR STUDENTS

The term dates for NASHS students for 2015 are:

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<th>2015</th>
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<td>TERM 4</td>
<td>Mon, 12 Oct</td>
<td>Thurs, 17 Dec</td>
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The last School Development (Pupil Free) Day in 2015 for Government schools in the City of Albany will be:

- Friday, 18 December 2015
Clontarf’s Great Southern Academy students have produced some amazing art work on cricket bats for a local Cricket Club.

Narrikup Cricket Club which is situated 25km north of Albany, are building Australia’s first Cricket bat picket boundary fence and offered an invite for the Great Southern Academy to be a part of it.

A committee member of the Narrikup Cricket Club – Tony Poad approached the Great Southern Academy in Term 3 and asked if we would like to be a part of this special project that they were beginning. 17 bats donated to the club by Cricket bat manufacturer ‘Bradbury’ were given to the Academy for our boys to paint Aboriginal art work on and then put together as one of the panels of the boundary fence. After asking the boys who would like to paint a bat and why, we were convinced they would complete this activity with pride and to the best of their ability.

It was a pleasure to see the enthusiasm and effort that the students have put into their art work and even better to see their talent. Positive comments coming from staff and other students about their artwork, was very encouraging for the boys. After all the bats were completed the boys were proud of what they had achieved.

We were also invited out to Narrikup for a 20/20 match with players from the club as part of the official opening of the boundary fence and to see the completed panel of our painted bats. The game was broadcasted live on radio by ABC Drive with Barry Nicholls. Phil Gilbert and one of our Year 12 students Tim Bobby were also interviewed about the Clontarf Foundation and the bats painted by the boys.

The day was a huge success for all involved and hopefully the 20/20 match will become an annual event between Great Southern Academy and Narrikup Cricket Club.

Staff of GSA would like to say a big thank you to the Narrikup Cricket Club for letting us be a part of this amazing project and to all the boys at the academy involved in painting the bats and the 20/20 match, well done. (Thomas Dimer—GSA)
In week 2 four teams represented NASHS at the Great Southern Basketball Tournament held at ALAC. The basketball tournament is the largest basketball tournament held outside the metropolitan area and includes school teams throughout the Great Southern Region.

This year NASHS had several students from Year 7 playing in B Division, where they competed against teams consisting of Year 9s. They played to the best of their ability with both the boys and the girls teams finishing 4th in B division. NASHS’s A Division teams were also young, having several Year 8s playing in the boys A Division. This team performed above expectation, finishing 3rd. The girls A Division came into the competition with disrupted training and their first game of the day was their first run as a team. We were extremely impressed with their performance and positive attitude. Well done girls.

This year has shown a lot of talented basketballers coming through NASHS and the carnival was a good opportunity for young players to experience the competition. With the development of a NASHS Basketball Squad being selected this year to continue into next year, NASHS is looking to again compete in the top divisions.

A big thanks to our volunteer coaches, Jaylen Beattie, Morris Robertson, Alana McLean and Nathan Felesina. Umpires, Matt Barber, Tracey Jackman, Hayden Davies and Ramylle Contreras.

Most Valuable Player Boys A Grade—John Morgan
Most Valuable Player Girls A Grade—Apryl Oreo
Most Valuable Player Boys B Grade—Jordan Pinner
Most Valuable Player Girls B Grade—Georgia Crosby

(Jean Davis—NASHS Basketball Coach)