

7<sup>th</sup> June 2013 ISSUE NO. 9

## FEATURE STORY – SPORTS STARS SHINE

NHHS students have once again shown their sporting abilities at the Zone Cross Country Carnival held at Kendall on Tuesday 28th May. The carnival had been postponed from the previous week due to bad weather which meant a clash with our School Athletics Carnival. This was then moved to Wednesday 29th May. 31 students attended the carnival all finishing well up in their age groups. We had 4 students placing 1st – Jayde Hill, Mitchell Adams, Lachlan Paix and Xanthe Ronan, 3 students placed 2nd – Madeline McCullagh, Blake Ryan and Olivia Langley, 3 students placed 3rd – Mercedes Peterkin, Beau Langford, Brayden Churchill, 3 students placed 4th – Tim Daley, Andrew Harnett, Laura Cross, 2 students placed 5th – Bailey Silvia, Molly Langley. Everyone placed in the top half of their age groups which is an outstanding effort from one of the smaller schools in the area. We now have a number of students travelling to Lismore on Friday 7th June where they will compete in the Regional carnival. Ms Nichols would like to congratulate everyone that competed for their sportsmanship and behaviour on the day. We also wish all students competing at Lismore good luck.



*Some of our fantastic Cross Country competitors*

### NHHS Athletics Carnival

The annual school Athletics Carnival was held on Wednesday 29th May. With the skies looking a bit threatening in the morning the call was made and thankfully the weather held off. Although the field was a bit wet we had some fantastic performances from our athletes with a number of records being broken. As Mr Hocking has been attending the Year 10 Careers Excursion this week a more comprehensive report on the Athletics Carnival will be in the next newsletter.



*U/16 Girls 100m sprint*



*Our new "House Mascots"*



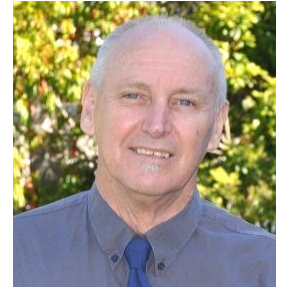
*U/14 Boys 100m sprint*

## PRINCIPAL'S REPORT

### Dear Parents and Community

This week brought in changes to the structure of the Department of Education and Communities across NSW. North Coast Region no longer exists and we have a new Executive Director. As part of this changeover I was asked to compile a list of achievements for the school in the past 12 months. When I sit and reflect on this list I am astounded at the number of achievements we have made as a school and community. Nambucca Heads High School is not a large school; predominantly we compete against schools that are twice our size. We compete on both the academic and sporting fields and consistently gain results well above those which we should. As a school community of students, teachers and parents – we should all be proud of these achievements and of the well balanced and respectful young adults that leave us and venture into the community to become productive and caring young adults. Often as a community the people that are satisfied are silent, comfortable with what is happening and it is the minority who have the largest voice. As a community – we should sing those praises loudly and clearly to ensure that those in the community not connected with our wonderful school have a realisation of what we do.

**Peter Vernon**  
Principal



## DEPUTY PRINCIPAL'S REPORT

### Dear Parents and Community

I know I have said this before, but again I am amazed at all the opportunities and activities that our students participate in. At our assembly on Tuesday 4th June there were presentations from students about the positive and enriching experiences they had recently had on excursions as wide ranging as Year 12 HSC enrichment days, the Combined High School Choir in Sydney, a maths enrichment day at New England University and the Zone Cross Country. Each student spoke about the positive experience, the fun and the educational advantages of attending excursions. Again, a big thank you to the staff for their hard work in organising, supervising and participating in these activities.

I am fortunate to be still in contact with many past students from our school and I am very proud of their achievements. We are going to highlight their journeys in our upcoming newsletters. I hope that this may inspire our current students and show them, as our ex-school captain Tahnee Milgate has said "if you have a dream in life then go for it, no matter how big or small it is, don't let anything get in your way of achieving it."

**Jo Marshall**  
Deputy Principal



## CALENDAR

June 11	SRC Social "Heroes and Villians"
June 12	Bangarra Dance Workshop Camden Haven High School
June 14	TAFE Tasters Year 10, AIME visit to SCU
June 17	Zone Athletics Nambucca Heads
June 21	Junior Showcase NHHS

## DREAM BELIEVE SUCCEED – PAST STUDENTS OF NHHS

**Ruth Curtis:** Ruth completed school graduating as Dux at NHHS in 2011. She is currently undertaking a Bachelor of Medical Studies/Doctor of Medicine (BMedMD) at the University of New South Wales. Ruth will finish her degree in 2017 and work as a doctor in a rural or regional area. In two years, she will move back to Nambucca Heads and finish her degree at the Coffs Harbour Rural Clinical School at the base hospital.

*Ruth Says*.....

"I am incredibly thankful for my time at NHHS. What I appreciated the most about the school was the relationship I had with my teachers, especially when I was completing year 12. They were very supportive and helpful in my final year. Since moving to Sydney and mixing with fellow students from Sydney private schools, I now appreciate the sense of community the school had and how the teachers and students were able to come together and enjoy certain events the school held e.g. Movember walk-off. Never did I feel as though my opportunities were limited, if anything they were encouraged by many of my teachers who were determined that the students in my year would do well in the HSC."



**Ruth Curtis**



## NEW TAS HEAD TEACHER

Mr Darren Williams has been appointed as the Head Teacher – TAS at Nambucca Heads High School. Darren comes to us from Chatham High. Darren is a qualified chef having worked in such places as “Doyles” in Sydney. He was also a Retail Area Manager for a major supermarket network. This previous experience should hold him in good stead as he will also be the VET Co-ordinator. Darren is Aboriginal and has worked at State Office in the HR directorate assisting newly appointed Aboriginal teachers. Later this year Darren will be travelling with the “Anzac Scholars Pilgrimage”. This is an excursion that is held annually and is usually for students and teachers of history but because of Darren’s ancestor’s involvement in the war he was selected to attend. He will be visiting sites in Singapore and Vietnam.



## STATE SCHOOL SURFING TITLES

Two students from NHHS have made their way through the first round of the State School Surfing Titles and will now compete at Maroubra in Sydney from the 22nd – 28th July this year. Siblings, Coco and Chilla Beeby, competed at Coffs Harbour in April. Both came away with a first place. It is the second year both students have progressed through the preliminary rounds. Although both say they surf because they love it, it is hard work and dedication to fitness that sees the two go onto the next level of competition. Coco also has the added pressure of sitting her HSC exams later this year. We wish them well at Maroubra and with the HSC.



**Coco Beeby**



**Chilla Beeby**

## UNIVERSITY BOOSTER DAYS

The notorious Armidale weather was extremely kind to us for our involvement in the University of New England HSC Booster Days. On Sunday, June 2nd, 10 Year 12 students, Mr Greenwood and Mrs Dedman travelled to Armidale to stay overnight at NEGS. The boys in our Year 12 group were particularly delighted at the prospect of staying at an ALL girls boarding school. Unfortunately, the security guards kept the girls as safe as the Ancient Roman order of the Vestal Virgins. We shared the boarding house with 50 other Year 12 students from different schools around the region. It was a good experience to meet so many others doing the HSC. It made us realise that we are competing against thousands of other HSC students in each course rather than just the small number in our classes at Nambucca Heads High School. One Moree student asked us “if we could take Mr Humphries back?” You will have to ask Mr Greenwood for his reply but his grin said it all. Early the next morning we headed “up top”, to the lecture theatres at UNE. We were amazed that over 700 other students were attending these HSC Booster Days. Each student attended 4 sessions throughout the day. All our meals and accommodation were paid for by the University of New England. We even got a show bag with lots of goodies and a free Tee shirt. We attended Biology, PDHPE, Chemistry and Mathematics lectures and carried out practicals in the laboratories. We had access to equipment that we don’t have at school. I have no doubt that this will boost our HSC results. The Chemistry students entered 2 teams in the Titration Competition and are competing against 30 other teams from around the region. We will know the results by the 7th June. Thanks to Mrs Dedman and Mr Greenwood for taking us on this valuable learning experience.

**Submitted by Robbie De Jong**



**Joshua, Robbie, Rebecca, Shellie, Gabbie, Carley  
Georgia, Jake, Jacob, Jacob**



## DUKE OF EDINBURGH AWARD

Another great week for the Silver Duke of Edinburgh students at our school who completed a 3 day canoeing / kayaking expedition on Warrell Creek, from Nambucca Heads to Scotts Head and return. We are lucky to have such a beautiful location in our backyard. We enjoyed exploring our new National Park, Gaagal Wanggaan in canoes and also navigated our way on a walk across the sand dune to check out the beach. The students paddled strongly using good techniques and they looked like experts by the end of the trip, even when paddling against the tide. We were fortunate to see a grove of Cabbage Tree Palms which usually grows further south. Some students tried their luck with fishing but the fish stayed free. The next trip will be at the end of term 3 and will be a bushwalk. Students in Year 9 will shortly be offered their opportunity to join the program so have a talk to the students who are already undertaking this scheme and give it some thought. **Submitted by Steve Steward**



*Year 10 students with Ms Mercer and Mr Steward*

## TRAINEE GETS BY WITH A LITTLE HELP FROM A FRIEND

Bradley Mackney is studying Retail as part of his HSC. Retail is part of Brad's School Based Traineeship at Woolworths, Nambucca Heads, so you may see him working in the Deli or out on the floor any weekend. Bradley is doing his Retail course by distance education with Tamworth TAFE. The traineeship commenced at the beginning of Year 11 and will continue until the end of Year 12. Bradley has worked in the Meat Section, Deli and main store during the traineeship – and he is up skilled in communication, safe work practices, minimise theft, stock control, sales, merchandising, product knowledge and food safety practices. Thanks to Lynette for her assistance with Brad's TAFE assessments during the time of the traineeship. Bradley's other Year 12 subjects are -English, Maths, Hospitality and Business Services.

**Submitted by Ms Helen Mower**  
**For more information about School Based Apprenticeships or Traineeships, please contact Helen Mower – VET & SbAT Support at the school, or email: [helen.mower@det.nsw.edu.au](mailto:helen.mower@det.nsw.edu.au). And....please like us on Facebook – look up the School Based Apprenticeships & Traineeships**



*Bradley Mackney School Based Trainee with Lynette Neal*

## BASKETBALL GRANT

At NHHS Gary Lee (Duke) has been running the “No School, No Play” program during lunchtime. Using basketball as the chosen sport students who attended school on a regular basis were allowed to participate. The students also had a visit to Sydney last year. Funding for the program was provided by NSW Government through Basketball Australia. This year, however, the government funding was cut, but Basketball Australia had sufficient funds leftover to be able to fund 6 schools who had been involved in the program. Because we had such a successful outcome with this program NHHS was one of the schools to be given another grant to continue to run the program. The continuation of this grant is fantastic news and means the program can carry on, hopefully with the same level of increase in school attendance.



*Students playing basketball during lunchtime*

**If you would like to receive our newsletter via email please contact Mrs Annette Welsh at the school  
For more photos and reports please visit our website: [www.nambuccahd-h.schools.nsw.edu.au](http://www.nambuccahd-h.schools.nsw.edu.au)**

## AIME - (AUSTRALIAN INDIGENOUS MENTORING EXPERIENCE)

AIME provides a dynamic educational Program that gives Indigenous high school students the skills, opportunities, belief and confidence to finish school at the same rate as their peers. AIME has proven to dramatically improve the chances of Indigenous students finishing school. AIME also connects students with post Year 12 opportunities, including further education and employment. It will be held at Southern Cross University over a series of weeks. Students will be involved in goal setting, Aboriginality, study skills, respect, subject selection and resilience. At the end of the day there will be a group wrap up to discuss the day and what the students have learnt. Nineteen students will be selected to attend. The seminars will be aimed at students in Years 9, 10, 11 and 12.

<p><b>AIME's goals for all Indigenous students in the Program</b></p> <ul style="list-style-type: none"> <li>• Increase Year 10 progression rates</li> <li>• Increase Year 12 progression rates</li> <li>• Increase university admission rates</li> </ul>	<p><b>University Student Benefits</b></p> <ul style="list-style-type: none"> <li>• A unique opportunity to engage hands-on with Indigenous Australia.</li> <li>• Focused leadership, communication and cultural training.</li> <li>• Practicum experience.</li> <li>• Employment opportunities provided by our partners.</li> </ul>
<p><b>Local Community Impact</b></p> <ul style="list-style-type: none"> <li>• AIME strengthens links between universities and local high schools.</li> <li>• AIME supports teachers to become more optimistic about tertiary education being a real option for their Indigenous students.</li> <li>• Through a strong relationship with AIME, parents' belief in their child's chances of pursuing a university education is increased.</li> </ul>	<p><b>National Community Impact</b></p> <ul style="list-style-type: none"> <li>• Helping Australians see Indigenous Australia as an opportunity, not an obligation.</li> <li>• Giving everyday Australians the chance to have a meaningful connection with Indigenous Australia.</li> <li>• Building the idea that Indigenous can mean success</li> </ul>

*(Information gained from the AIME web site)*

### Bangarra Dance Group

On Wednesday 12th June, 30 Indigenous students along with students from Year 9 and 12 dance classes and students from Frank Partridge Primary School will attend a workshop with the “Bangarra Dance Group” at Camden Haven High School. This is a wonderful opportunity for students to experience firsthand a performance and understand what is involved in getting the group together.

## DEBATING REPORT

The School's debating teams have met with mixed success over the last two weeks, with all three competitions up and running. The Senior Red team, of Gabriella Marriott, Matilda Sutherland, Jake Hoban and Connor Hoban received a forfeit from Port Macquarie High School before going on to defeat our own Senior Blue team of Jordan Barbour, Sarah Orman, Jayde Hill and Maddison Ahearn in a close fought debate. As a result the Red team were Zone Winners and are currently waiting the result of a Grafton-South Grafton debate to see who they will face in the North Coast Semi-final. The Year 9 & 10 Competition kicked off last Tuesday with both Nambucca teams debating Dorrigo High School at NHHS, while the adjudicator watched on by video-conference from Sydney. The Nambucca Year 9 team of Haydn Shannon, Natalya Byrt, Charlotte Hoffman and Louise Parth were narrowly defeated in the debate “That all Year 9 and 10 students should do one day's work experience a fortnight”, but in the afternoon the School's Year 10 team of Lachlan Morriss, Maddison Ahearn, Connor Hoban and Hosannah Launt turned the tables on the Dorrigo team with the topic “That we should ban Under 18s from playing contact sports”. Dorrigo also brought down their Year 7&8 team who faced off against Nambucca's Year 8 team of Max Galo, Kiara Taylor, Anne Gilbert and Hannah Bartlett. In a close debate the Nambucca team's knowledge of debating protocols saw them run out winners.

The next debate for the Year 9 and Year 10 teams will be between each other, with the victor to be the Zone Winners as Bellingen have pulled out of this competition, while the Year 8s will face Macksville High. The Year 7 team will be starting their campaign very shortly.

**Submitted by Bill Richardson**



**Kiara Taylor, Hannah Bartlett, Louise Parth, Natalya Byrt, Charlotte Hoffman, Anne Gilbert**

## MAY PHOTOGRAPHY COMPETITION

Once again the competition this month was of an extremely high standard. The number of entries was a little low, but the quality was fantastic. The equal winners of the May brief, "The Painted Face" were Hannah Irvine-Bohringer with a portrait of Kieran Jarrett and second place went to Bonnie Aiken for her portrait of Ashleigh Johnson. The brief for the June competition will be "Simple Nature". This is quite a simple brief and can basically be a photo of anything. If you would like to enter but don't have a camera please see Ms Holliday and she may be able to loan you a camera. The entries for the June competition are due last week of this term (24/6 – 28/6). The July competition will be "Dress Ups". You can get someone to dress up for you, but there will be a mufti day on 27th June. The SRC are running it and have asked people to dress up in "onesies". This would be a great opportunity for you to get a photo for the July competition. These images are due to Ms Holliday by the end of week 2 term 3 (19th July).

*Unfortunately, due to the black background of Hannah's photo it could not be printed on the newsletter, however, you can view the photo on our website.*



*Ashleigh Johnson by Bonnie Aiken*

## PARENT WORKSHOP 17TH JUNE 2013

Parents wishing to assist their child at home with Literacy and Numeracy can attend a Parent Workshop on Monday afternoon 17/6/13 from 3.30pm - 4.30pm. John Cochrane will take parents through the basics of literacy and helping their child with homework. Lyndee Thomas will take parents through a useful strategy to assist with problem solving and handy websites to help with number facts and basic numeracy. Any parents that would like to attend the workshop need to **ring the school and leave their name with the ladies in the office by FRIDAY 14th June**. Parents attending need only come to the front office on the day and they will be directed to the room for each workshop. Please come along and find out how you can help your child.

## COMMUNITY AND SPORTING NOTICES

### Raffle Winners

The winners of the Year 10 Careers Excursion Raffle were: 1st M. Smith. ticket No. 5152 sold by Tiarni Naylor from Bellingham High School. Second Prize Cheryl Richards ticket no. 4069 sold by Selina Richards from Bowraville Central School. Thank you to everyone that supported this fund raiser.

### Shop at IGA

By registering and shopping at any of Ritchies IGA Supermarkets you will be helping Nambucca Heads High School raise much needed funds. Each time you shop at Ritchies IGA and swipe your registration card .5% of the money you spend will be automatically donated back to the school. This is a wonderful initiative by IGA and we have already received funds deposited directly to our school bank account. Applications are available from Annette Welsh at Nambucca Heads High School. Please read the application pamphlet for all conditions