



Narooma High School

NEWSLETTER

Term 1
Week 2
2020

PRINCIPAL'S REPORT

Walawanni

Welcome to Term 4. We look forward to a new and exciting term to set the scene for our learning in 2021. I would like to take a breath and recap the last 5 weeks of Term 3.

Starting by thanking the staff and parents who continued to assist our students to adapt to our new online/offline world and attend various online events. I hope all our Narooma High School families are well and learning to live with COVID-19. We are all ensuring we do our utmost to continue to keep everyone safe and learning.

We need to still ask all visitors to ring the front office to make an appointment before entering the school grounds. When you arrive at the front office to ring the office and someone will come out to you. If it is to collect your child/ren we will ensure they are ready when you arrive.

The whole school would like to take this opportunity to wish all Year 12 and the Year 11 Accelerated Mathematic class the very best for their examinations over the next 4 weeks. Please refer to the email you received during the first week of school and arrive early for your examination. You are reminded to ring the front office on 44764377 if you are unwell. We wish you all the best in your future endeavours.

Many improvements are still being made to the school environment. Students can see improvements in the toilets, classroom furniture and layouts, painting and murals. The outdoor café area near the TAS/music buildings has the construction students paving. We are waiting on new outdoor furniture to arrive in the next few weeks for the canteen area, café area and Area C. Exciting times ahead. I wish to thank those students, staff and SRC that have assisted in designing, creating or producing these areas.

The P&C have continued with their Zoom meetings and I encourage any parent/carer who would like to become involved, that they can do it from the comfort of your home. Please contact the school if you would like to become involved. I am very grateful for the dedication of our P&C and their continued support of our students and school.

This term sees a reintroduction of curriculum-based excursions and Year 6 Transition. We are still waiting on advice for our annual presentation day and year reward excursions. We will release this information as soon as it is available.

I would like to wish everyone a fabulous Term 4 and look forward to our next newsletter mid-term.

Fiona Jackson
Principal

IMPORTANT UPCOMING DATES

*Tuesday 20 October 2020 ~
YR 12 HSC EXAMS COMMENCE*

*Wednesday 11 November 2020 ~
YR 12 HSC EXAMS FINISH*



NAROOMA HIGH SCHOOL P&C

P&C Meetings are usually held on the 3rd Monday evening of each month. All are welcome.

Monday 16th November 2020: P&C Meeting, 7pm via Zoom.

Monday 21st December 2020: **No meeting (school holidays)/**

ATTENTION

UPDATING HEALTH CARE, ASCIA and ASTHMA PLANS:



Parents and Guardians,

It is of utmost importance that we have correct records about your child/children here at Narooma High School and that especially includes information regarding specific medical needs. If when enrolling your child/children, you indicated that your child/children have a health condition which may require support at school or when involved in school activities, for example, a school excursion, or IF your child/children have developed a condition that requires additional support and awareness, **PLEASE CONTACT US** so we can maintain accurate records. While the main role of the school is to provide education, we want to work with you to keep your child/children healthy and safe at school.

Identified students upon enrolment will have received a *Request for support at school of a student's health condition* forms. However, plans must be current and updated annually. Students with out of date plans will be receiving forms early next term, or as a parent, simply contact the Front Office and they can provide you with the form sooner.



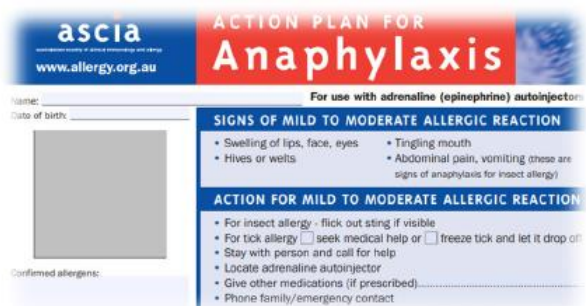
If these forms apply to your child/children, please complete on the basis of information provided by your medical practitioner and return to Narooma High School Front Office and include updated ASCIAS and ASTHMA Action Plans with your forms as a matter of importance.

Should you require further information or would like to discuss your child's needs, please do not hesitate to call me at Narooma High School.

Thank you

Mrs Shirlee Rowland

Head Teacher Wellbeing





Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

			THUR	FRI	SAT	SUN
			01 Pick a fun book and read it throughout the month	02 Send a kind message to a friend or family member (challenge yourself to send one message a day!)	03 Bake something you've never tried to before	04 Go for a walk around your neighbourhood
MON	TUE	WED				
05 Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week	06 Hand write some cards and send them to people you care about	07 Call a friend or family member	08 Cook your favourite meal for dinner	09 Wear some odd socks and post a photo of them on social media #OSD2020	10 WORLD MENTAL HEALTH DAY Make a promise to look after your mental health	
11 Take a break from social media and the news – challenge yourself to go the whole day	12 Drop a note into your neighbour's letterbox, letting them know you're around if they need anything	13 Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month	14 Put on your favourite song and sing along loudly – dance around!	15 Donate some clothes and/or items from around your house that could benefit others	16 Take a photo of something beautiful and send it to a friend with a kind message	17 Video chat a friend or family member, or have a cup of tea in person if you can
18 Go for a long walk and listen to a podcast you like, or try a new one	19 Watch your favourite movie	20 Clean up your bedroom, light some candles and read some of your book	21 Invite a friend over for a meal/video chat with them over a meal	22 Make an effort to compliment/thank the people you interact with	23 Leave a positive review for a local restaurant/shop or somewhere you frequent in your area	24 Do something creative, like drawing, colouring or writing a story – just for you!
25 Call a trusted friend and tell them how you've been going, and invite them to do the same	26 Get dressed in your favourite outfit	27 Sit outside for a little bit and soak up the sun	28 Watch an episode of your favourite TV show – recommend the show to a friend	29 Think of three people you are thankful for – then tell them!	30 Write down 5 things you are grateful for... then 5 more... then 5 more!	31 Make a list of the things you enjoyed doing this month – and do them again next month!



Tell Them From Me

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted over Term 3 and early Term 4. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>. To access the survey for our school go to: <http://nsw.tellthemfromme.com/3wkp5>

The survey is available in 23 languages.

ENGLISH

Isolation poem

Isolation, Freedoms gone,
Home from school, What's going on?
Shops are closed, and beaches too,
Everyone's wondering what to do.
There's fear and panic about spreading the virus,
So I can't visit my Grandma Iris.
We must stay home and stop the spread,
Too many people already dead.
It's an epidemic so they say,
I'll tell my kids all about it one day.
Isolation, freedoms gone,
Covid 19, Whats going on?



Kirra McCaughtrie Yr 8

ANCIENT HISTORY



Raichel Brodie, of Yr 11, and her amazing funerary customs project in Ancient History. Just...wow!!!



TIMBER YEAR 12 MAJOR WORKS



ROBO REBELS PREPARE FOR INFINITE RECHARGE 2020 FIRST ROBOTICS COMPETITION

During the January fire crisis, the Narooma High School robotics team; the Robo Rebels, met up in the school demountable. They discussed the rules, allocated sub-teams and identified the goals that they wanted to complete for the FIRST competition “Infinite Recharge” in Sydney on the 20th to the 22nd of March. Planning for robot design was interrupted by the evacuation of the school. The Robo Rebels have met every Tuesday and Thursday after school and on Saturdays to meet their deadline.

The competition this year requires the robot to work together with two other teams in an alliance to pick up balls from the field and shoot goals in order to advance to the next level. In the first 15 seconds of the game, the robot must move entirely by preprogrammed instructions. After this autonomous period the drive team is able to control the robot to score as many points as possible while preventing the opposition alliance from scoring. The end game involves the robots hanging balanced on a beam about 1.2 metres in the air.

After the fire threats eased, the team began to build a new chassis for the robot, designed a ball intake system and began to write new code. The next time they met up they completed the chassis build and started to put the electronics into the build. After they completed the build and electronics they tested the robot to see if it moved and it did!

Future meet ups will involve completing the ball intake system and a ball shooter. The coders will work hard to complete the code and fix up any problems that have popped up. The Robo Rebels did a fundraiser sausage sizzle at the Narooma High swimming carnival to help pay for the accommodation in Sydney and to buy more parts for the robot. They are also having a cake day fundraiser at school and naming the robot.

Written By Lachlan Burns and Christina Potts



YEAR 7 SCIENCE

National Science Week saw four groups of Year 7 students walk along an information trail from Rotary Park to Apex Park. We stopped at stations, that had been set up by Ms Potts, to learn about marine life, marine habitats, sustainable practices and initiatives. To learn about all these wonderful and interesting topics the students could scan QR codes and access information online to help them learn more about the beautiful place we live and work in. Each student was a rock star and enjoyed a glorious and educational stroll, finished off with a play in the park (never too old and/or cool for that?).



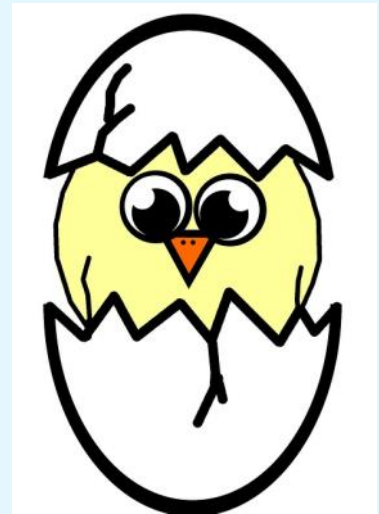
Yr 7 rocking our school uniform!



SCIENCE

In Science we incubated 18 eggs. It took 21 days for the eggs to hatch. We hatched 8 chicks. The colours of the chicks are yellow, brown and black. We gave them all names. When they were born they weighed around 50g. Chicks need heat to keep them warm. We have been weighing them each day to track their growth.

Written by: Patrick Long Yr 9



SURFING

Students surfing in the NSW Junior Shortboard State Titles



Year 12 2020 Dress-up "As a Teacher"

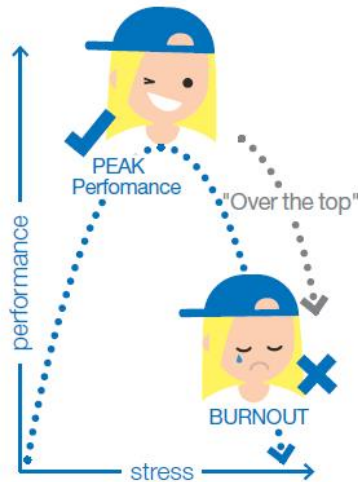


5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



**REACH
OUT.COM** /EXAMS

WHAT TO DO WHEN YOU'RE REALLY WORRIED ABOUT SOMEONE

It can be really scary if you've noticed changes in how someone is behaving, including what they're saying or doing (or not doing). If you're not sure how to help them, try these tips as a starting point.



START THE CONVERSATION

Mention specific things you've noticed that you find worrying, like. 'You're not playing footy anymore ... is everything okay?'

If they talk with you about stuff that's bothering them, listen without going into problem-solving mode.

If they don't want to talk, ask if there's someone else they'd rather chat with.



ENCOURAGE THEM TO TAKE ACTION

Suggest they write down how they're feeling.

Ask: 'What could you do to feel better right now?' and 'How can I support you?'

Help them make a plan for the next 24 hours, including what they'll do and who they'll speak to.



HELP THEM TO GET SUPPORT

If they're not ready to talk, tell them you understand and remind them you're there for them.

Offer to help them book an appointment with a GP or counsellor, or to call a helpline such as Lifeline, Kids Helpline or Suicide Callback Service.



IN CASE OF EMERGENCY

If you're worried that they may be at risk right now, call an ambulance or contact your local Crisis Assessment and Treatment Team.



TAKE CARE OF YOURSELF

Worrying about someone else can be stressful, so make sure you take care of yourself, too.

Talk about how you're feeling with someone you trust.

If you need more support, speak to a counsellor, GP or helpline.

Breakfast Club at Narooma High School



Thank you to the amazing support of Woolworths Narooma, NHS Chaplain Mrs Phoebe Adams and Mrs Rowland are delighted to advise that Breakfast Club will be available starting week 8.

WHERE: Narooma High School Common Room,

WHEN: The facility will be open from 8.15 to 8.45 Tuesday to Friday and from 8.10—8.30 on Monday mornings (as staff require common room Monday mornings)

WHO: Anyone who missed the most important meal of the day. Brains need fuel to run, just like a car. We need fuel in our tanks to run to our best capacity.

WHAT: cereal selection, toast with a selection of toppings, milk, tea, milo - and the odd surprise...

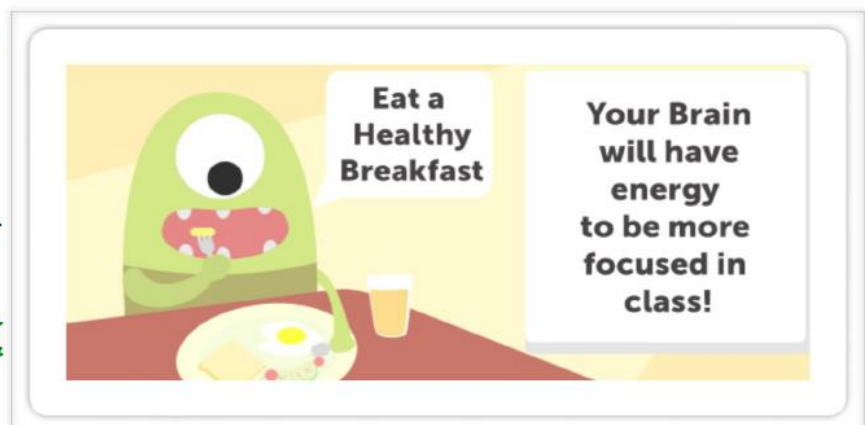
Breakfast Club RULES:

You make it, you eat it, you clean it...

YOU ARE WELCOME

Narooma High School BREAKFAST CLUB, because

“TOGETHER WE SOAR”



COMMUNITY NOTICE BOARD

NAROOMA YOUTH CAFE

SAFE JOURNEY TO OUR YOUTH

FREE FOOD
CHILLED VIBE
MAD FUN
GET AMONG GET IT!


JOIN US EVERY FRIDAY,
FOR FREE FOOD, ART, CRAFT,
MOVIES, SKATING AND GAMES.

WHEN: Every Friday afternoon,
3.30pm-9pm

WHERE: The Youth Cafe building, connected
to the Narooma Library.

WHO: Ages 12-17

COST: FREE!



SPRING HAS SPRUNG!



Join the fun
with our School Holiday Craft Kits

- Pick up a craft kit at your library.
- Watch the tutorials online and use your ingredients to make three cool spring themed DIY projects.

Make a Seed Bomb

Make a Bird Seed Feeder

Potato Stamp Gift Paper

Pick up your kit on -
Thursday 24th and Friday 25th September.
(Kits are limited and will be available on a first come first served basis).

For more information call the library on 64992127




Safer Drivers Course for young learner drivers



Preparing you for your P's

Become a safer driver and earn 20 hours of bonus log book credit by enrolling in a Safer Drivers Course.

The Safer Drivers Course is available to learner drivers under the age of 25 who have completed at least 50 log book driving hours.

To book a Safer Drivers Course contact: **PRO-ACTIVE LOW RISK DRIVING**

Next Course BATEMANS BAY 11th NOVEMBER 2020 5.15pm to 8.15pm

Visit: www.proactivelowriskdriving.com.au or call 0431 869 345



PRO-ACTIVE
LOW RISK DRIVING



NSW Transport
for NSW

Parents train for free at
ilyo taekwondo
Narooma*

ilyo taekwondo
0402 749 593
www.ilyotknarooma.com

BENEFITS OF MARTIAL ARTS

MIND	BODY	SPIRIT
MEMORY RETENTION	BALANCE	PATIENCE
CONFIDENCE	COORDINATION	RESPECT
SELF CONTROL	EXIBILITY	INTEGRITY
PROBLEM SOLVING	MUSCLE TONE	HUMILITY
ADAPTATION	ENDURANCE	PERSEVERANCE

*Special thanks to Narooma Shire for their support.

Write Away Workshop with Diana Harley



for young people
aged 8 -12 yrs

Online creative writing workshop

Do you enjoy making up stories? Are you interested in learning more about writing and picking up some new skills?

In this workshop Diana will take you through some fun writing exercises and word play. You will explore concepts and learn to use all your senses to improve your writing.



Wednesday 30 Sept

10.00am till 11.30am.

limited to 12 participants

Bookings essential, \$25

Book online at

www.begavalleyshirelibrary.eventbrite.com.au

Improve your
writing and
enjoy language



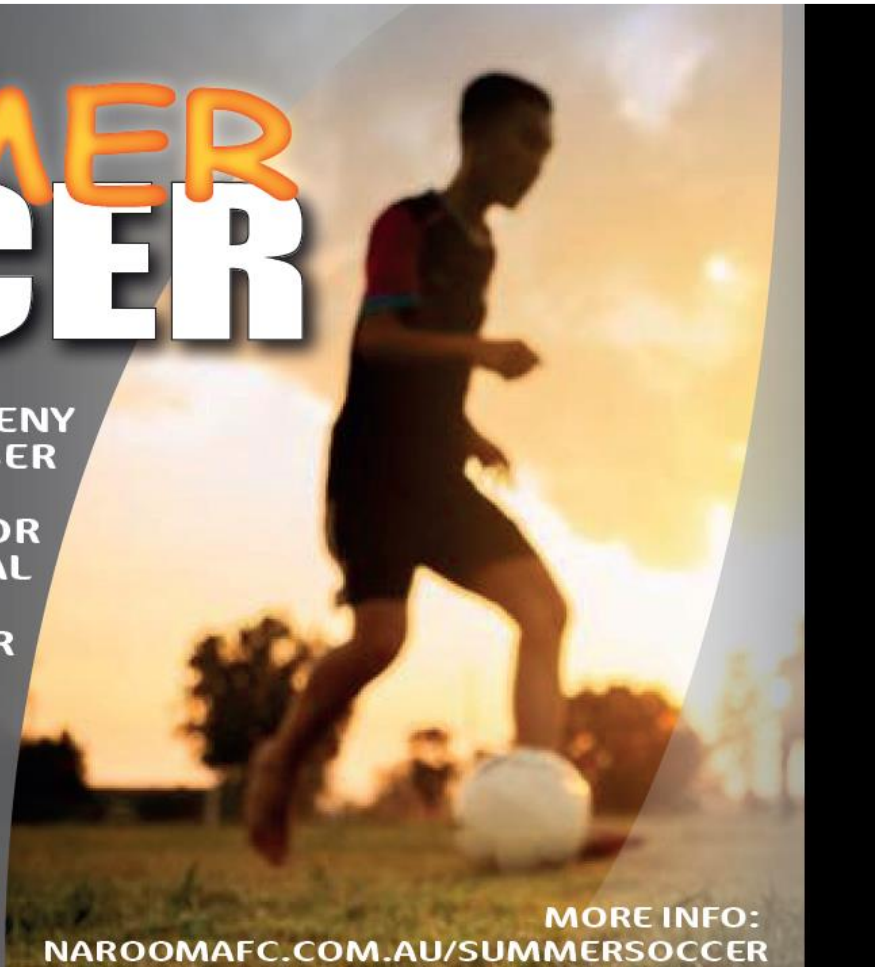
MIXED SUMMER SOCCER

THURSDAYS @ CLUB DALMENY
FROM 12 NOVEMBER

REGISTER AS A TEAM OR
INDIVIDUAL

UNDER 14s AND OVER

FIVE-A-SIDE



MORE INFO:
NAROOMAFC.COM.AU/SUMMERSOCCER

LIMITED PLACES AVAILABLE: RETURN YOUR FORM AS SOON AS POSSIBLE



FREE SCHOOL HOLIDAY PROGRAM

Thursday October 1 @ Bill Smyth Oval, Narooma

WE'RE LOOKING FOR STAFF! GLENNIE'S SEAFOOD AND BURGER SHACK

We are looking for someone to join our young fresh team!
People aged 15 years plus.
Must have the ability to work in a team situation.
Recommended to have great communication skills!
Training will be provided!

If you want to enquire or apply drop a DM or drop into the shop!
Thank you



ACTIVITIES

Archery
Bubble Soccer
Mixed games

INFORMATION

- Only P40 places available,
- Return a completed/PCYC form to school asap
- AGES 5 years and up
- Sign in 9 to 9:30 am/ Sign out 3—3:15pm
- Bring your own snacks/lunch/water bottle
- Wear clothes suitable for weather, enclosed shoes and a HAT must be worn

COVID -19 SAFE PRACTICE

- Participant and parent/guardian temperature checked when signing in
- Regular hand sanitisation

CONTACT PCYC FAR SOUTH COAST CLUB MANAGER
PETER CROSS FOR ANY QUERIES
pcross@pcycnsw.org.au PH: 0490439174

FUNDED BY :



Public Health Network
South Eastern NSW

An Australian Government Initiative

We are providing a fun day of activities for children and young people who live in your community to support them and their families following the bushfires of 2019/20. We are visiting 6 fire affected communities during the school holiday period.

Program will be re-scheduled if wet weather presents on the day. Please ensure mobile phone is correct on form.





CLUB MEMBERSHIP FORM

NAME OF LOCAL CLUB YOU ARE JOINING

Far South Coast: Narooma SHP: Bill Smyth Oval

MEMBER NUMBER

STAFF USE ONLY

MEMBER DETAILS PLEASE PRINT CLEARLY (*Mandatory information)

*First name: _____ *Street address: _____
 *Middle name (if applicable): _____
 *Last name: _____
 *Date of birth: _____ *Suburb: _____
 *Contact number: _____ *State: _____
 *Email: _____ *Postcode: _____

TICK ONE BOX ONLY

Female Male

Are you of Aboriginal or Torres Strait Islander descent? No Yes

Do you use a language/s other than English at home? No Yes Language _____

SUGGESTIONS

What new activities would you like to see at your club?

- _____
- _____
- _____

EMERGENCY INFORMATION PARENT / GUARDIAN / NEXT OF KIN - if required, PCYC staff can contact the following:

CONTACT 1

First name: _____
 Last name: _____
 Relationship: _____
 Contact number: _____

CONTACT 2

First name: _____
 Last name: _____
 Relationship: _____
 Contact number: _____

EXISTING ILLNESSES AND INJURIES

Describe any illness, injury or health issue you have, or have recently experienced:

PCYC NSW - EMPOWERING YOUNG PEOPLE