



Bulletin

Issue 10 Week 2 Term 4

Tuesday 23rd October 2018

Welcome back to all students for Term 4. Whilst I learned a lot from my time in state office, I am glad to be back at Narrandera High School with the students and staff. I would just like to say a special thank you to Mrs Milne and Mrs Langley who relieved as Principal and Deputy Principal during the nine weeks I was on secondment. They both did a fantastic job leading and managing the school during Term 3.

As many of you would be aware, our Higher School Certificate examinations began last week with English. I would like to take this opportunity to wish all of our Year 11 and 12 students sitting examinations the best of luck. May their hard work and diligence reward them. As a reminder, please check and double check your examination timetables. Luckily it is rare, but we have had students in the past miss examinations due to a simple misunderstanding with their timetable. This puts a year of hard work in jeopardy for something that can be easily avoided. Also make sure that you arrive at school at least 20 minutes before your examination. This helps with the stress of feeling rushed at such an important time.

Teachers will be available during normal class times to assist students with revision and study skills in the lead up to their examination. I would also like to take this opportunity to thank all staff who gave up a part of their holidays to run workshops for our students.

Some exciting news that has been two years in the making is our new affiliation with the Clontarf Foundation for 2019. The Clontarf Foundation exists to improve the education, discipline, life skills, self-esteem and employment prospects of young Aboriginal and Torres Strait Islander men and by doing so equips them to participate meaningfully in society.

Since opening its first Academy for 25 boys in 2000, the Foundation has grown to cater for over 6,500 boys in 97 schools across Western Australia, Northern Territory, Victoria, New South Wales and Queensland.

Narrandera High School has been selected as a new site for an academy in 2019 and we are having an information evening tonight (Tuesday 23rd October) at 5:30pm in the school library which will be followed by a BBQ afterwards. All interested parties are invited to attend.

Lastly, one of the many proud moments as a Principal is receiving positive praise about the school from our community. It was lovely to get a message from the Narrandera Legacy Group this morning praising our students for assisting with the Legacy appeal day. Their efforts raised a total of \$797.00 on the day and I wish to congratulate these students for *their community service*.

'Without community service, we would not have a strong quality of life. It's important to the person who services as well as the recipient. It's the way in which we ourselves grow and develop' – Dorothy Height.

Kyle Bryant
Principal

Calendar

TERM 4

Week 2

- **Tuesday 23rd**
- October - Clontarf**
- Parent Information**
- Evening - School**
- Library at 5:30pm**

Week 3

- **Monday 29th**
- October - Friday 9th**
- November - Year 7-10 Exam Period**

Our 2019 student leaders were announced and badged as part of our Year 12 Formal Assembly last term.



Congratulations to a wonderful group of young leaders



Special congratulations to our 2019 School Captains Alice Langley and Connor Vearing and Vice-Captains Daneka Hatty and Charlotte Paterson.



Narrungdera Yalbilinya Aboriginal Student Awards were celebrated on Wednesday 17th October with our Narrandera East and Narrandera Public School partners.



What a fantastic celebration of student achievement!



Narrandera Range Hiking Trip

We kicked off our Duke of Edinburgh International Award Adventurous Journey component with a hike through the Narrandera Range (towards Barellan) and camping on top of Square Knob Hill. It was a massive undertaking for the students and for all of them it was their first real hike where they would have to be self-sufficient for both days.



Many realised early on that some of the equipment in their pack they would need to try to minimise for their next trip near Tumut as the weight of their pack became apparent. The students pushed through the pain admirably continuing on through blisters (10 in total!!) to get back to our destination. With route changes, navigational learning experiences and dusk approaching we opted for the express route to the top of the hill to set-up camp, getting in at 7pm. After 8 long hours of hiking it was time to set up camp and get dinner ready.

Dinner was an interesting ordeal with a variety of meals being prepared by the students including steaks, sausages, bacon, nachos, chicken, noodles and a variety of accompanying sides. It was a feast of kings! With a view over the lights of Leeton and Narrandera that evening it was enticing enough to keep some students up enjoying the tranquillity of the night. The next morning saw some of the more ambitious pancake breakfasts passed over for something a little more basic as they struggled to get out of bed at a reasonable hour.

Overall, it was a very successful journey and we are very proud of what the students were able to achieve. A big congratulations to Sydney Maver, Sarah Hyde, Dylan Whiteman, Brad Hutchison, Tyler Mohr, David Glasson, Zara Hands, Emma Redman-Henschke and Mahni Ireland for completing your first hike and we look forward to our second trip in Tumut Region after the exams!

Thanks,

Mr Davies and

Miss Hopping



Narrandera High School was well represented at the Riverina Life Skills Swimming Carnival. We had some great results, the boys enjoyed the day and were great ambassadors for the school.



Congratulations to Year 9 student Dylan Johnson who has been selected for Phase 1 of the GWS Giants Academy. We are proud of you Dylan.

Whilst most of us were enjoying the school holidays, Lilly Hewitt was competing at the All School Championships in Sydney.

Congratulations Lilly, we are proud of you.



- Gold medal for Hammer throw. Lilly threw 41.56m.
- 3rd in shotput with a throw of 13.94m



*It was great for our school to be represented
at the Rockin On East Parade*



*Special thanks to Mrs
Langley and Mrs McLay
for their organisation*

YEAR 11 CROSSROADS COMPULSORY 25HR PDHPE COURSE - ALBURY

A friendly reminder to all Year 11 students that notes and money are due back to the Front Office by Friday 2nd November 2018.

The cost of this excursion for your son or daughter is \$120.00 after Narrandera High School has subsidised part of the cost for each individual student.

CLAIM THE DATE



NIFNC DEBUTANTE BALL SATURDAY 30TH MARCH 2019

Interested girls please phone:
Shannon Harrison **0427 593 879**
Lee Longmire **0427 961 974**

Names taken up until **Friday 25 October 2018**

You are invited to a parent

Clontarf Information Evening

Tuesday 23rd October 2018

@ 5:30pm

Narrandera High School Library

****Followed by a BBQ****





Education

Dear Year 8 Parent or Carer

The *Validation of Assessment for Learning & Individual Development* (VALID) test for Year 8 students will be held between **Monday 29 October** and **Friday 9 November 2018**. The test takes approximately 70 minutes. The **VALID Science 8** test is an interactive, multimedia test completed entirely on a computer.

VALID Science 8 contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 4 outcomes and essential content in the *NSW Science Years K–10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values about science and technology.

Since students complete *VALID Science & Technology 8* on a computer, each student needs to bring **headphones or earbuds** that plug into a school computer. Earbuds for an iPod or portable player are suitable.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from the test.

Results of the test will be available during Term 1 2019. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the science knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test.

The principal of your child's school is able to provide you with more details about the VALID program if you require additional information.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Jenny Donovan'.

Jenny Donovan

Executive Director, Centre for Education Statistics and Evaluation
Department of Education

**Narrandera High School is doing the test Periods 3 & 4 on
Wednesday 31st October.**

Slow down to 40 when bus lights flash

Motorists are reminded that school zones are back in operation with a 40km/h speed limit between 8.00-9.30am and 2.30-4.00pm on school days.

Flashing lights on buses play an important role for school children, living in Narrandera Shire, getting to school safely. By law you must slow down to 40km/h when bus lights flash.

Lights flash on the front and back of a bus when the bus is picking up or setting down school children. When bus lights are flashing, young children are on foot around the bus. When travelling by bus, children are most at risk in the minutes after they get off the bus.

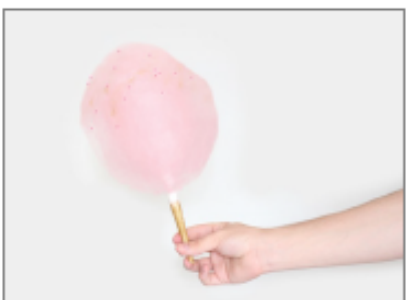
Motorists can help reduce the risk of a crash and keep children safe by:

- **Slowing down to 40km/h when bus lights are flashing**
- **Looking out for children crossing the road near bus stops, in school zones or along bus routes**
- **Giving way to buses when they merge back into traffic.**

Take extra care when driving along bus routes. Be aware of children crossing the road and slow down.

For more information visit www.roadsafety.transport.nsw.gov.au/campaigns/be-bus-aware/bus-flashing-lights.html





Narrandera East Infants Twilight Fete

Oct 26th

2.00 -7.00pm

Food

Stalls

Jumping Castle

Lazer Tag

Coffee & Cakes

Donuts

Pre loved goods

Pony Rides

Fairy Floss

Dollar Drop

Pesca

Luck Dips

Bubble Ball

Chocolate Wheel

Photo Booth

Hoopla

and so much more!



Gold Fete Sponsors

- Halls Accounting
- Ex-Servicemen's Club

Silver Fete Sponsors

- Grant Sawmilling Co
- Bendigo Bank

Silver Fete Sponsors

- Elmers Carpet Cleaning
- Watkins Funeral Directors

Bronze Fete Sponsors

- Hayllars Transport
- Murrumbidgee Hotel

Bronze Fete Sponsors

- Charles Sturt Hotel
- Hotondo Homes

Bronze Fete Sponsors

- Murrumbidgee Plumbing Services

Bronze Fete Sponsors

- Rainbulk Haulage
- GC & JC Eldridge Taxi

Narrandera Garden Club

Town & Country

Open Gardens

Sunday 28th October 2018

Maps on Sale
from
Narrandera Park
& "Billenbah"
9 am – 2:30 pm

\$15 per person
including
Devonshire Tea
and plant stall
at Uniting Church
Hall

Light Lunch available at "Billenbah"

Cost - \$10 pp

in aid of Narrandera Can Assist
Enquiries: 0428 597 655
Email: julie.roffe@gmail.com



5 WAYS TO BE AWESOME AT SELF-CARE

Recharge by taking care of your physical, mental and emotional health.



TAKE TIME FOR A MOOD BOOSTER

To help lift your mood, set aside 15 minutes to do something you really enjoy. Listen to a few of your favourite songs or make a cup of tea.



WRITE IT DOWN

Use a diary either to keep track of all the personal goals you've set and met, or to write about your day. Describe both what was crappy and what you're grateful for.



LOG OUT TO CHILL OUT

If you find you're comparing yourself to insta-models, close the app and go for a walk, or call a friend and have a good chat.



TAKE YOURSELF ON A DATE

Grab some ice-cream or a coffee and just enjoy your own company without the pressure of being on an actual date.



PUMP UP THE POSITIVE VIBES

Write down the achievements and personal strengths you're proud of, and then look at (and add to) the list whenever you're being hard on yourself.

Tools, stories and information for whatever life throws at you.
ReachOut.click/SelfCare

**REACH
OUT.**
COM