



# Narrandera High School

Issue 15 Week 10 Term 3

Tuesday 14th September 2021

Dear Families,

It has been wonderful to welcome students back on site for face to face learning this week, following level 3 COVID-safe conditions.

## Level 3 COVID Operations Outline

- Staff and students are required to wear masks indoors and outdoors while on school grounds.
- We will reduce overall mingling of our different student years which means no school assemblies or sport (outside of existing PDHPE classes), excursions or field trips. Please note that sport on a Wednesday will still run, using our existing PDHPE class groupings. Students also have designated areas of the playground that they are to be in before school and at recess and lunch time. These areas are based on their Stage. Students are required to move directly to their period 1 class at 8.50am each morning. There is no morning assembly. Daily messages are delivered by each period 1 teacher.
- Only essential visitors are permitted on site. All of these visitors will be required to check-in and wear masks at all times. **Parents and Carers are not permitted on site.**
- Our canteen is open with appropriate hygiene measures in place.
- Parents and carers will need to remain outside of school grounds and follow physical distancing and avoid gathering for drop-offs and pick-ups.
- There will be enhanced daily cleaning of the school and wherever possible we will ensure classrooms will be well-ventilated with open windows.

**All students are expected - and will be supported - to be at school every day, unless unwell.**

## Student Leaders for 2022

Our executive team recently reviewed the provisions around student leaders at Narrandera High School. It is important that the processes around formal student leadership positions at our school are rigorous and that all students successful in gaining a leadership position have suitable leadership characteristics and capacity.

Moving forward, the maximum number of student leaders will be six Year 12 students. This will include a male and female School Captain and a maximum of



four Prefects (male or female). Note that this is the maximum number. The Principal and the Year Advisor will determine the final number and this may vary year to year.

As is custom, all students and staff will be able to vote in student leadership elections. Students in years 7-11 will still have the opportunity for student leadership positions through the Student Representative Council (SRC).

### **NAPLAN Results**

It was pleasing to see some most encouraging NAPLAN results released for our school last week. As you may be aware, all NSW Public Schools have school improvement goals in place for NAPLAN that will be measured formally in 2022 and 2023. These targets relate to students achieving results in the top 2 bands for reading and numeracy and also increasing the percentage of students achieving at or above expected growth between Year 7 and Year 9 in these domains. Our 2021 results have Narrandera High already reaching three out of four of these improvement targets, which is outstanding.

- Increasing the percentage of students achieving in the top 2 bands for reading (6.19% increase -target achieved).
- Increasing the percentage of students achieving in the top 2 bands for numeracy (5.87% increase – in range but just below target- 0.25%).
- Increasing the percentage of students achieving or exceeding expected growth in reading (14.25% increase – exceeded upper bound target).
- Increasing the percentage of students achieving or exceeding expected growth in numeracy (23.58% increase – exceeded upper bound target).

I would like to congratulate the students and staff who have worked tirelessly to achieve such pleasing results. We will continue to work hard and stay focused on ensuring all of our students leave Narrandera High School with strong literacy and numeracy skills. Individual results have been mailed home to families and should arrive this week.

### **Stage 6 Update**

Principals have been advised that the last official day for year 12 attendance will be this Friday 17 September.

Whilst official attendance at school will not be recorded for Stage 6 students next term, it will be important for schools to continue to provide strong support for students in the lead up to the exams.

The health and wellbeing of students remains the priority.

Principals have flexibility to support their students online or face to face consistent with the current HSC return plans up until the HSC. **With this in mind, Narrandera High School will continue all scheduled classes for Stage 6 until Friday 29 October (End of Week 4, Term 4). All students are strongly encouraged to attend all classes for these 4 weeks. This time will allow dedicated and focused revision in the lead up to the HSC exams. It will also ensure students remain connected with their peers and teachers.**

NESA on Friday released a [revised timetable](#) for 110 HSC exams over 19 days, beginning 9 November (Tuesday of Week 6) and ending on Tuesday 23 November (Tuesday of Week 8) for Narrandera High School students. Importantly, NESA will provide HSC data to UAC so AT-

ARs can be released from 20 January just before HSC results are released on 24 January.

We will work with all stakeholders to organise end-of-year events (such as a final formal assembly and formal) for our Year 12 students guided by the health advice and COVID restrictions at the time. Information around these events will be provided next term.

### **Parent Tell Them From Me Survey**

Seeking feedback from our school community is very important to us at Narrandera High School. The Tell Them From Me surveys provide schools with information about strengths and successes, as well as target areas for improvement. I encourage all parents and carers to complete the survey by clicking on the following link:

<http://nsw.tellthemfromme.com/m632j>

All responses are completely anonymous.

### **Staffing Update and Term 4 Plans**

At the end of this term, we will say farewell to one of our AEO's Glen Borg. Glen has secured a permanent position as an Aboriginal Health Worker with Murrumbidgee Local Health. We congratulate Glen on gaining this position and look forward to continuing to work with Glen as part of his new role. Braden Lyons will move to working full-time to assist our permanent AEO, Joy O'Hara with her work.

All students and staff will return to commence Term 4 on Tuesday 5 October (after the long weekend). Students should return wearing summer uniform. I wish all of our families a safe holiday break and thank you once again for your support.

Kind Regards,

Marni Milne

Principal

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## QUOTE

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***Almost everything will work again if  
you unplug it for a few  
minutes.....including YOU!!***

***Anne Lamott***

**Monday 4th  
October  
Public Holiday**

**Tuesday 5th  
October**

***ALL STAFF & STUDENTS  
(including Year 12)  
RETURN TO SCHOOL***

**FOOD TECHNOLOGY**



Learning from  
home cooking  
-  
Eggs were the  
hero!!





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# STAGE 6 IT - TIMBER

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# STAGE 6 IT - TIMBER





# STAGE 6 IT - METAL





## HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL

COVID 19 has required everyone to make changes: how we live, how we socialise, how we learn.

Everyone has a story about learning from home and while there are similarities, your story is unique.

Whatever your experience, it's normal to feel a wide range of emotions that may change from week to week. In returning to school, it's important to think about what will help you prepare for your return, manage any worries you might have and re-focus your thinking.

Your feelings are important. If you need to, there are lots of people you can talk to.



### BE KIND TO YOURSELF

- Go easy on yourself – give yourself the same supportive advice that you'd give to a good friend.
- Life has been different and it may take time to adjust. Be realistic in your thinking about how long it might take.
- Talk with your teachers about your work and call out your current strengths and any challenges. They are there to help you.
- Contact a friend before the first day back and arrange a time and place to meet.
- Try and focus on the things you can control like trying your best with your school work and see change as an opportunity to learn and grow. Some things are out of our control and worrying can be tiring.
- Talk with your family and friends to help prepare yourself for returning to school.



### GETTING READY

- Get organised before the day. You may have had a growth spurt while away – so check your uniform and shoes still fit.
- Check your timetable to know what lessons you'll be having - if in doubt ask your teacher or classmate
- Pack your bag the day before with everything you need.
- Be sure to have a mask and hand sanitiser. Your school will also have some supplies if needed.



### SAFETY

- Know the rules around wearing masks at school and while travelling. If you need more information, look at your school's website and Facebook page, or contact a teacher or year adviser.
- Remember COVID safe practices are for the safety of everyone in the school community so follow all instructions on physical distancing and hand washing.
- If you feel unsafe, or are worried about safety, talk to a trusted adult in the school.



# RETURNING TO SCHOOL

## DON'T FORGET YOUR PHYSICAL HEALTH

- Food is fuel for your brain and body. Eating a healthy balance of food throughout the day and drinking water helps improve your mood and concentration, and boosts your energy levels and supports general health. And it all starts with breakfast!
- Stay active. Returning to school may make you physically and mentally tired for a while. Spend some time doing something physical at the end of the day to boost your mood.
- Sleep is essential. Give your brain a rest so it can recharge. Get into the routine of sleeping 8-10 hours so you can wake up in the morning refreshed and ready to learn. Uninterrupted sleep is best, so put your phone on silent or even better, in another room.



## KEEP CONNECTED

- Challenging times can be easier to get through together, so stay connected and be there for each other.
- Go easy on each other and be patient. By being calm those around you will also relax.
- Look out for your friends and classmates. If you think someone is having a tough time, it's a good idea to reach out and offer support. ReachOut has some helpful tips on how to start the conversation.



## FEELINGS

- You may experience a range of emotions about returning to school: worried, excited, nervous, angry, happy or any emotion in between. Take your time to reconnect with teachers and other students and settle back into the school routine.
- Think of a time when a challenge made you feel nervous or worried. Remember the strategies you used to manage those emotions and reflect on how you moved through that situation.
- It can be tough, but try to focus on the good things no matter how small they may seem. It's important to seek out the positives to help build your confidence, and focus on your strengths.

## MORE HANDY TIPS

If you do feel overwhelmed there are lots of things you can do:

- Take some deep breaths, walk away to another area or talk about it with your mates.
- Use an app like **Smiling Mind** to practise mindful meditations to help you relax. **Reachout.com** has heaps of other apps you can check out!
- Speak with your support network: family, teachers, Year Adviser, school counsellor or student support officer.
- Contact a helpline by phone or online.
- Kids HelpLine ([Kidshelpline.com.au](http://Kidshelpline.com.au) or 1800 55 1800) or headspace (1800650 890) are two places you can contact. They are free of charge.
- Your local doctor is also someone you can talk to.

You will find more ideas on how to look after yourself and your friends on the Department of Education's student mental health and wellbeing pages.

# ABORIGINAL EDUCATION TEAM

## Expression Of Interest

Narrandera High School is formally establishing an Aboriginal Education Team within the school comprising of Aboriginal staff and currently seeking suitable volunteers to join our team. The two voluntary additional positions available are as follows including brief outlines of responsibilities.

- 1) **Parent representative** – responsible for being proactive in providing a parent’s voice and providing authentic community engagement and opportunities for expert cultural guidance.
- 2) **Elder or Community representative**- responsible for communicating Elders/Community prospective and voice, enhancing pathways of communication and community engagement.

Both voluntary roles will provide opportunities to work collaboratively with the Narrandera High School Aboriginal Education Team and promoting Aboriginal culture and customs.

### Criteria-

- Aboriginality and being accepted within the community as being a local Aboriginal person
- Working With Children Check (WWCC) and Police check
- Knowledge of the local Aboriginal community and understanding of the importance of Aboriginal students education, attendance, engagement and cultural identity
- Ability to work as a team and demonstrate excellent communication skills and prepared to be a proactive voice
- Available to attend team meetings within the schools operation times, 2- 3 times during the school term

If you are interested in joining our team please address the above criteria and forward EOI, of no longer than one A4 page by Friday, 14<sup>h</sup> October, 2021 to [simone.walsh10@det.nsw.edu.au](mailto:simone.walsh10@det.nsw.edu.au)





## Stay COVID safe

### Our school is operating at Level 3



- Face-to-face learning on site
- Masks required for staff and students Year 7 and above, indoors and outdoors
- Staggered breaks and reduced mingling of student groups wherever possible
- Non-essential visitors not permitted



QR code check-in and check-out required for all staff and visitors.



Follow health advice and keep your child home if they are unwell.



For the latest information, visit [education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19)

Needing some  
extra fun while at  
home these  
holidays?



## Free SCHOOL HOLIDAY FUN PACK!

A jam-packed bag of art supplies, art activities, family games, holiday fun ideas, and much more!

Limited bags available  
so get in fast!  
(One bag per family)



Pick up from Thursday 23/9/21 at  
Camjai Catering (26 Bolton St,  
Narrandera)

First few families to collect a pack will be  
given a Camjai Catering voucher!





# COMMUNITY NOTICES

The Academy has now opened applications for more of our 2022 sporting programs – **BASKETBALL, HOCKEY** and **NETBALL** with **RUGBY** opening during this week.

We are looking for talented and keen athletes to participate in all our programs. There are also positions available for staff who are interested in coaching and helping the next group of young sportspeople progress in their chosen sport.

There are different eligibility criteria and closing dates for each sport, athletes can find this information on the nomination forms at [www.ssa-nsw.org.au/Nominations](http://www.ssa-nsw.org.au/Nominations).

The Academy would appreciate if you could pass the information on to all players/coaches that may benefit from participating in the Academy Development Programs.

The Academy is very appreciative for the support we receive from associations and clubs in the region and acknowledge the valuable role you play in athlete development. We trust your association will be supportive of this unique opportunity for our Southern NSW athletes, and I thank you in anticipation of your co-operation.



If you require additional information concerning the program or the Southern Sports Academy, please do not hesitate to contact me on (02) 6931 8111.

a global voice  
for women

Soroptimist  International

## SOROPTIMIST NARRANDERA SCHOLARSHIP

Year 12 students and those already studying at tertiary level are invited to apply for the Soroptimist Scholarship for 2022. The Scholarship is for **\$1,500** for tertiary education studies. It is available to any female student, from the Narrandera Shire area who is currently studying a tertiary course or who has an application for tertiary studies in 2022.

The name "SOROPTIMIST" is derived from the Latin 'SOROR' and 'OPTIMA' which literally means 'THE BEST SISTER'. To encourage local young women to pursue a tertiary education, the members of Soroptimist International Narrandera are very pleased to be offering a \$1,500 Tertiary Scholarship, to a young woman who resides in the Narrandera Shire area.

Soroptimist International is a global movement working to transform the lives of women and girls by advocating for equity and equality, creating safe healthy environments, increasing access to education, and developing leadership and practical skill for a sustainable future.

**Applications close 5pm Friday 3<sup>rd</sup> December 2021.** No consideration will be given to late applications.

Interviews will be held at the convenience of the committee and before the commencement of the University and TAFE year. Scholarship funds will be made available upon the successful applicant confirming their offer.

Please make sure your application is correctly and neatly presented. Attach a copy of your yearly HSC report from your school, or your most recent TAFE or University transcript.

**Applications are to be forwarded to:**

**Mail:**  
Soroptimist Scholarship  
PO Box 73  
Narrandera NSW 2700

**Email:**  
[sinarrandera@siswp.org](mailto:sinarrandera@siswp.org)

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**Applications are to be forwarded to:**

<b>Mail:</b> Soroptimist Scholarship PO Box 73 Narrandera NSW 2700	<b>Email:</b> sinarrandera@siswp.org
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### Scholarship Form

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Phone Number \_\_\_\_\_

Street Address \_\_\_\_\_

Email Address \_\_\_\_\_

School Attended \_\_\_\_\_



Courses Applied for at Tertiary Level

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Please describe your career plans and reasons for tertiary study

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Personal Interests/ Hobbies

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What form of support will you be receiving during your tertiary studies?

Please circle:    YOUTH ALLOWANCE                  PARENTS/GUARDIANS                  CASUAL WORK

Names of two referees and their telephone numbers:

1. 

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2. 

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