



Bulletin

Issue 8 Week 8 Term 3

Tuesday 11th September

Our focus on wellbeing and promoting student responsibility continues to be a priority for us at Narrandera High. Last week our Stage 6 students were inspired by Glen Gerrey from the Hopeful Institute who led students through his 'Day of Hope' program as part of their Year Day. The 'Day of Hope' is a social and emotional wellbeing seminar focused on promoting student engagement, meaning, grit, positivity and hope. The feedback about this day, from students and staff, was overwhelmingly positive.



Photo: Stage 6 enjoying their Year Day with Glen Gerrey

This Friday, September 14, our Year 10 students will take part in their Year Day which also has a wellbeing focus. Students

in three of our year groups have already had individual meetings with their Year Advisors, focused on goal setting and developing a personalised learning plan. All other students will complete these meetings before the end of term.

Our wellbeing focus will also continue this Thursday as we participate in R U Okay Day. Year 12 will be hosting a BBQ to raise funds for 'Headspace', their chosen charity, at lunch on Thursday. Students are also encouraged to wear something yellow with their uniforms to promote this cause. This may be a yellow ribbon, hat, tie or socks.

We also celebrated our Term 3 Formal Assembly last week. The theme of this assembly was leadership and promoting student leadership at our school. The following is my Principal's address shared at this assembly:

Good afternoon parents, students and staff. It is wonderful to see so many people here with us today to formally recognise the achievement and effort of our students this term. It has been my pleasure and privilege to lead the Narrandera High School community as Relieving Principal this term.

Today we will also introduce our Year 12, 2019 Student Leadership Team. From this group, the Captains and Vice-Captains will be announced at our Year 12 Final Assembly on Thursday September 27. Throughout the selection process for this student leadership team, I have had an opportunity to reflect upon what makes a good leader and how we at Narrandera High School promote and develop leadership capacity in all of our students.

Calendar

TERM 3

Week 8

- **Wednesday 12th**
September - 10
PDHPE - Rotary
Interview Night
- **Thursday 13th**
September - R U
Okay Day - Wear
something yellow
with uniform
- **Friday 14th**
September - Year 7 -
Second Immunisation
- **Friday 14th**
September - Year 10
Year day - Wellbeing

Week 10

- **Thursday 27th**
September - Year 12
Final Assembly
- **Thursday 27th**
September - Year 12
Formal

What is it that makes an effective leader? Many experts have written countless leadership books and articles that discuss the principles required for good leadership. A great leader is able to get the job done, adapting to their environment and empowering their team to succeed together. For our students, leadership is about:

Doing the right thing without being asked or when nobody is watching

Helping others in need

Guiding others on the right path

Setting a good example for others and being a good role model

Standing up for others even when it is the difficult or unpopular thing to do

We need strong student leaders at Narrandera High School. We need all of our students to be leaders, not just those that have a formal leadership role with a badge. Students that exhibit leadership qualities don't necessarily have to be loud and outgoing. Strong leaders are:

- *Good at listening*
- *Proactive*
- *Honest and generous*
- *Strong communicators*
- *Confident and fair*
- *In control of themselves and their emotions*

Even greater leaders are humble and will lead others to serve a cause bigger than themselves. Great leaders are ambitious but never for themselves, they're ambitious for their school, their community, their workplace or their team. They will do whatever is necessary to serve this cause, rather than themselves.

At Narrandera High we are continuing to devise strategies to foster different types of leadership in our students. This ranges from our formal leadership roles on the SRC student leadership team or even taking on board a leadership role on the sporting field or as part of the chess team, to developing leadership and goal setting capacity with our students in other ways. Our Year Days which commenced in 2017 are focused on enhancing the wellbeing and leadership capacity of all our students. Our one on one Year Advisor interviews with students that include a focus on a personalised learning plan and students setting their own learning goals, are another way we are working to improve the capacity of all students to lead their own learning. Our Positive Behaviour for Success Program also promotes personal responsibility for our students.

I encourage all of our students to work on developing their leadership by taking advantage of the opportunities available for you here at school, at home and in the community. Remember that leadership is not about a title or words, it is about attitude and action.

Kind Regards,
Marni Milne
Relieving Principal

Formal Assembly





Over the past 8 months at Narrandera High School, Year 9 Agriculture have competed in the 2018 School Wether Challenge. This required the students to manage 7 Merino wether lambs. The students had to teach the sheep to lead on a halter, weigh the sheep weekly, monitor feed ratios and provide general sheep care to a specific timeline. During this time the sheep were at Narrandera agriculture plot. They were successfully taught to walk on a halter and each sheep had an average weight gain of 30kg, with clean, fine wool.

On Monday 27th August the Merino wethers were taken to Dubbo Rabobank National Merino Sheep Show and Ram Sale, where they were judged on their production class, wool value and meat value. Year 9 Agriculture students at Narrandera put in exceptional effort in preparing the sheep for the challenge but unfortunately our students were not able to attend the show. The sheep will still be judged and we will be informed of our results and sheep data in the coming days.



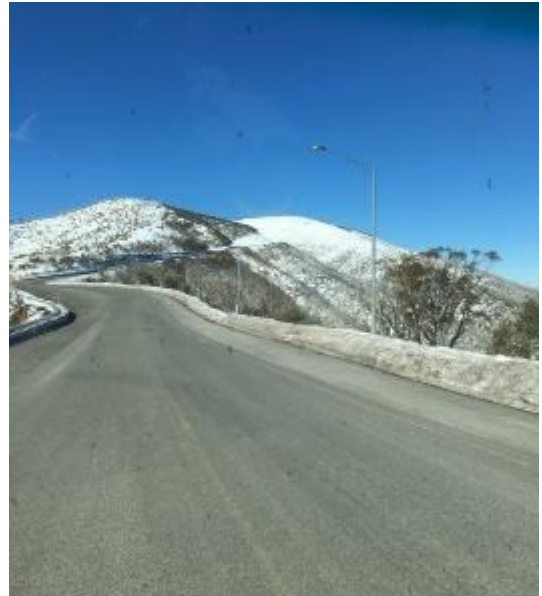
A massive thank you to Mr Dave Vest for helping in the care and preparation of the sheep, to Mr Matt Shady for the donation of the feed supplied and valued insight in the production of the sheep and to Mr Stuart McVittie at Yanco Agriculture High School for the delivery of the sheep and care for the sheep at the show.

Narrandera High School Wether Challenge.



Year 9 SS Class - Ice Bath Challenge

The Year 10 Sport Studies Ski trip was held from Wednesday August 29th to Friday August 31st at Mount Hotham Ski Fields. The trip started with the usual classic music from my iPod (yes, it's an iPod not an iPhone) for the bus trip to Bright before we strapped in for the mountain road from Bright to Mount Hotham. It never gets old hearing or seeing the excitement on kids' faces when they get their first glimpse of the snow, even when it is just some dirty snow on the side of the road that's fallen off a car on the way down. The view on the road to Mount Hotham is amazing as you rise up to the top of the mountains and drive through the snow fields with snow higher than the bus windows all around. The first glimpse of a chair lift and people on skis always sends a buzz through the bus as well.



Wednesday Night skiing was an adventure with some taking to it like a fish to water, others not so much. Everyone stuck at it and after an hour and a half I did manage to make it fully down the run for the first time. (It's only about 500m) This was just a taste test for tomorrow.

Thursday was our 2 hour ski lesson at 8:30am (with our French instructor) followed by a full day of skiing. The weather was OK and most hit the slopes hard for the entire day, only stopping briefly to refuel with some badly wrapped sandwiches (You would be proud of their Glad Wrapping skills parents.....not). By 4:00pm in the afternoon some had semi-mastered the art of skiing and were confidently going down "Blue", or intermediate, runs whilst, most impressively, others had stuck at it all day and had improved tremendously. By 4:00pm we were ready to swap out of our skis and on to snow boards.

Friday, what do I say about Friday.....the weather forecast was for snow and wind and for once in the mountains, the forecast was correct. By 7:00am the snow was bucketing down and the wind was howling which is all amplified on the top of the mountain. Everyone did their best and made it through our 2 hour boarding lesson under very difficult conditions but, for most, that was enough of the extreme cold and wind. About half the group stuck at it but only had the beginner run to practice on as all of the other lifts were closed because of the weather. They were great at boarding and I was very impressed with their tenacity to stick at it until around 12:00pm when they returned cold, wet and a little exhausted. We returned all of our gear and boarded the bus for the trip home, snow chains attached.



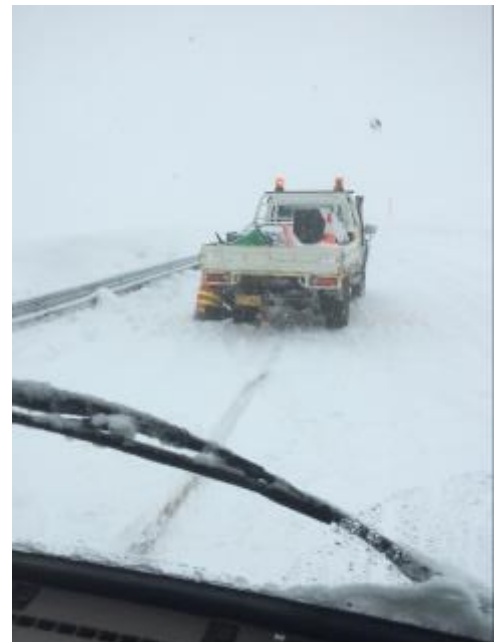


The trip down the mountain was “an experience”. It’s 50km from Mount Hotham to Harrietville and it only took us 4^{1/2} hours. Just out of the resort a car decided to turn around on the road and go back in the blinding weather. A three point turn in the middle of a blizzard and on a hill is never a good idea, let alone with buses coming from both directions. Unfortunately, waiting for them left us stuck on the hill and unable to get traction on the snow to keep going up the hill. This was only the start. The road management team came along and towed us up the hill but I knew there were more hills to come and I was pretty confident of the outcome of those. A little further on a car had stopped in the middle of the road because he was “too scared” to keep going. This stopped everyone, including us, until he built up the courage to keep going. Unfortunately, we were stuck again on the hill and going nowhere.

Our friendly “towie” came along again and pulled us up the hill but we had one big hill to come and virtually no chance of making it up, which turned out to be correct.

Stuck for the third time we just had to wait for our third tow. Again, I thanked the towie but we left saying that “we didn’t really want to see each other again today”, thankfully that was the case.

A huge thankyou has to go out to the staff and management at Coles Narrandera for their ongoing support of our programs here at Narrandera High School with their kind donation of groceries for the trip to help keep the costs down.



Also, thank you to Mr Ireland and Mrs Donaldson, and their families, for giving up three days of family time to take us on this excursion. There is a lot of work and organisation that goes on behind the scenes to make these trips happen and their efforts are very much appreciated. Mr Ireland’s new found skills as a traffic controller in the snow and impersonation of a snowman were impressive and I definitely needed and appreciated his skills and assistance while driving in the whiteout blizzard. It was definitely an excursion we will remember for all of the right reasons.

Mark Chappell



CONGRATULATIONS

Congratulations to all of our State Athletics representatives who were away last week representing us at the State Carnival at Homebush. Our representatives were Brad Cussans, Lilly Hewitt, Olivia Light, Grace Gillespie, Louise Mars, Alirah Hands, Mackenzie Mohr and Tyler Mohr. All represented us with the highest of honours with Lilly Hewitt also winning a Silver Medal for finishing second in the girls Shot Putt. Congratulations to all eight outstanding athletes!

CLOTHING POOL

Our Narrandera High School Clothing Pool is in desperate need of donations of school uniform. If you have any items to donate, please leave at the Front Office. Thankyou.

HSC Examination Supervisors REQUIRED

If you or anyone you know may be interested in working as an HSC examination supervisor between the 18th October and 9th November, please contact our presiding officer.

Darlene Law Telephone: 0429 346 766



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SATURDAY, Oct 20 7PM

Doors open 6:30PM

Tickets

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At the CRC Church Narrandera

Light supper will be provided
after the show

-Lucky Door Prize

-Raffles to be won

-Donations welcome

Contact Renaë on 0457 347 115
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100% of proceeds of this event are for
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Fundraising Number 12748

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