



HIGH SCHOOL HIGHLIGHTS

Narrogin Senior High School
Issue 3 2024



NAIDOC Year 7 Cultural Excursion to Dryandra

To celebrate NAIDOC week, Year 7 students spent the day at Dryandra Woodland National Park and took part in a variety of activities throughout the day.

Students had the opportunity to make their own damper - with lots of our students teaching our international teachers how this is done! Mrs Kickett held a fabulous arts and crafts workshop; a mindfulness activity where students were able to make bracelets and necklaces and also learn how to basket weave. Mr Kickett, Mr McDonald and Ms Clark led the bushwalking activities, with Mr Kickett teaching us all about the local flora and fauna. We were even lucky enough to find an echidna! Students created a piece of artwork or decorated a boomerang based on the Noongar seasons of Birak, Bunuru, Djeran, Makuru, Djilba and Kambarang.

Team games took place on the oval later in the day and some students built their own bush tepee!

During free time, some Year 7 boys showed Mrs Heaton how to throw a boomerang successfully against the stunning backdrop of kangaroos with joeys in their pouches. Mrs Heaton was overheard saying, "I feel like a true Aussie now!"

A huge thank you to Ms Penny and Student Services for organising a fabulous day full of fun, as well as an amazing sausage sizzle lunch! Toasted marshmallows ended a brilliant day for all staff and students.



Leanne Inglis - English

From the Principal

We certainly have achieved a lot this year particularly this term. It is great to see students out and about enjoying events.

We have been active recruiting some wonderful staff throughout 2024 so far. Credit to Carly Flavel for developing the information regarding our new staff – this will continue as there are a few more to add. We hope this allows the community an insight to our staff at the school.



It is the time of year for our reports which will be electronic through email/connect. Please save these as copies will not be available after four weeks. Reading through this has been enlightening and we certainly have some work to do in regards to our grades.

Our NAPLAN and OLN data has been pleasing particularly Year 9 NAPLAN, however it seems that grades are not matching this. It is important that as a school we reflect on this and how to have this improved. Students also need to reflect on their achievements and have conversations about the purpose of school and pathways available. I often have conversations with students and there is a clear indication that if their pathway is unknown then we want to make sure our students have options, as many as possible, when they leave school. To have these options and be in best position, their WA Certificate of Education should be a priority. We provide opportunities for students to achieve their WACE and some as we are resourced for this. We understand that some students find this challenging and we provide other programs to accommodate. With subject selections for 2025 Year 11 looming this space will be limited to options for students. We will still be resourcing our usual courses however our selection process will be based on the grades the Year 10 student has achieved. The Career Conversations workshop is highly recommended for parents and the students – this provides some insight into the pathways available and various options within industries.

Social media seems to play havoc and it seems that parents are also finding this to be quite an enigma. I have had many a call from parents asking for support in cyber safety for their child. I often refer to the online safety website : **Online safety | eSafety Commissioner**. It is not only what children are accessing, it is also about who is accessing our young people – there are no boundaries in this space really and it has slightly seeped in the school causing challenges for us. We all know too well with current media news of people using AI to manipulate images – let us keep young people safe and place boundaries on social media.

The recent assembly was a great send off for our 2024 Country Week students. We have 2 passionate media students who have made a video of country week coaches and students interviewing them about their aspirations for the week. As circumstances evolved a number of staff had to step in at the last minute to pick up Country Week duties in Perth – leaving their family at short notice. This demonstrates our staff's dedication for our students. Mr Heil's organisation of the event has been exemplary and we hope to visit the students in Perth with some students.

Our P&C has regrouped and we have a vibrant Jacinta Russell at the helm this year and there has been an increase in numbers for our P&C. It is appreciated that we have a supportive P&C over the last several years and look forward to the goals they are setting watch this space.

In the meantime enjoy the holidays and we will see you on the other side.

Ms Sandii Stankovic



School returns on Tuesday 16 July for students.

In the Library

Scholastic Book Fair

Scholastic Book Fair visited in Week 8.

It was enjoyed by staff, parents and students and due to its success the Library has benefitted with a new selection of books.

Thank you to those who contributed.

Susan Regan/Jodie George
Library Officers



NAIDOC Week



Mindflight7 Roadshow

On Tuesday 28 May a group of year 9 students took part in the Mindflight7 roadshow experience.

The students experienced the Career Guidance and Exploration -

Mindflight7 provides career guidance to students by offering them immersive experiences in different career paths. This way, students can explore various career options and make informed decisions.

They experienced numerous careers from performing open heart surgery to hairdressing and driving a car. It was extremely well

received by the students and all that attended thoroughly enjoy the experience. It was also great to see Mr Pratt and Mrs Heaton getting involved.



Kylee Nelson
Participation

Year 8 Australia's Biggest Morning Teas

For over 20 years, Narrogin Senior High School has been involved with hosting Australia's Biggest Morning Teas which are run as a fund raiser for the Cancer Council.

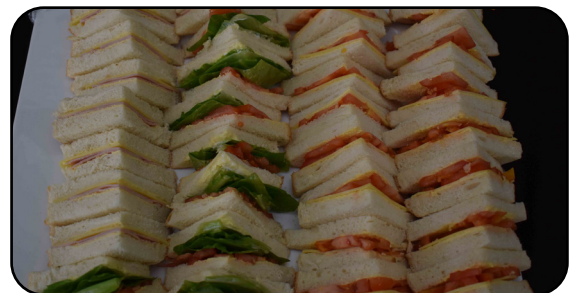
We are very proud to continue this tradition.

In week five our Year 8 Food, Science and Technology students hosted three Morning Teas which were well attended by family, friends, and staff.

The students did a fantastic job preparing food and hosting their guests.

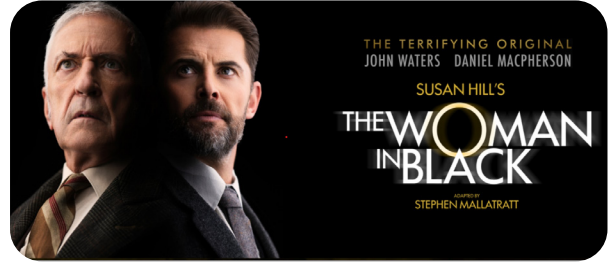
Mrs Davis, Mrs Pattullo and Mrs Shepherd along with their students would like to thank everyone involved for their support and donations.

Susan Pattullo
Home Economics



Year 9 and Year 12 Theatre Trip

On Wednesday 5th June, 45 students from Years 9 and 12 visited His Majesty's Theatre, Perth, to attend a performance of Stephen Mallatratt's 'The Woman in Black.'



On arrival, students were given a mini tour and grabbed a snack and a drink in the Crew and King Restaurant before taking their seats for the show.

The performance was incredible; a real masterclass in how to create mood and atmosphere using sound and lighting, with only two actors taking on multiple roles throughout the play.

Our students were an absolute credit to Narrogin SHS and brilliant ambassadors for the school. Ms Milbourn, Mrs Inglis and Miss Sheridan were proud to accompany them on the excursion and enjoyed the performance as much as they did!

Feedback from the Year 9s was overwhelmingly positive:

'The Woman in Black' was an incredible play. I thought it was amazing how all the roles (aside from The Woman in Black) were played by only two people. The trip was an amazing opportunity. (Stella N)

'The Woman in Black' was an amazing, captivating watch [...] The suspense kept viewers on the edge of their seats, shivering in anticipation. (Zoe G)

The play was a pretty amazing experience. Not only was the play entertaining, the café, bus ride and sitting on the balcony was really fun as well. (Delilah K)

It was a phenomenal play and the effects were great [...] Overall, I really loved the experience. Five stars! (Miller T)

I wish we could go on an excursion every week! (Lacey M)

I liked how the lighting would dim out and change colour and how the sound effects allowed us to imagine a scene more deeply. Five stars! (Yorick G)

The lighting clearly differentiated the past and the present while also setting the mood. The visual and sound effects fully immersed the audience into the fictional world and each performer truly brought their character to life. It was fantastic. (Bella C)



A visit to Hungry Jacks on the way home was the perfect way to end the day with Sam P and Cody E very thoughtfully bringing back some fries for our coach driver.

Thank you to all staff and students involved for a hugely successful and enjoyable day out.

The English Department are currently planning their next event, so watch this space!

Leanne Inglis
English

Meet Our New Staff Members!

MEET

Londa Finlayson

- **My role...** I work in Admin as the school's Enrolment Officer
- **I am from...** Wagin - born and bred!



My highlights so far at NSHS...

- Being Relaxed by Jean's Voice & almost doing the Hokey Pokey at the Staff Meeting.
- The AMAZING Admin Team
- Interacting with the Kids (and forgetting I am no longer a student; I am not that cool anymore!!)

Fun facts about me...

I have double jointed elbows & ADHD is my superpower 😊

MEET

Leanne Inglis

- **My role...** English Teacher / Year 7 Coordinator.
- **I am from...** Originally North-East England (Hartlepool) but lived in the North-West (Liverpool, Manchester and Lancaster) for 16 years prior to moving to WA).



My highlights so far at NSHS...

- Becoming Year Coordinator for our fabulous Year 7s and taking my Y9 English group recently to His Majesty's Theatre in Perth to a performance of The Woman in Black- which was amazing!

Fun fact about me...

- I have over 100 different sets of pyjamas and I brought every single pair with me when I moved!

MEET

Jamie Perry

- **My role...** I teach HASS.
- **I am from...** Doncaster, England



My highlights so far at NSHS...

- Working with students to help (and hopefully!) expand their horizons, encourage them to always be themselves 100% of the time, and to recognise their achievements and celebrate them!
- The students at NSHS are also hilarious! They're constantly putting a smile on my face in lesson.

Fun facts about me...

- I played the role of "Harry" in a BBC TV show called "Waterloo Road" when I was 14!
- I was also friends with Louis Tomlinson (of One Direction fame!) when growing up!

MEET

Ellie Heaton

- **My role...** I teach English and am the Year 9 Coordinator.
- **I am from...** Liverpool, England.



My highlights so far at NSHS...

- Building positive working relationships with my students

Fun facts about me...

- I've appeared on the British version of 'The Chase' (but whether or not I won is a story for another time).
- I've sky-dived over Rockingham.
- I speak Spanish.

Meet Our New Staff Members

MEET

Aaron Morton

- My role... Student Services Manager.
- I am from... Pingelly



My highlight so far at NSHS...

- The team environment in Student Services - I love it!

Fun facts about me...

- In 1993 I rode the WA 'Bucking Horse of the Year' at a NYE Rodeo.
- I currently coach the Brookton/Pingelly Reserves Team. Go the Panthers!

MEET

Lisa Nelson

- My role... Associate Principal
- I am from... Narrogin - I've lived here over 30 years!



My highlight so far at NSHS...

- Meeting all of the staff and students who come from all over the State, catching up with families that I have taught over many generations!
- Working in such a vibrant environment with a great team of professionals.

Fun facts about me...

- I live in a pink house!
- I have a poodle named Clover
- I have 3 grown-up sons, and two grandsons!

MEET

Daphne Salmatin

- My role... I am an Executive Support Officer.
- I am from... Originally the Philippines, but transferred to Narrogin 4 months ago.



My highlights so far at NSHS...

- One of the things I appreciate most is the opportunity to continuously grow and develop, plus the people I work with are fantastic!

Fun fact about me...

- I've got a weakness for sweet treats 😊 You can always count on finding at least a bar or two (or three, or four) hiding in my bag! 😊

MEET

Ben Hortin

- My role... I teach Mathematics.
- I am from... Scotland!



My highlights so far at NSHS...

- The great people - both colleagues (especially in the Maths Department) and learners.

Fun facts about me...

- I've officiated numerous international hockey matches, including a spicy European Championship relegation match between Russia and Ukraine.

Pre Country Week Play Off

On 11 June, Narrogin SHS competed in a variety of sports against the Narrogin WACoA. This carnival was in preparation for the upcoming High School Country Week.

Teams implemented strategies taught in training and blew out any cobwebs before heading to Perth on Sunday the 23 June.

Good luck to all teams, and a very big thankyou to Narrogin WACoA for providing food, drinks and bringing some tough competition.

Jordan Heil
Phys Ed



Notices

Career conversations 2024 Information sessions for parents and students



Department of
Education

Career Conversations Pathways and opportunities 2024

Shaping the future

The world of work is changing. It is important to have career conversations with our young people to support their understanding of the future learning, work and life opportunities available to them.

Please book through :

<https://www.trybooking.com/events/landing/1215740?>

REMINDER!

Narrogin Senior High School has updated their Bank Details.

Commonwealth Bank Details

BSB: 066040

Account No: 19907291

Please state student's name and purpose of payment as reference

Small changes, big differences.



Teen Triple P (Positive Parenting Program) Seminar Series *Free for Parents of Teenagers (Year 5 +)*

Seminar One: Raising Responsible Teenagers

Find out what makes teenagers tick! You will come away with new ideas to encourage your teenager to make good decisions, be respectful, considerate, reliable and involved in family life.

DATE: Monday 19th August 2024

Seminar Two: Raising Competent Teenagers

Set your teenager up for life by helping your child get the most out of their school years. Find out how to help them communicate well, develop self-discipline and good routines, follow rules and solve problems.

DATE: Monday 2nd September 2024

Seminar Three: Getting Teenagers Connected

Help your teenager develop good, supportive friendships. You will learn ways to build their confidence, encourage their social skills, help them to plan and meet commitments and encourage them to care of others.

DATE: Monday 14th October 2024

INFORMATION AND BOOKING

All seminars are **FREE**. At each seminar, you will be given a tip sheet to take home to remind you of the great ideas you've heard.

TIME: 6.00pm – 7.30pm

VENUE: Narrogin Senior High School
Library
Parking available at the door

PRESENTER: Yvette Le Tessier

Each seminar lasts approximately 1.5 hours, and you can do one, two, or all three in the series. Please register your attendance by clicking the respective seminar title or search for the sessions by location (Narrogin) at www.triplep-parenting.net.au/wa.

* Tea and coffee will be provided.

www.triplep-parenting.net.au/wa

Small changes,
big differences.



Free seminar for parents

Fear-Less Triple P (Positive Parenting Program): Helping your child learn to manage anxiety

For parents/carers of children and teenagers aged 6-14 years

Everyone experiences anxiety occasionally, and it's a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes become overwhelming and interfere with our ability to cope with day-to-day activities.

Learning to manage anxiety effectively is a vital life skill that begins in childhood, and this FREE two-hour seminar can help you:

- ✓ Understand exactly how anxiety works
- ✓ Learn key anxiety-management and coping skills that you can teach your children and teens
- ✓ Manage your children and teens' anxious behaviour effectively

| | |
|---------------------|--|
| DATE | Monday 5 th August 2024 |
| TIME | 6.00pm – 8.00pm |
| VENUE: | Narrogin Senior High School Library - Parking available at the door |
| PRESENTER: | Yvette Le Tessier |
| REGISTRATION | You can register for this session by clicking here , or searching for the session by location (Narrogin) at www.triplep-parenting.net.au/wa |

A tip sheet to take home and tea and coffee will be provided.

www.triplep-parenting.net.au/wa



How Much Caffeine are Children Allowed?

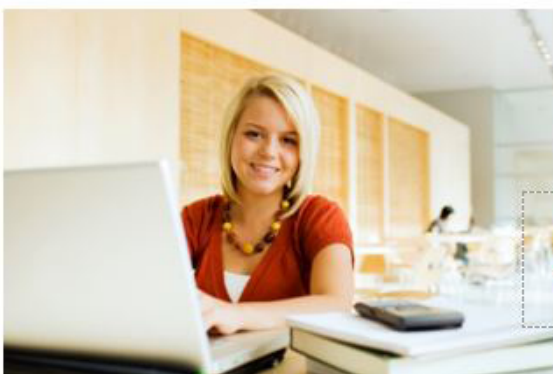
Currently, Australia has not determined a safe level of caffeine consumption for children. At this stage it is **NIL CAFFEINE FOR CHILDREN**. Food Standards Australia New Zealand reports that at doses of 95mg of caffeine, children aged 5-12 experienced disrupted sleep and other effects such as:

- Difficulty concentrating
- Difficulty sleeping
- Insomnia
- Nervousness
- Headache
- Rapid heart rate
- Anxiety
- Dehydrating effect



Energy drinks not only have high amounts of caffeine but most are high in sugar. They also may contain additives such as guarana, taurine, ephedrine and ginseng which act as stimulants. The high amounts of kilojoules (energy) can increase the risk of weight gain.

mastermind
AUSTRALIA



JULY EXAM PREPARATION & REVISION PROGRAMS

Tuition for all students Year 7 to 12

| | |
|----------------------------------|--|
| Week One 1-5 July Venue: | Christ Church Grammar School plus OLN Program |
| Week Two 8-12 July Venue: | Hale School |

The July School Holiday Programs will offer students comprehensive subject revision. These classes assist in preparing students for their Second Semester Exams.
20% school discount per subject

ENROL NOW

www.mastermindaustralia.com.au

MASTERMIND AUSTRALIA

Ph: 9342 2000 mob: 0488 102 907

email: admin@mastermindaustralia.com.au