UPCOMING DATES

Monday 18th February — Nyngan High School Swimming Carnival

Thursday 21st February — Lands Council Meeting 1.00pm at Lands Council

Monday 25th February — P&C Meeting 5.45pm NHS Common Room

Monday 25th & Tuesday 26th February — Encore Excursion — Sydney Opera House

MID TERM BREAK — Friday 1st March & Monday 4th March

SCHOOL PHOTOS — Tuesday 19th March

NYNGAN HIGH SCHOOL SWIMMING AGE CHAMPIONS

2013

Congratulations to the following Swimming Age Champions on their success at the Swimming Carnival held on Monday 18th February - pictured from Left to Right: Zali Wherritt, Harry Blake, Jarrod Blake, Casey Douglas, Tegan Douglas, Rachel Fitzalan, Dane Casey, Emerson Alderson, Emily Bandi, Liam Wherritt, Marc Jenner and Tom Waterhouse.

Well done to everyone on a successful swimming carnival.
Principal’s Report – Newsletter

Burrendong Peer Support Camp

Last Thursday afternoon I had the privilege of joining the Year 7 and 10 students who attended Burrendong Sport and Recreation Camp from Wednesday to Friday. I arrived to a lovely chicken schnitzel dinner which I shared with the glowing faces of Nyngan High School teachers and students. The camp leaders had kept our students busy all day with raft making and paint ball.

It was with pleasure that I was informed by our teachers that “Our kids look like angels! This was the colloquial expression used by one of our staff to describe the stark difference in the behaviour and attitude of our students compared with others at the camp. I have to agree that in the activities that I supervised, our students tried their best, played with integrity, considered the safety of themselves and others, and were respectful to students, teachers and the rules of the games.

It was obvious that familiarity is growing between students from different feeder Primary Schools, as they blend as one to be Nyngan High School students. Year 7 students excitedly told me details of their raft making and canoeing prowess, with special attention paid to the humorous accidental breaking of oars in the mud underneath the lake. I talked to Year 10 leaders as peers as they discussed managing the behaviour of youngsters in their rooms and strongly encouraging sleep for the benefit of all during the night. It was delightful to witness first hand how much our 2012 Year 9 students have grown into fabulous leaders for our school. Year 10 peer support leaders did their job extremely well. They were inclusive of all students, and supportive of those who needed extra encouragement. Without a doubt, all of our leaders were wonderful role models for all students at the camp.

Thank you to Mr Bockos for organising and supervising at the camp. Thank you also to Mrs Walsh, Mrs Bockos and Mrs Underwood for taking time out from their family lives to supervise our students at Lake Burrendong.

Congratulations to all staff and students on a wonderfully successful camp!

Swimming Carnival

Congratulations to our students who participated in the Swimming Carnival yesterday. As always, it is such a pleasure to see the community involvement in our carnival. Thank you to Mr Bockos for organising the carnival, as well as all staff and parents who assisted on the day.


Uniform

Uniform is being monitored at school each day. Students are required to be in full school uniform please. If they are unable to wear an item of uniform on a particular day, students are asked to bring a note from their parents explaining why. Students with a note from home will be issued a [Green Uniform Pass](#). Students without a note will be issued a [Red Uniform Pass](#) and asked to attend a detention during lunch or recess.

Monday is Sport Day this year and students are asked to wear their sports uniform on Monday each week. On days when students have a PDHPE practical lesson, students are asked to bring their sport uniform and joggers along to change into. They can be stored in student lockers during the day. After the PDHPE lesson, students are expected to have changed back into their school uniform and black leather shoes for the remainder of the day.

Last Monday at our first P&C Meeting for the year, we discussed some possible changes for the uniform into the future. There were so many ideas, we decided to stop the meeting and have a think about the suggestions that were made. We will be meeting again on Monday 25th February at 5:45pm in the Common Room to discuss uniform again. All those interested in contributing are invited to attend.

Student Behaviour

It is the expectation of Nyngan High School staff that our students will behave within our core values at all times. They will have integrity, do their best, have respect and be safe. It has been brought to my attention that there have been a few students wavering from these requirements as they settle into their new classes for the year. It is important that parents and students inform our staff of these concerns immediately to ensure that they are dealt with appropriately. As I walk into classrooms around the school, I see students learning diligently. It has been a smooth start to the year generally, and with a small amount of appropriate behaviour teaching to a small number of students, I am confident that any minor concerns can be fixed. Thank you to those parents who have contacted the school with any concerns relating to school, you have helped me to follow up on poor behaviours which may have been missed by staff.
Xsel Parent Meeting

There will be a meeting for parents of all xsel students this Wednesday afternoon at 5pm in the Room 13B. We will be discussing where students prefer to complete their weekly work, and assisting our children to ensure that all work is handed in on time – every time. If you are unable to attend, please let me know and we can either change the date or talk on the phone individually. Look forward to speaking with you about xsel. Mrs Bannister will join our meeting via VC.

Friendships To Boost Your Child’s Learning

If children are happy socially they tend to be more engaged in their learning. So teaching your child about the importance of making friends is as vital as learning their ABCs.


Assignment Starters For The Arts

Videos are great resources for getting kids enthused about their assignments. These pages on cubism, percussion and critical studies provide key points to help them get started and links to useful sites to assist with further research.


Speech Problems

All kids learn how to talk and listen at different rates but did you know there’s a general pattern to your child’s language development?


Year 10 Subject Selection

How can you help your teen decide on subjects for Years 11 and 12? These tips talk about balancing choices based on your teen’s strengths, while keeping their options open.


Vocational Education

Many kids now use Year 11 and 12 to get a head start on a traineeship or an apprenticeship, or gain other valuable industry experience.


Regards - Nicole Hunt
Principal

Deputy Principal’s Newsletter Report

Core Value: “Do your best”

Did you know that on average, we will forget between 50% and 80% of what we learned within 24 hours unless we review the learning again? That is why teachers often set homework for students to help students to do their best. There are three main types of homework: practice exercises, preparatory homework and extension assignments.

Practice exercises let students apply new knowledge or review, revise and reinforce newly acquired skills. Examples of such exercises are memorisation of mathematical tables, practising spelling words, essay writing and reading for pleasure.

Even if your child says “But I have no homework tonight!” they should still read over their lesson notes and do a few practice questions to commit the new knowledge to their long term memory. Reading out aloud is a great technique to use. Otherwise when they go to their next lesson they will be saying “I’ve never seen this before” or “I must have been away the day you did that”. Many lessons build on the previous lesson’s work so it is vital that students take responsibility for their own learning. Reading through their notes at home should only take about 10 minutes per lesson but that small amount of time spent will greatly help your child to display the value “Do Your Best”.

Uniform

Congratulations to all of our students who have been displaying our value of “Having integrity” by wearing their school uniform with pride. Thank you to the parents who have been writing a note if their child is out of uniform. Students are getting used to bringing their sports uniform in their bag and getting changed into it for PE and out of it again at the end of PE. We welcome students bringing deodorant but it must be in a roll on form not an aerosol can.

Kind regards,

Melanie Murray
Deputy Principal
Fundraising Event

Nyngan Junior Cricket Club will be one of a thousand community groups across Australia participating in the Pink Stumps Day 2013. All money raised will go to the McGrath Foundation to help ensure that every family experiencing breast cancer has access to a breast care nurse regardless of their location or financial situation.

Our young cricketers will dress in pink on the 10th March and play cricket from 8.30am at Frank Smith Oval to help raise awareness of the foundation. Come along and support this worthy cause. We will have a sausage sizzle to raise funds after the match at about 11am.

We have set up an online donation website where you can easily donate money. Just go to:


If you don’t have access to a computer you can make a cash donation to Mick Walsh at Nyngan High School and I’ll make sure it is added to the fundraiser (trust me). We will also have some cash tins available around town as well as a raffle of a framed cricket ball signed by Australian player Mike Hussey. Keep a look out.

We hope to raise $700 by the 10th March so please dig deep and support the young cricketers in town. If any businesses can help with sponsorship on the day ($5 for every 4 scored?), please don’t hesitate to call myself on 0422 695 744.

Thank you

Mick Walsh

Pictured below: Jak Jeffery—Year 7 student Nyngan High

Science News

Stage 5 students will have all received their notification for the mandatory Independent Research Project. This will be due for marking on the 22nd May.

This year we will be conducting a Science Fair to showcase the work of the students. Everyone should bear this in mind when planning their presentations. Once again I encourage parents to be involved in their student’s research, assisting them to achieve the best learning outcomes from the process. Please do not do the work for them, but be involved.

Born this day: in Nicholas Copernicus in 1473

A quote from the man who put the sun at the centre of our solar system:

‘I myself consider that gravity is merely a certain natural inclination with which parts are imbued by the architect of all things for gathering themselves together into a unity and completeness by assembling into the form of a globe. It is easy to believe that the Sun, Moon and other luminaries among the wandering stars have this tendency also, so that by its agency they retain the rounded shape in which they reveal themselves, but nevertheless go round their orbits in various ways. If then the Earth also performs other motions, as for example the one about the centre, they must necessarily be like those which are similarly apparent in many external bodies in which we find an annual orbit.’

And this was born the model of the solar system that we accept to this day.

L. Montgomery
Science Head Teacher

P&C News

Hi Everyone, the P&C held our first meeting last Monday night for the year and we had a fantastic roll up. Thanks to the new teachers for coming along to introduce themselves and thank you to all the parents who attended. It was great to see so many in attendance and it was good to see some new faces.

We have decided to hold an extra ordinary meeting on the 25th February at 5.45pm to further discuss the uniforms as we needed to have a bit more of a think about them before we discuss some more. So anyone wishing to attend you are more than welcome. Once the uniform policy has been finalised it will be published and sent to all families so that you are aware of what students should be wearing. Hopefully it would all be finalised before the AGM on the 18th March.

On that note, our AGM will be held on Monday the 18th March at 5.45pm and then afterwards an ordinary meeting. Anyone wishing to attend the AGM or take on a position with the P&C Association please come along and don’t forget to bring $2 for your annual membership.

Thanks for listening.

Stephanie Waterhouse
P&C Association
English/HSIE News

It’s back in the swing of things for the English/HSIE and LOTE faculty this term. Many exciting and interesting lessons are taking place and students should be congratulated on their great start.

Miss Rixon has been busy collecting SRC nominations for 2013 and has been overwhelmed with support. Today is your last chance to put your name down for this fantastic opportunity. The BBQ at the swimming carnival was impressive and a huge thanks to the Year 9 boys for their help.

I am extremely impressed with the number of students who completed homework in the first week. These students have all received a merit, well done. Keep up the good work and if you complete a term’s worth of work there are some prizes up for grabs. Remember by increasing your vocabulary you are improving many other writing and literacy skills.

Keep up the positivity…

A Bush

*English Head Teacher*
Year 7 and Peer Support at Lake Burrendong

On Wednesday 13th February Year 7 and their Year 10 Peer Support leaders left for 3 days of fun at Lake Burrendong. We were split into two groups, the Redbacks and the Emus to complete our activities. First up for the Emus was canoeing on the lake. There was mud everywhere and smiles to match. The Redbacks worked on their teamwork and problem solving skills with initiatives and raft building. Free time, dinner and then a show of games in the gym finished off the night.

Valentine’s Day was upon us and there was fun to be had. The Emus were on for initiative and raft building and it was the Redbacks who were covered in mud as they took to the lake. Lunch was served and hungry bellies were filled. Paint combat awaited both groups and it was an unknown for many. Each group filled water balloons with paint and water and faced off in a number of different scenarios. It was fun that won out in the end.

Wednesday night’s post activities schedule was repeated with games being substituted for Mini Olympics. Groups of six were formed and countries selected to represent. The gym was turned into a venue for about ten events that the countries rotated around. The Year 10 students were in charge of supervising the events and ran each one very well. The most popular even was the bonus event that involved a representative from each country running down a hill screaming until they had nothing left the scream. Daniel Fitzalan was exceptionally good at this event.

Friday morning was pack up, breakfast and then archery and rock climbing. Weary bodies called on their final reserves of energy to aim for the bullseye and to reach the top of the climbing wall. As we ate lunch and boarded the bus it would be safe to say that everyone who attended, both teachers and students enjoyed their time at Lake Burrendong.

Thanks to Mrs Walsh, Mrs Underwood and Mrs Bockos for giving up their time to make the camp possible.

Mr Bockos
Year 7 Year Advisor
Activities from the Burrendong Excursion

What an amazing time was had by all!! The activities look great.
CANTEEN SPECIAL

Zoes Tortilli (Thankyou Zoe Angove for your suggestion) — Mince (Taco Flavoured) -
Lettuce, Tomato, Cheese and Sour Cream—Toasted or Fresh $6.00

Thanks Annie

Netball Registrations

All girls wishing to play Netball in Dubbo registrations are:
20th February at Nyngan Bowling Club from 5.30pm—6.30pm
Bring along a copy of your birth certificate
Uniforms will be there for you to try on

Interested in an extra Colour TV that would be perfect for games etc. Nyngan High School has three 68cm Colour TV sets for sale—$50.00 each—if you are interested please call 68 321 004.

Nyngan Junior Rugby League

Registration Day
Saturday 23rd February
10.30am—1.00pm Nyngan RSL Club
All ages from 5yrs to 16yrs
$65 a player or $110 a family (Inc. Players Polo Shirt)
New players require a Birth Certificate and Medicare Number
For details contact 0409 222 903
Swimming Carnival

The annual Nyngan High School Swimming Carnival was held on Monday 18th February. A happy bunch of students arrived at the pool with the first race diving in at 9am. There was plenty of colour and smiles as the freestyle events were over before we knew it.

Records were smashed and sausages consumed as Mitchell took an early lead that proved too great for Bogan and Canonba to catch.

The age champions are:
12 Years – Rachel Fitzalan and Harry Blake
13 Years – Kasey Douglas and Liam Wherritt
14 Years – Emerson Alderson and Tom Waterhouse
15 Years – Zali Wherritt and Jarrod Blake
16 Years – Tegan Douglas and Dane Casey
17+ Years – Emily Bandi and Marc Jenner

The records that fell were:

**Records set at this Carnival**

**F 16Yr 50m Freestyle** DOUGLAS, Tegan MIT 32.50
Old Record: 32.86 BENNETT, R (1998)

**F 16Yr 100m Breaststroke** DOUGLAS, Tegan MIT 1:36.74
Old Record: 1:41.73 MORRIS, Jessica (MIT 2002)

**M 14Yr 100m Breaststroke** WATERHOUSE, Thomas BOG 1:30.37
Old Record: 1:47.24 COLLEY, Brendan (BOG 2006)

**F 16Yr 50m Breaststroke** DOUGLAS, Tegan MIT 44.45
Old Record: 45.42 BARKER J (1994)

**M 15Yr 100m Backstroke** RAMSAY, Jackson BOG 1:33.50
Old Record: 1:36.28 WHITE, James (CAN 2009)

**F 13Yr 100m Backstroke** DOUGLAS, Kasey MIT 1:30.34
Old Record: 1:34.54 JENNER, Simone (BOG 2003)

**F 16Yr 50m Butterfly** DOUGLAS, Tegan MIT 39.70
Old Record: 39.78 MARTIN, Tayla (BOG 2011)

Thank you to the parents and families that assisted and made the carnival a wonderful day.

THANK YOU

A big thank you to our parent helpers at the swimming carnival - Stacey Casey, Steph Waterhouse, Jodi Douglas, Annie Wherritt, Mark Wherritt, Michelle Blake, Nicole Alderson and Mandy Martin. Your help was greatly appreciated.

*Mr Bockos*
*Sports Coordinator*