DATE/EVENTS

UP COMING DATES

YEAR 7 & YEAR 9 VACCINATIONS—HAVE HAD TO BE POSTPONED DUE TO UNFORESEEN CIRCUMSTANCES—THEY WILL NOW BE DONE AFTER THE HOLIDAYS. THANK YOU

AECG Meeting for 27th March has been Postponed—apologies for any inconvenience

Friday 29th March—GOOD FRIDAY and Monday 1st April—EASTER MONDAY—all students return to school on Tuesday 2nd April

Thursday 4th March — Formal Assembly

SCHOOL HOLIDAYS COMMENCE ON Monday 15th - Friday 26th April. SHOW DAY HOLIDAY on 29th April.

Tuesday 30th April & Wednesday 1st May STAFF DEVELOPMENT DAY - No Students at school

ALL STUDENTS RETURN TO SCHOOL ON: Thursday 2nd May

DRAMA WORKSHOP

Nyngan High School drama students attending the Stage 4 and Stage 5 Drama Workshops run by former Nyngan High School student, Philippa Spicer. The workshops, conducted by Philippa, are once again an example of the benefits from the active, collegial relationship shared between the community and the school.

All the students left the workshop with big smiles on their faces, having extended upon their existing knowledge of the practice of Drama and an increased amount of confidence due to their mammoth achievements in just over an hour.

A Huge Thank You to Philippa for giving us her time and expertise, and we look forward to having her return to do more, hopefully! We are so very lucky to have people like this in our community that are just so giving of their time and skills.

The students are pictured above from L to R: Brooklyn Graham, Malachi Woodlock, Chelsea Ribaux, Jarrod Blake, Emily Ryan, Georgia Salter, Emerson Alderson, Luke Wye, Abby Lane, Philippa Spicer Workshop Coordinator, Peita Quinton and Kyasha Palmer.
Principal’s Report

Easter Break

For the first time in a few years, Easter falls in the middle of the term this year. This Thursday 28th March, students will be celebrating Easter with a Church Service run by the local clergy in our school gym at 8:50am. Any parents wishing to attend are welcome. The school will be closed Friday to Monday over the weekend and students will return to school next Tuesday 2nd April. We wish everyone a relaxing long weekend with their family and friends.

Uniform Survey

All of the students and community have been offered a chance to contribute to discussions around our uniform. Results of the survey have been discussed at P&C and will be tabled at the next AECG meeting. The surveys are inconclusive in relation to the boys’ shorts. There will be further surveying with students and at the next AECG, in relation to the boys’ shorts. The P&C expressed their opinions last week during their meeting. If any individuals would like to express their opinions more than they did in the written survey, they are welcome to contact the school.

AECG Meeting

Please Note: The AECG meeting has had to be postponed due to unforeseen circumstances. We apologise for any inconvenience that this may cause.

Year 12 Meetings

Many of the Year 12 students have worked with Mrs Hunt on their study plans and future directions. Some are still to be done this week. Following a survey of all Year 12 students, there will be strategies set in place to motivate and encourage Year 12 students to actively work towards their HSC and future study or careers.

Year 11 Study Skills

This week, Year 11 students will be learning about study skills during the school day. Students will learn some suggested ways to study, decide what their learning style is and begin the task of working out which study methods will be most successful for each of them as individuals.

Road Safety

A community member has reported Nyngan High School students crossing the road in a careless fashion. Students are asked to be careful on the roads, walk on footpaths and cross the road sensibly. Parents are asked to discuss this with their children please.

xsel Students and NAPLAN

xsel students remain students of Nyngan High School at all times. It is important to us that these students have the same NAPLAN preparation as other Nyngan High School students. Mr Hunt, our xsel Support Teacher, will be working with students and teachers this week to have xsel students attending particular timetabled lessons to enhance their preparation for upcoming NAPLAN exams.

Western Region Dance Camp

This year we are lucky enough to have 13 students attending the Western Region Dance Camp, as well as Miss Stafford organising the camp. Mrs Hunt will be driving the bus down on Wednesday to watch the final camp concert and collect our students and bring them home.

Schools Spectacular Auditions

Our auditions for this year’s Schools Spectacular have been recorded and are currently being edited. They are due to be uploaded this week. They will be available for everyone to see in the Nyngan High School display at the Nyngan Show.

Nyngan Show Display

This year, we have decided to have a theme for our show display. It will be “Nyngan High School Through Time”. If any parents or citizens have any old photographs, stories or memorabilia that they would like to loan us to include, it would be greatly appreciated. We plan to have a broad range of things on display which relate to the history of Nyngan High School.

School Zone Safety

A reminder to parents about the operation of school speed zones around the Easter holidays.

School Zones exist for the safety of children and families; they will operate on Thursday 28th March, then resume on Tuesday 2nd April.

Fifty-kilometres-an-hour school speed zones operate across New South Wales at all school sites on gazetted school days, which are all days the school is open, even pupil-free days. Find out more: [http://www.rta.nsw.gov.au/roadsafety/children/schoolroadsafety/schoolzoneprogram.html](http://www.rta.nsw.gov.au/roadsafety/children/schoolroadsafety/schoolzoneprogram.html)

Practise To Be A Journalist

This website could definitely make practising writing and spelling more interesting for all of us. Make a newspaper clipping with your own headline and story. Your child may even start imagining themselves as a publisher or journalist. [http://www.fodey.com/generators/newspaper/snippet.asp](http://www.fodey.com/generators/newspaper/snippet.asp)
Safety Locks


Back By Popular Demand

Mention head lice and most of us instantly develop an itch. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they’re not dangerous. Here’s everything you need to know to rid your kids of head lice and nits. http://www.health.nsw.gov.au/environment/headlice/Pages/nitbusters.aspx

Thinking On Your Feet

This week’s most common question on the School A to Z parent website:
Q: What’s a surd?
A: A number that can’t be simplified to remove a square root (or cube root etc). :eg: 3√(11)


Bullying Knows No Bounds

When cyberbullying hits home - what one mum wishes she’d done differently. Because most cyberbullying happens in the home, parents need to be aware of the technology that young people are using. http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/when-cyberbullying-hits-home

P&C News

Hi Everyone,

We held our AGM last Monday and we now have a couple of new additions to the P&C Committee with Nicole Alderson taking on the Secretary position and Sue Wardman the Vice President role, thank you ladies. Jodi Douglas and I remain the same and I would like to thank Melissa Salter and Di Dunn for their help over the past couple of years. They have both assured me that they will remain a big part of the P&C, even though they are not on the committee. We also discussed and have almost sorted out the uniform. Thanks to everyone, including the students, for filling out the surveys and I think most people will be happy with the outcome. As you are aware, we cannot always please everyone but we have tried to please the majority. As soon as this is finalized, it will be published and given to everyone.

We have a fundraiser coming up and I need volunteers to do the Show Gate. Could you please contact me if you will be able to do a shift on the Monday of the show. The gate times are approx: 7a.m. until 7p.m. - and I hope to get enough people to do one hour shifts so that everyone gets to still enjoy the show. There are two gates to man and we need two people per gate, so if you have a friend who will help you for the hour or, like myself, your husband, that would be appreciated. Any teachers that can help out are more than welcome as well. You can contact me on 0428739426 or at stephwaterhouse@bigpond.com.

The show is the 28th and 29th April and we will be required to do the gate on the 29th. This is the last weekend of the school holidays so, I will contact numbers to follow up and remind you. We get $600 off the show committee for the day and this is a great way to raise funds without people having to spend their money, they just need to give us a little bit of time.

We also have been approached to do the Senior Rugby League gate again where we get $200 for the afternoon. If anyone can help out there as well, please let me know. I am just waiting on a draw for the dates.

Thanks for listening.

Stephanie Waterhouse

Nyngan High School P&C Association

President

Have a great week and long weekend!

Kind regards,

Mrs Nicole Hunt

Principal
CANTEEN SPECIAL

MEAL DEAL

1 Slice of Pizza
1 Small Drink
1 Small Chocolate
$5.00

Bowl of Seafood Salad
$4.00

Have a Happy Easter everyone
Annie

FOR SALE - 2 Size 16 Navy Skirts—Brand New—asking $20.00 each - 
Please see Annie at the Canteen for more information

NYNGAN JUNIOR SOCCER

4 years – 13 years
(Must be these ages as of 1st January 2013)

Registration Dates
Wednesday 27th March & Wednesday 3rd April
4pm – 5.30pm
Nyngan RSL Bowlers Bar
Cost: $60/player

Please email: nyngansoccer@gmail.com - To obtain an email copy of the forms required for registration & the process to register online, prior to attending a registration date.

Contact: Monique Wye {Secretary} 6833 4422 for further information
Up-and-Coming, Former Nyngan High School Student Returns

Last Friday, Drama students in Stage 4 Achievement and Stage 5 Drama, were treated to a surprise Drama Workshop by former Nyngan High School student, Phillipa Spicer.

Phillipa completed her studies at Nyngan High School in 2004 and graduated from The University of Ballarat in 2011, completing a Bachelor of Arts in Acting. Her expertise has included performances for the Redstich Theatre in a play called “Beyond the Neck” by Tom Holloway. A performance in a film for Sydney’s Tropfest Film Festival and the portrayal of multiple characters in a performance of “Alice in Wonderland”, for the Melbourne Fringe Festival. Phillipa will be re-visiting that show in April for the Melbourne Comedy Festival, and a play reading of “The Kid” by Michael Gow for the Melbourne Theatre Company towards the end of the year.

This term, Stage 4 Drama has been studying Creative Movement while Stage 5 Drama has been learning how to devise a short performance piece through Playbuilding. Phillipa designed both workshops with a focus on these units and the students enjoyed fast transitions of activities which included warm-up games such as “Gecko, Koala, Goanna” and “The Giant’s Treasure”.

Stage 4 Achievement participated in activities such as mirroring which allowed the students to realise that in Drama our bodies are our instruments so they need to be fit and agile. The student’s participation in the activities helped them to understand that our bodies can communicate ideas and meaning to an audience without the use of words.

Stage 5 Drama worked in two groups to transform an extract from “Cloud Street” by Tim Winton, into a series of representation-al tableaux’s. The students created an effective performance piece by gradually building upon the process until each group had achieved a series of compelling images, effectively reciting the text to accompany the group’s symbolic freeze frames.

All the students left the workshops with big smiles, having extended upon their existing knowledge of the practice of Drama and an increased amount of confidence due to their mammoth achievements in just over an hour. I have already had requests from many students to repeat some of the activities which they had experienced during the workshop.

The workshops conducted by Phillipa are once again another example of how Nyngan High School benefits from the active, collegial relationship shared between the community and the school. I would like to thank Leah and Britt McClelland who were instrumental in organising the workshops and I must give a big thank you to Phillipa for giving up her personal and holiday time to share her expertise and passion with Drama students of Nyngan High School.

Mrs Underwood

Pictured Left: Phillipa Spicer working with Nyngan High drama students during one of the workshop activities that she delivered. From L to R - Abby Lane, Kyasha Palmer, Emerson Alderson, Georgia Salter and Luke Wye.

Students pictured below during one of the Drama Workshops
The boys began the game with Captain, Dane Casey winning the cricket toss. From there on, it was anyone’s game.

Stuart Barton had a great innings scoring the highest amount of runs for Nyngan High School. The batting was swiftly over, scoring 116 for Gilgandra to chase.

Where’s the ball?, could have been said when Mitchell Williams-Hedges began bowling. It seems only Cooper Barrow knew, catching the ball at high speed as many dot balls flew by. Mitchell Williams Hedges opened the fielding with a wicket on the first ball, stunning the Gilgandra students, with many saying in the stands “I don’t feel like batting now”.

Jak Jeffery played a splendid game to be awarded player of the match. Jak showed the rest of the team what a Year 7 student can actually do given the chance, scoring 4 wickets. Mitchell William-Hedges, being a great sportsman, suggested we give the game ball to Jak Jeffery.

You could carve the tension in the stands with a butter knife towards the final 5 over’s. With myself and a student from Gilgandra High School checking the score, runs and over’s, ensuring we had not missed a thing.

Taylor Scott put in a great fielding game, catching two batsmen out and finishing the game with only 7 runs ahead in the 38th over.

Other highlights of the game were: Patrick Walsh’s catch from cover point, Jackson Hourn’s incredible run out and Joshua Nolan scoring a 4 in his innings.

A big cheer goes out to Mark Barton for all the help he has provided the cricket team throughout their short but sweet season. Unfortunately, Nyngan High School had to forfeit the next round, which would have taken place in Coomealla.

I have a feeling next year the team will go far with much talent in the younger years coming through.

Thanks

Peter O’Neill
Senior Citizens Morning Tea

Last Thursday, the Stage 5 Food Technology class had the privilege of catering and serving for the Senior Citizens of Nyngan. We walked down to the Town Hall together, where the event took place, and began plating the scones, slices, sandwiches, zucchini slice, lemon mini cupcakes and carrot cake that the Hospitality class had made, with love, to delight the tastebuds of the Senior Citizens of the community.

The annual morning tea is a beautiful time for the Senior Citizens to join together to celebrate their life’s achievements, share stories but most importantly share a cuppa amongst good friends. For the students, it meant a day to honour our elderly population in Nyngan and on this day the students were encouraged to recognise and show appreciation for the value and contribution the seniors do within our own family and society.

With a friendly smile, the students served tea and coffee to the 50 guests with great enthusiasm, and were extremely professional for one of their first functions. The delivery and collection of plates, cups and saucers was swift and efficient, not to mention the teamwork that went into the completion of the washing and drying up.

The students can now add this excellent and rewarding experience as part of their valuable development in the Hospitality industry.

Congratulations goes to the students: Emerson Alderson, Cooper Barrow, Shelby Dunn, Melanie Fitzalan, Maddy Horo, Tom Waterhouse, Malachi Woodlock and Ellie Smith on a wonderfully successful function. Also a big thank you to Del Woods for her help and assistance.

Thank you to everyone involved, love your work!!!

Miss Lipman
Nyngan High School Staff & Students would like to wish everyone a
Safe and Happy Easter Break
and enjoy Good Friday and Easter Monday with your family and friends

A reminder that our Easter Church Service will take place on Thursday 28th March in the school gym at 8.50am.

All parents are welcome to attend
We will see everyone back at school on Tuesday 2nd April

Formal Assembly will be held on Thursday 4th April commencing at 12.50pm

HAPPY EASTER EVERYONE
STAGE 4 VOCABULARY WORK

Ever wanted to be more loquacious? Here is your chance. Attempt our weekly worksheets and submit it to the English department each Friday.

Week 9 Words

<table>
<thead>
<tr>
<th>account</th>
<th>climbed</th>
<th>glaring</th>
<th>package</th>
</tr>
</thead>
<tbody>
<tr>
<td>o’clock</td>
<td>cruel</td>
<td>hauling</td>
<td>plunge</td>
</tr>
<tr>
<td>argue</td>
<td>enemy</td>
<td>horrible</td>
<td>revenge</td>
</tr>
<tr>
<td>bravery</td>
<td>entirely</td>
<td>intention</td>
<td>ruin</td>
</tr>
<tr>
<td>cavern</td>
<td>faithful</td>
<td>mystery</td>
<td>rattling</td>
</tr>
</tbody>
</table>

State the meaning of........................mystery, revenge, ruin

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Use in sentences……………………………………entirely, intention, hauling

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Find synonyms in the list above for……courage, dispute, loyal

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Change to nouns………………… horrible, argue, glaring

_________________________________________________________________________________________
_________________________________________________________________________________________

Change to adjectives ……………………………. mystery, plunge, ruin

_________________________________________________________________________________________
_________________________________________________________________________________________

Distinguish between an enemy and an opponent.

_________________________________________________________________________________________
_________________________________________________________________________________________
STAGE 5 VOCABULARY WORK

Ever wanted to be more garrulous and verbose? Here is your chance. Attempt our weekly worksheets and submit it to the English department each Friday.

**Week 9 Words**

<table>
<thead>
<tr>
<th>military</th>
<th>sergeant</th>
<th>spectacular</th>
<th>equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>regimental</td>
<td>conquest</td>
<td>voluntary</td>
<td>dispatch</td>
</tr>
<tr>
<td>register</td>
<td>gallant</td>
<td>volunteer</td>
<td>barrel</td>
</tr>
<tr>
<td>dynamite</td>
<td>victorious</td>
<td>equip</td>
<td>ammunition</td>
</tr>
<tr>
<td>cannon</td>
<td>spectacle</td>
<td>equipped</td>
<td>artillery</td>
</tr>
</tbody>
</table>

State the meaning of.........................spectacle, ammunition, voluntary
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Use in sentences……………………………………dynamite, spectacular, equipped
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Change to nouns ………………… victorious, gallant, regimental
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Give a synonym and an antonym for *gallant.*
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Arrange into ascending order: sergeant, lance corporal, corporal, lieutenant, private, sergeant major.
_________________________________________________________________________________________

Find three words in the list that can be nouns or verbs.
English/HSIE News

Last week the Ixtend students started their course, completing an online evaluation of their individual learning styles. The students are very enthusiastic about their projects and will participate in a video conference in early April to learn more about this exciting project.

Congratulations to the 2013 Nyngan High School SRC. Their first event for the year will be building relationships with the local council on Thursday where they will have the opportunity to discuss the youth issues present in our community.

A reminder that most English and HSIE assessments tasks are due before Easter and parents may receive a phone call home if their child has not handed in a task. Please utilise the homework centre and ask a teacher if you need help or a struggling.

Instead of inspiration today, I’d thought I’d leave you with some food for thought from an interesting article I found over the weekend. The full article can be found at http://growingleaders.com/blog/3-mistakes-we-make-leading-kids/

Three Huge Mistakes We Make Leading Kids…and How to Correct Them

1. We Risk Too Little

We live in a world that warns us of danger at every turn. Toxic. High voltage. Flammable. Slippery when wet. Steep curve ahead. Don’t walk. Hazard. This “safety first” preoccupation emerged over thirty years ago with the Tylenol scare and with children’s faces appearing on milk cartons. We became fearful of losing our kids. So we put knee-pads, safety belts and helmets on them…at the dinner table. (Actually I’m just kidding on that one). But, it’s true. We’ve insulated our kids from risk.

Author Gever Tulley suggests, “If you’re over 30, you probably walked to school, played on the monkey bars, and learned to high-dive at the public pool. If you’re younger, it’s unlikely you did any of these things. Yet, has the world become that much more dangerous? Statistically, no. But our society has created pervasive fears about letting kids be independent—and the consequences for our kids are serious.”

Unfortunately, over-protecting our young people has had an adverse effect on them.

2. We Rescue Too Quickly

This generation of young people has not developed some of the life skills kids did thirty years ago because adults swoop in and take care of problems for them. We remove the need for them to navigate hardships. May I illustrate?

Staff from four universities recently told me they encountered students who had never filled out a form or an application in their life. Desiring to care for their kids, and not disadvantage them, parents or teachers had always done it for them.

One freshman received a C- on her project and immediately called her mother, right in the middle of her class. After interrupting the class discussion with her complaint about her poor grade, she handed the cell phone to her professor and said, “She wants to talk to you.” Evidently, mom wanted to negotiate the grade.

This may sound harsh, but rescuing and over-indulging our children is one of the most insidious forms of child abuse. It’s “parenting for the short-term” and it sorely misses the point of leadership—to equip our young people to do it without help. Just like muscles atrophy inside of a cast due to disuse, their social, emotional, spiritual and intellectual muscles can shrink because they’re not exercised. For example, I remember when and where I learned the art of conflict resolution. I was eleven years old, and everyday about fifteen boys would gather after school to play baseball. We would choose sides and umpire our games. Through that consistent exercise, I learned to resolve conflict. I had to. Today, if the kids are outside at all, there are likely four mothers present doing the conflict resolution for them.

The fact is, as students experience adults doing so much for them, they like it at first. Who wouldn’t? They learn to play parents against each other, they learn to negotiate with faculty for more time, lenient rules, extra credit and easier grades. This actually confirms that these kids are not stupid. They learn to play the game. Sooner or later, they know “someone will rescue me.” If I fail or “act out,” an adult will smooth things over and remove any consequences for my misconduct. Once again, this isn’t even remotely close to how the world works. It actually disables our kids.
3. We Rave Too Easily

The self-esteem movement has been around since Baby Boomers were kids, but it took root in our school systems in the 1980s. We determined every kid would feel special, regardless of what they did, which meant they began hearing remarks like:

“You’re awesome!”
“You’re smart.”
“You’re gifted.”
“You’re super!”

Attend a little league awards ceremony and you soon learn: everyone’s a winner. Everyone gets a trophy. They all get ribbons. We meant well—but research is now indicating this method has unintended consequences. Dr. Carol Dweck wrote a landmark book called, *Mindset*. In it she reports findings about the adverse affects of praise. She tells of two groups of fifth grade students who took a test. Afterward, one group was told, “You must be smart.” The other group was told, “You must have worked hard.” When a second test was offered to the students, they were told that it would be harder and that they didn’t have to take it. Ninety percent of the kids who heard “you must be smart” opted not to take it. Why? They feared proving that the affirmation may be false. Of the second group, most of the kids chose to take the test, and while they didn’t do well, Dweck’s researchers heard them whispering under their breath, “This is my favorite test.” They loved the challenge. Finally, a third test was given, equally as hard as the first one. The result? The first group of students who were told they were smart, did worse. The second group did 30% better. Dweck concludes that our affirmation of kids must target factors in their control. When we say “you must have worked hard,” we are praising effort, which they have full control over. It tends to elicit more effort. When we praise smarts, it may provide a little confidence at first but ultimately causes a child to work less. They say to themselves, “If it doesn’t come easy, I don’t want to do it.”

What’s more, kids eventually observe that “mom” is the only one who thinks they’re “awesome.” No one else is saying it. They begin to doubt the objectivity of their own mother; it feels good in the

Eight Steps Toward Healthy Leadership

Obviously, negative risk taking should be discouraged, such as smoking, alcohol, illegal drugs, etc. In addition, there will be times our young people do need our help, or affirmation. But—healthy teens are going to want to spread their wings. They’ll need to try things on their own. And we, the adults, must let them. Here are some simple ideas you can employ as you navigate these waters:

**Help them take calculated risks.** Talk it over with them, but let them do it. Your primary job is to prepare your child for how the world really works.

**Discuss how they must learn to make choices.** They must prepare to both win and lose, not get all they want and to face the consequences of their decisions.

**Share your own “risky” experiences from your teen years.** Interpret them. Because we’re not the only influence on these kids, we must be the best influence.

**Instead of tangible rewards, how about spending some time together?** Be careful you aren’t teaching them that emotions can be healed by a trip to the mall.

**Choose a positive risk taking option and launch kids into it (i.e. sports, jobs, etc).** It may take a push but get them used to trying out new opportunities.

**Don’t let your guilt get in the way of leading well.** Your job is not to make yourself feel good by giving kids what makes them or you feel better when you give it.

**Don’t reward basics that life requires.** If your relationship is based on material rewards, kids will experience neither intrinsic motivation nor unconditional love.

**Affirm smart risk-taking and hard work wisely.** Help them see the advantage of both of these, and that stepping out a comfort zone usually pays off.

Bottom line? Your child does not have to love you every minute. He’ll get over the disappointment of failure but he won’t get over the effects of being spoiled. So let them fail, let them fall, and let them fight for what they really value. If we treat our kids as fragile, they will surely grow up to be fragile adults. We must prepare them for the world that awaits them. Our world needs resilient adults not fragile ones.