DATE/EVENTS

UP COMING DATES

Homework Centre Tuesday and Thursdays 3.30pm 5pm

Senior Study Evening 7.00pm to 9.00pm Wednesdays

Friday 27th February and Monday 2nd March - MID TERM BREAK

Monday 9th & Tuesday 10th March - Encore Excursion, Sydney

Images from Nyngan High School’s Swimming Carnival - 2015
Principal's Report

AECG Meeting

This afternoon there will be an AECG Meeting held at Nyngan High School, 4pm in the Common Room. All interested people invited to attend.

Swimming Carnival

Congratulations to all of the students who attended and participated at our swimming carnival last Monday. Thank you to our parents who continue to volunteer their expertise by assisting to run our carnival. Your assistance is greatly appreciated. Mr Dal Forno has included specifics of achievements on the day in his report. The carnival was a great success, with more students that in the last couple of years attending and many students who do not usually swim or train entering into races for their houses. The atmosphere on the day was fantastic and a credit to our students, teachers and parents. Well done to Mr Dal Forno who was responsible for the organisation of the day which ran very smoothly.

Lunch or Recess Food Drop Offs

Parents wishing to drop food to their children during the school day are asked to drop the food to the front office please. It has been noticed that some parents have met with their children at alternate entrances to the school during the school day. In order for the school to ensure maximised safety for all students, all visitors are asked to go through the front office at all times please.

TAFE Courses 2015

Last week our TAFE courses offered at school for the year began. Students attended Child Services, Automotive and Beauty Therapy – Nails lessons. This is a wonderful opportunity for our students, as evidenced by the number of students who attained full time employment at the end of last year for 2015.

Positive Education

As a flow on from our anti-bullying work done with students last year, we are now continuing with positive education strategies for the whole school. The focus is being led by Mrs Bush and designed to teach students to reframe negative thoughts into positives for a happy, fulfilling life. Mrs Bush has already begun communicating this in the newsletter. It is a refreshing reminder to adults and students alike to look on the bright side of life.

Mid Term Break

A reminder that this Friday 27th February and next Monday 2nd March the school will be closed for Mid Term Break. We hope you enjoy this opportunity to access medical appointments and recharge batteries.

Positions Vacant

Expressions of Interest – Casual Norta Norta Tutor

This position is casual to replace absent staff. The number of days and hours is determined by staff absences. This position involves supporting students to engage in and improve their literacy and numeracy skills in the classroom. It will also include working with children in small groups or individual tutorial situations. The successful candidate will work in partnership with Nyngan High School students, staff and community. Candidates wishing to apply are asked to provide a resume and written response to the following criteria:

Position Criteria:

- Aboriginality.
- Literacy and numeracy skills to assist students in years 7 to 12.
- Effective written and oral communication skills to work with students, staff and community.
- Understanding of and sensitivity to the care and learning needs of Aboriginal students.

Candidates are asked to provide the names and contact details for 3 referees. Department of Education and Communities positions require a working with children check.

NB: This is an Aboriginal or Torres Strait Islander identified position. Aboriginal people are encouraged to apply.

Applications to be addressed to Mrs Nicole Hunt and emailed to nyngan-h.school@det.nsw.edu.au by Tuesday 3rd March 2015. Enquiries to Nicole Hunt via email: nyngan-h.school@det.nsw.edu.au.

Teacher Professional Learning

This coming Tuesday, Mrs Hunt, Mrs Murray and Mrs Montgomery will be attending a professional development workshop relating to “Advancing the New School Plan” in Dubbo. We hope to present our draft for feedback and improvements on this day. On Tuesday, Mrs Montgomery will relieve as Principal and Mr Hunt will relieve as Deputy Principal. This Thursday, Mrs Hunt will be attending the Lachlan Network Principals’ Meeting in Parkes. During the day Mrs Hunt will learn about the new Schools’ Excellence Framework, Work, Health and Safety in Schools and Mrs Hunt will present on initiating a Lachlan Student Representative Council and Subject Networks for teachers. On Thursday Mrs Murray will relieve as Principal and Mrs Montgomery as Deputy Principal.

Have a great week!

Kind regards,

Mrs Nicole Hunt
Positive Education

Our Positive Education strategy will continue this week with students participating in their first workshop on Tuesday morning. They will be given details to a website called BITEBACK, which is specifically targeted to mental health and wellbeing of teenagers utilising positive psychology. The website was designed and implemented by Nic Newling - our motivational speaker from last year. Students will be reminded about positivity and kindness as well as gratitude and getting to know each other better.

There will be a first parent workshop to be held later in the term, and, we will keep you updated to when this will be.

I leave you with a question to ponder…

When was the last time you laughed? Like, really laughed?

The Joy of Laughter

"You don't stop laughing because you grow old; you grow old because you stop laughing." -- Michael Pritchard

How often do you laugh?
The average 40-year-old laughs four times a day. Toddlers laugh over 100 times a day (Psychology Today).

We were born with the gift of laughter. It lifts our spirits and makes us feel happy. Laughter is a contagious emotion. It can bring people together. It can help us feel more alive and empowered. When you laugh, you transcend the physical aspects of your life and your troubles. One component of a happy life is having a humorous disposition -- a capacity to see the contradictions and absurdities of our lives, be willing to laugh at our mistakes or moments of embarrassment and not take ourselves too seriously.

I do appreciate the experience of shared laughter with others. When we laugh, we lighten up; we feel more positive and optimistic, more hopeful and engaged. We're friendlier, more resourceful, and more alive. Humorous stories shared with family and friends are a great way to bond with others, benefit your health and have a great time. I especially enjoy hearty laughs and look for opportunities to whatever the cause. These moments are truly healing. I make it a point to seek out lightness and laughter wherever and whenever I have an opportunity. This allows us to look at life a bit differently, put aside our problems and melodramas, and connect with life. It keeps us in the moment, where we can't be anxious about the future.

Laughter brings us back to ourselves and back to life. You can reconnect with your sense of humor all by yourself. For example, it takes only a minute to read your favourite comic strip or political cartoon. These cartoons will turn your conventional wisdom and sacred cows upside down. Another way to find humour is to smile; even if, you're by yourself. Researchers have discovered that people who hold a pencil between their teeth in an artificial smile found funny videos funnier. (Laird, J Pers Soc Psychol).

Laughing together benefits both the giver and the receiver. Creating a situation that makes others laugh and smile lifts everyone's spirits. Smiling makes you more attractive. You share humorous stories or jokes you've found online, clip and share your favourite funny comic strips, share funny experiences from your life or plan to see a comedy. Also, finding ways to do opposite of what people normally expect keeps life from getting drab and dreary. Ask your senior relatives to share memories especially those that have a good sense of humour. To get a story session going, you need only to ask questions about old times. Trust me, you will soon find yourself immersed in laughter.
Try starting your day with a daily dose of laughter. Have a Joke of Day sent to your inbox or browse YouTube for funny videos. So go for it, smile, laugh, stand tall, act lively. You will be glad you did. Life has enough seriousness. Learn from the little ones, seek out humor and laugh more. For, you will live more happily, manage adversity and have material to create joyous connections. In other words, get over your seriousness and connect with life.


Angie Bush
Positive Education Team Leader

Food Technology, Hospitality and Textiles classes have had a great start to the year. Mandatory Technology (Textiles) has been learning about safety in the textiles workroom as well as how to set up and thread a sewing machine. Students have also begun sewing samples of the different techniques they will be using to construct their shoulder bag and will decorate their bags using masking tape and fabric paint to create a unique design later in the term.

Stage 5 Food Technology is studying ‘Food and the Australian Identity’ this term. So far they have starting learning the terminology for this unit of work (for example: Food Habits – meaning patterns of preparing, serving and eating food; Rations – a fixed allowance of food; and, Australian Cuisine – cooking styles, traditions and ingredients which create dishes unique to Australia). Students have also investigated one aspect of traditional Indigenous Australian foods (cooking methods, cooking tools or bush tucker foods) and presented this information in poster format. During practical lessons students have learnt about aeration in scones and how kneading the dough affects the end result – the first recipe we used asked for an electric beater to be used to combine some of the ingredients and the dough to be kneaded. We found the end results to be dense in texture and taste similar to rock cakes or biscuits (not a scone recipe we would recommend!). The second recipe we used specified limited kneading (more just combining the ingredients together) and used lemonade to provide aeration of dough. We found these scones to be much lighter in texture, looked nicer and had a much more enjoyable mouth feel and taste.

Preliminary Hospitality has started the term learning about the importance of hygiene, safety and teamwork in a commercial kitchen. They are currently working towards achieving their first unit of competency – Working Effectively, so for the next couple of weeks they will be learning about types of communication and teams in the hospitality workplace, barriers to communication, open/closed/reflective questioning, conflict resolution and how to develop effective workplace relationships. During practical lessons students have learnt about precision cutting techniques and blanching and refreshing tomatoes.

HSC Hospitality have continued on from last year revising and delving further into the range of cleaning agents, cleaning equipment, cleaning schedules, how to minimise harm to the environment when cleaning a commercial kitchen as well as learning about the safe handling of cleaning chemicals in the hospitality industry. Practical lessons have revisited precision cutting, absorption/stir-fry and baking methods of cookery as well as learning about choux pastry during the making of a mini croquembush.

Work and the Community junior and senior life skills cooking classes have been making a variety of healthy and yummy meals as well as a few tasty treats for special occasions.

The return of Stage 6 Food Technology to Nyngan High School has been met with great enthusiasm and it is wonderful to see so many students interested in studying the subject. This term we are learning about the Influences on Food Availability in Australia including historical changes, global migration and foods native to Australia; technological developments that influence food availability including equipment used, production and manufacturing processes, storage and distribution techniques and marketplace practices; as well as the social, economic and political influences such as effects of poverty and affluence, type and state of economy and government policy (taxation, tariffs, embargoes, subsidies, war and export strategies). During practical lessons students have been focusing on making a variety of multicultural foods (for example: Thai Chicken Risotto) and Australian ‘staple’ foods (wheat, rice, legumes and meat).

Congratulations to all students on a great start to the year!

Miss Field
Food Technology/Hospitality/Textiles Teacher
Lake Burrendong Year 7 and Peer Support Excursion

A big thanks to the parents who brought their children to school on time, this was a challenge for some travelling out of town, with one parent having a flat tyre as well.

On arrival to Lake Burrendong, students were divided into two groups - the Kangaroo’s in green and the Emu’s in pink. It wasn’t long until the groups were dived and the first activities began. The Kangaroo’s trekked down a monstrous hill where and dived into pairs and went in canoes. The lake level was very low, with the dam only being at 17% capacity. Students were quickly briefed by Tim, the sports and recreation instructor, on how to canoe, this was picked up very quickly by students. Students learnt how to raft in the canoes which involved holding the canoes together side by side. Once rafted, students had the opportunity to hop across either the front or rear of the canoes, the excitement, joy and laughter on all faces was a pleasant sight.

While the Kangaroo’s were hopping across canoes the emu’s were involved in initiatives where they played a variety of different games designed to build cooperation and team work skills, including leading someone blind folded, collecting ‘gold’, swinging on to a raft and rescuing the frog, to name a few. This was followed by slip and slide, which was by far one of the students favourite activities, with students talking about it long after. This involved students sliding down a 50m long tarp covered in soap and water down a steep hill.

In the evening after activities, Kiara Hawley entertained students with hilarious stories, becoming very popular amongst her peer leaders and the Year 7 students.

Thursday groups switched activities and in the afternoon model battles were held, including the beach landing of Gallipoli, after students made their ammunition - which consisted of paint and water filled water bombs. Some students were sneaky and put more paint then required resulting in my leg and socks being painted green all in good fun. The paint water bomb war finished with a free throw where Year 7’s were able to launch water bombs at the peer leaders and then visa versa. As the Year 7 advisor, I chose to side with the Year 7 students. Despite warning students to the left and right of me of the potential amount of balloons being launched in my direction the students stuck by my side and ended up receiving most of the water bombs.

The final day involved rock climbing and archery, with poor Loretta receiving one of the largest bruises I have ever seen.

A big thanks to the staff who ran the activities at Lake Burrendong and Mrs Montgomery, Mr Milligan, Mrs Booth, Mrs Swift and Loretta Pears who contributed to a smoothly run camp.

Mr Peter O’Neill

Year 7 Advisor

Lake Burrendong - Non Prescription Medications - A number of non-prescription medications are currently being stored in the front office. If you handed medication to Mr O’Neill prior to the Lake Burrendong Excursion and did not collect it after the trip, you can pick it up at the front office. Only parents can retrieve this medication.
Freedom Rides Celebrate 50 year Anniversary

On February 12th 1965, 29 non-Indigenous students boarded a bus with Aboriginal leader and civil rights campaigner Charles Perkins.

Inspired by the Freedom Riders of the American Civil Rights Movement they embarked on a journey through western New South Wales. Their mission was to expose racism and segregation.

As they travelled through Dubbo, Walgett, Moree and other towns on the route they challenged injustice when they encountered it. Abuse and violence met them in Moree, scaring many of the middle class white riders, but they persevered. Their journey exposed to many urban Australians the levels of inequity that existed and can be said to have influenced the success of the 1967 referendum.

On Wednesday 18th both the Stage 5 and Stage 6 Aboriginal Studies students travelled to Dubbo to welcome a bus carrying the remaining living activists who took part in that historic ride 50 long years ago.
We arrived in time to see a procession of students from various Dubbo schools and colleges who had marched from the rotunda in Macquarie Street to Victoria Park. The waiting crowd was entertained by a series of musicians before the long awaited bus arrived a little after 2pm. The original activists or their family members, Rachel Perkins – daughter of Charles Perkins and current students of Sydney University were applauded as they dismounted.

Speeches were held at the rotunda and the crowd was later entertained by Troy Cassar-Daley and Paul Kelly at the Dubbo showground.

The small contingent of Nyngan High Students behaved very well, showing due respect for the occasion and will be following up by investigating the contribution that Mr Perkins has made to his people.

N Booth

English

Preliminary Biology Field Study

On Wednesday 25th February, Preliminary Biology will be heading to the banks of the Bogan River during Period 2 to complete the Data Collection phase of their Field Study Assessment task. Students will be walking to the site, where they will work in groups to conduct the sampling techniques that have been studied in class. It should be a great period. Remember the hat, sunscreen and solid shoes. It is also a good idea to bring a pair of jeans to wear for the occasion, as this makes sitting on the ground and bending more comfortable.

Leonie Montgomery

HT Science/Learning Support
Swimming Carnival Report

Congratulations to all those students who attended our Swimming Carnival last Monday. Your behaviour, team spirit and attitude was outstanding and greatly appreciated. It was a wonderful day with a great atmosphere of cohesiveness between all the students.

Well done to Bogan House on winning the carnival and to the Age Champions - listed below:

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys Name</th>
<th>Age</th>
<th>Girls Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs</td>
<td>Dean Fitzalan</td>
<td>12yrs</td>
<td>Madison Blackhall</td>
</tr>
<tr>
<td>13yrs</td>
<td>Bill Quarmby</td>
<td>13yrs</td>
<td>Emma Teale</td>
</tr>
<tr>
<td>14yrs</td>
<td>Dayne Blackhall</td>
<td>14yrs</td>
<td>Abbey Buchanan</td>
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<tr>
<td>15yrs</td>
<td>Liam Wherritt</td>
<td>15yrs</td>
<td>Kasey Douglas</td>
</tr>
<tr>
<td>16yrs</td>
<td>Thomas Waterhouse</td>
<td>16yrs</td>
<td>Melanie Fitzalan</td>
</tr>
<tr>
<td>17yrs+</td>
<td>Jarrod Blake</td>
<td>17yrs+</td>
<td>Zali Wherritt</td>
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</tbody>
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Also worth mentioning, are the students who went in many events, even though they did not get a place. It is this enthusiasm that makes Nyngan High School special. A big thank you to Zac at the pool for all his assistance, Nyngan Amateur Swimming Club for loaning us their equipment for the day and the parents/family members who both cheered on the students and offered assistance where needed.

I would like to make a special mention of Mrs Laura Boland for judging, Mrs Stephanie Waterhouse for being chief time keeper and Mr Mark Wherritt being our starter. The staff also deserve a mention for their support on the day. A number of students will now go on to Dubbo to compete on Thursday 5th March. We wish them all the best and will acknowledge them in the next newsletter.

Mr T Dal Forno

Sport

TAS/Careers/PE

This term is certainly flying ahead and it is great to see the students very enthusiastic and working hard. Great news in our Ag Plot as our girls have started laying - right on schedule !! This was a very exciting moment for the mandatory tech agriculture class.

We have 15 meat birds who are putting on weight at an enormous pace. Many thanks to Sandra for picking them up in Dubbo for us and Keiro for his devoted care and attention of them. A reminder that in all the TAS practical classes students must have leather shoes on to participate for WH & Safety reasons. It is necessary that all students check their school emails regularly as most TAS/PE/Careers notices will be sent out this way. If you miss out on something then that is unfortunate. If any parent would like to be added to that list please let me know. Students can access their school emails from anywhere.

There are some wonderful aromas coming from the kitchen this year and I look forward to future taste testing. As always the Nyngan High School catering team has a calendar full of interesting events and we look forward to expanding in 2015.

Mrs N Walsh

Head Teacher TAS/Careers/PE
REMINDERS

Student Update and Information sheets, Swimming notes and Excursion permission within the township of Nyngan notes, and Medical Information sheets were sent home with the newsletter a couple of weeks ago—if you have not returned these could you do so as soon as possible.

OFFICE INFO - please note that office hours are from 8.30am until 3.45pm. Please call between these hours if you require a message to get to your child or if you need to leave a message for teachers. The office will be closed as from 3.45pm each day. After 3.45pm the phone will go to message bank and we will check these the next morning. Thank you

CANTEEN SPECIAL - for the next two weeks

Pizza Meal Deal

Slice of Pizza

Small Bottled Drink

Small Chocolate

$6.00