DATE/EVENTS

UP COMING DATES

Homework Centre Tuesday and Thursdays 3.30pm 5pm

Senior Study Evening 7.00pm to 9.00pm Wednesdays

Wednesday 4th March - Boys Cricket, Larkin Oval Nyngan

Thursday 5th March - Western Region Swimming Trials

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

Monday 16th March - P&C Meeting 5.45pm Staff Common Room

Images from Nyngan High School Swimming Carnival 2015
Newsletter 3.3.15

Principal’s Report

Soccer and Cricket

This week the state competitions for girls’ soccer, open boys’ soccer and Davidson Shield cricket begin. We wish the students involved the best of luck.

Aurora College Residential

With Aurora College reducing to one subject for Year 11 students this year, we have two students who have travelled off to the Aurora College Residential for Semester 1, Keegan and Ellita Hunt. We hope they enjoy the face to face learning experiences offered on this camp.

Home School Liaison Officer Visits

This term, we are having more frequent visits from our Home School Liaison Officers who work together with staff in our school to ensure that students are attending school as much as possible. Parents are asked to encourage their children to be at school every day, on time.

Good Number Sense

Maths is a numbers game but for some students - and parents - the figures don't add up. Here are some strategies to help kids to work out sums in their heads in a way that makes sense to them.


Reading With Your Child At Home

When your kids see you reading and writing in everyday life—whether reading for pleasure, sharing a story with them or making a shopping list - it teaches them that they are useful skills. Here are some things you can do at home to help your kids with reading.


Removing Head Lice And Nits

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.


Does Multi-tasking Reduce Focus?

Can your kids really study while updating their Facebook page, listening to their music players and messaging their friends? Research shows dedicated study time without distractions produces better learning and a greater ability to retrieve information. Find out more: http://www.schoolatoz.nsw.edu.au/technology/using-technology/homework-and-multitasking-can-it-be-done

When Kids Are Bullied

We send our kids off to school each day to learn. In between lessons they go outside to play – but the learning doesn’t stop. The playground can help prepare them for some of the social challenges they will face throughout their lifetime. Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/behaviour/bullying-advice-for-parents1/what-can-i-do-to-help-my-child

Have a great week!

Kind regards,

Mrs Nicole Hunt
Principal

P&C News

Hi Everyone, we had our first meeting in Week 3, which was actually our first week back, due to that we were caught a little off-guard and didn’t get a reminder out. I actually forgot myself and thought it was the next week, so don’t feel bad if you missed it, but hopefully our next meeting will be well attended. Thanks to the three new teachers who came to meet us and sorry we didn’t have a great representation from our P&C.

Our next meeting is Monday 16th March at 5.45pm in the staff common room. This will be the AGM as well as a general meeting. Please don’t let that scare you into not coming. We won’t force anyone to do anything they don’t want to do, as in take on positions, but it would be great to have some numbers at the meeting. If you want to be able to vote at the meeting and for the rest of the year, please bring $2 membership fee with you. We didn’t discuss much at the last meeting due to lack of numbers, so hopefully there is lots to talk about. If anyone has any agenda items please let me know and I’ll send them around prior to the meeting.

One agenda item is to discuss doing the gate again for Nyngan Senior Rugby League!

Hope to see you there.

Stephanie Waterhouse

Nyngan High School P&C Association
President
Last week our students participated in their first Positive Education workshop in 2015. Each Year group had time at the beginning of the day to spend with their cohort and Year Adviser. Students got the chance to mingle using conversation starters and chat to each other. They talked about the benefits of kindness and gratitude and each were given the name of another student in their year group to commit a random act of kindness for. Already there have been flowers given, lunches bought and many kind words exchanged. There has been such a buzz in the playground and we can’t wait to hear many other stories.

Staff have already participated in this activity and were given the name of a colleague to commit some anonymous acts of kindness for. We had some extraordinary kindness in the form of flowers, fruit salads, and even a home cooked meal for 5! Well done to our staff and I know the students will rival this kindness.

Gratitude and kindness work together to build positive emotions. Growing evidence suggests that, beyond making people feel good, the experience of positive emotions such as joy, happiness and contentment holds numerous social, intellectual and physical benefits for the individual. Stress relief, physical health and increasing your ability to problem solve are just a few.

This week students will start a kindness board similar to that of the one staff have already been using. If they have something kind to say about someone, something to be grateful for, a positive experience or something to be thankful for, they can come to the English staff room where they will be given a piece of paper to hang on the kindness board. Each week the board will start again and as students walk past each day, they can experience the positive emotions from the board.

This week staff were introduced to the idea of flow. "Flow is... that state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it." (Flow: The Psychology of Optimal Experience, 1992) Many activities are conducive to flow – dancing, art, reading, cooking and many, many more. The goal this week is make time yourself. Even though we lead extremely busy and fast paced lives, everyone has the chance to do this. So I challenge you, what gets you in a state of flow?

The next student workshop will be in Week 7 and at the end of the term we hope to have a sporting match where year groups compete against each other. Until then…

“Keep Smiling because Life’s a beautiful thing and there is so much to Smile about.”

—Marilyn Monroe

Angie Bush

Positive Education Leader
English News

Yamakarra

The English faculty is super busy with debating teams being established, Aboriginal Studies excursions and lots of new Ngiyampaa words being learnt. Assessment tasks for all subjects are being handed out in the coming weeks and we encourage students to use the homework centre to seek help with these as well as ask the teacher if you have any problems prior to the due date.

It is very encouraging to see so many students completing their homework and I hope English students are sharing many news stories with their parents – there have been some great discussions happening around these. DEAR continues to grow in its success and just a reminder that all students need to bring a book to read each day. The library is a great resource for this, as is the town library if you can’t find what you are looking for at school. The importance of finding a book that you love is paramount to enjoying and benefiting from DEAR, as outlined in the following article. Thanks to Ms Scott for sharing it with us.

The Ah-ha moment in reading

Dinoo Kelleghan

Jackie French’s “Flood” is among 200 books on the Reading Australia website. Find “the magic book” for a child, author Jackie French urges teachers and parents, saying children need to be presented with reading material that lie outside what most adults consider to be suitable books for children.

“Forty per cent of Australian kids don’t meet international reading ability standards,” Ms French said. There are several reasons for this dysfunction but one factor, she said, is to be open-minded about what piques a child’s interest.

She offered Education a personal anecdote to illustrate the point. “Last week, I sat down with my 18-month-old grandson and tried to read to him. I’ve probably got one of the best collections of children’s stories and I’d been saving them up for this moment when I would hold my grandchild on my knee and read to him.

“He wasn’t interested in a single one of them — including mine. What he did ask me to show him was The Field Guide to Australian Birds.

“It’s a massive, heavy book, there’s no story in it, but he was absolutely fascinated by what he saw on the pages and what I read to him. He wanted to know about the birds, their habits and habitat. He wasn’t just interested in the pictures.

“We need to find the magic book for a child. The magic book is one that is so satisfying that they will pick up the next one and then the next. In my grandson’s case, we found the magic book in The Field Guide to Australian Birds, of all things, and ‘the next one’ for him was the book that stood next to it on the shelf, a book on mammals — he was fascinated by that one too.”

It was important to provide children with a choice of books, Ms French said, and applauded the new Reading Australia website that, for the first time, offers dedicated teaching resources for scores of Australian books, plays and poetry anthologies from K–12 from authors such as French, Tim Winton, Peter Carey and Pamela Allen.

There are 200 works on the site, chosen by the Australian Society of Authors’ Council. To date, resources have been written by teachers under the auspices of the Primary English Teaching Association of Australia, Australian Literacy Educators’ Association, the Australian Association for the Teaching of English and the English Teachers Association NSW. The project was organised by the Copyright Agency.

“It’s a wonderful program. Teachers do need to be provided with resource material,” said Ms French.

The Reading Australia initiative was prompted by Brian Johns, who spent 13 years on the Copyright Agency’s Board, including six years as chair. He is the former managing director of the ABC and SBS and publishing director of Penguin Books Australia.

“It became obvious to me and others that Australia’s great books were barely getting a look-in at schools,” Mr Johns said in an article in the Sydney Morning Herald (“Our great stories need a place in the classroom”, January 20).


Please, always feel free to contact us if you need anything and READ ON!

Ngaayaga (see ya)

Angie Bush

HT English/HSIE/LOTE
**REMINDES**

_Vaccination forms for Year 7 were sent home last week—if you have not returned them could you please do so before Friday 6th March. Thank you._

_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._

**CANTEEN SPECIAL**

_Pizza Meal Deal_

_Slice of Pizza_

_Small Bottled Drink_

_Small Chocolate_

_$6.00_