NASHS students proudly participated in the Combined Schools ANZAC Service on 24 April and the Dawn Service and ANZAC March on 25 April. NASHS students—Carl Evers, Asha Healy and Stephanie Russ had significant roles in these Albany celebrations. Thank you to all students who represented NASHS.
Year 11 and 12 Geography students recently went on a field excursion to the Tree Top walk and the Walpole Wilderness Tour.

The Year 11 Geography course has recently changed and the course now covers Natural & Ecological hazards and Global Interconnections. Students complete four case studies on; the Christchurch earthquake, ecotourism in the South West, tropical diseases for example Ebola and the globalisation of music.

Both the tree top walk and the Walpole Wilderness Tour are iconic eco tourist venues in the South West.

Year 12 Geography students are studying climate change. At the tree top walk our guest speaker spoke about the possible and likely impacts of climate change on the Tingle trees and the prehistoric, rare spider (*Moggridgea*) that only lives on the Tingle trees. At the Walpole Wilderness Tour, Gary Muir spoke to students about the impact of climate change on the spread and proliferation of dieback and subsequent impact on our native forests and ecosystems. He also spoke about the greenhouse effect.

The topics covered in Geography are profoundly significant, current global issues. These topics provide students with a good understanding of global environmental issues and sustainable management strategies.

It was a fantastic day and learning experience. Thank you to NASHS Chaplain, Ben Wyatt, for driving the bus and Year 12 student Tim Furber for his terrific photos. Once again, the behaviour of NASHS students was exemplary.

“In Walpole there was a lot of examples of sustainable land management, such as eco-tourism, which utilizes the economic possibility in conservation which is totally the essence of sustainability...that is the very thing we should value the most.” Year 12 Geography students
(Natasha Kneebone—Year 11 and 12 Geography Teacher)
This edition of NASHS newsletter has a focus on the achievements of our students. For students to do well at school, and give themselves the best possible chance of success after school, they need to attend regularly. Our Good Standing policy is designed to encourage students to attend regularly, wear school uniform, behave in a positive manner and commit to giving of their best in all that they do. These attributes are habit forming and if learned at school they will become a natural part of their work ethic when they leave school.

NASHS staff and the school board have been working on the development of the school business plan. A copy of our business plan will soon be available on our school web site. This plan has four priority areas. It is our blueprint for school improvement over the next three to four years:

- **Engagement in learning** – to be successful students need to actively participate in their own learning.
- **Providing diverse learning environments** – we know that learning takes place not only at school but in many different environments. We will continue to provide opportunities for students to learn through accessing resources and facilities in the wider community.
- **Quality teaching** - Staff are committed to keep up with trends in education, learn different and better ways of teaching and ensure that courses being taught reflect the required curriculum.
- **Excellence in school wide leadership** – this priority is about both staff and students. We plan to further develop teacher leadership and also provide opportunities for students to learn leadership skills.

Thank you to the many parents who came to the Parent—Teacher meeting on 30 April. It was very well attended and the feedback indicated that meeting with teachers in the Performing Arts Theatre and the Library was well received. All students will be issued with a formal report at the end of this semester and a second Parent—Teacher meeting will be held in Term 3. Details will be provided early next term.

**School facilities**—in our endeavour to provide students with comfortable learning spaces and a clean, neat and welcoming school environment we set aside funds to spend on student facilities. A new outdoor ping pong table has been installed in the Year 7 block. We recently purchased $14,000 of bench seating and this will progressively be installed around the school over the next few weeks. Mrs Kylie Offer and her Japanese language students have provided me with some designs of Japanese gardens. Our aim is to have a Japanese garden at NASHS by the end of the year. We are also in the planning stages of some “restful spaces” where students can sit together and enjoy the NASHS gardens and surrounds before school and during break times. All of these improvements take considerable funding and, as with any planned expenditure, we need to budget for it.

**Staff update**—this term we have welcomed two new staff members. Mrs Michelle Kadiongo is providing literacy support to a number of individual students as well as in classes. Mrs Tracy Myers is our new Learning Support Coordinator, replacing Mrs Judy Martin who is on leave for the next 12 months.

I hope you enjoy reading this edition of NASHS Newsletter!

Regards,

Sharon Doohan
PRINCIPAL

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**WHO DO I CONTACT IN TERM TWO 2015**

For general enquiries about your child’s progress at school please contact the Year Coordinator or other members of Student Services Team (see the list below). For subject specific issues please contact your child’s subject teacher or the relevant Head of Learning Area.

<table>
<thead>
<tr>
<th>Yr 7 Coordinator</th>
<th>Kylie Rennie</th>
<th>School Nurse</th>
<th>Amelia Jefferis</th>
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<tbody>
<tr>
<td>Yr 8 Coordinator</td>
<td>Daniel Smith</td>
<td>Aboriginal &amp; Islander Education Officers</td>
<td>Rachel Brown / Damien Yarran</td>
</tr>
<tr>
<td>Yr 9 Coordinator</td>
<td>Susie Wood</td>
<td>Student Services Coordinator</td>
<td>Andrew Harrison</td>
</tr>
<tr>
<td>Yr 10 Coordinator</td>
<td>Peter Gray</td>
<td>School Psychologist</td>
<td>Brooke Bevan-Wilson</td>
</tr>
<tr>
<td>Yr 11 / 12 Coordinator</td>
<td>Andrew Harrison</td>
<td>Chaplain</td>
<td>Ben Wyatt / Jennie Small</td>
</tr>
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**HEAD OF LEARNING AREAS AND TEACHERS IN CHARGE**

<table>
<thead>
<tr>
<th>Mathematics / Science (HOLA)</th>
<th>Jo Stevens</th>
<th>Physical Education / Health (HOLA)</th>
<th>Dave Powell</th>
<th>Home Ec</th>
<th>Bronwyn Day</th>
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</thead>
<tbody>
<tr>
<td>Curriculum Leader —Science</td>
<td>Leonie Puzey</td>
<td>Technology &amp; Enterprise / Art (HOLA)</td>
<td>Peter Gray</td>
<td>Business Ed, Workplace Learning &amp; VET Coordinator</td>
<td>Pamela Green</td>
</tr>
<tr>
<td>Curriculum Leader —Humanities and Social Sciences</td>
<td>Garan Lewis</td>
<td>Library</td>
<td>Pippa Williams</td>
<td>Learning Support Coordinator</td>
<td>Tracy Myers</td>
</tr>
<tr>
<td>English / LOTE / HASS(HOLA)</td>
<td>Marc Ruffell</td>
<td>Visual Art</td>
<td>Matt Marchment</td>
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</tr>
</tbody>
</table>

**Deputy Principals**: Glenn Simpson (Years 7,8,9), Mark Cullen (Years 10,11,12)

**Business Manager**: Keely George
**NASHS IMPORTANT DATES—TERM 2 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Mon, 1 June</td>
<td>Western Australia Day Holiday</td>
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<tr>
<td>Tues, 2 June to Fri, 5 June</td>
<td>Year 11 and 12 exams plus Side and Video Conference exams.</td>
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<tr>
<td>Tues, 2 June to Thurs, 4 June</td>
<td>Staff visit Primary Schools in the Albany District—Year 7 Transition</td>
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<tr>
<td>Tues, 9 June</td>
<td>WAFC Years 7—9</td>
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<tr>
<td>Tues, 16 June</td>
<td>2016 Transition Year 6—7 Parent Night</td>
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<tr>
<td>Thurs, 18 June</td>
<td>Year 8 &amp; 9 2016 Parent Evening re Subject Selections</td>
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<tr>
<td>Tues, 23 June</td>
<td>Interschool Volleyball</td>
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<tr>
<td>Wed, 24 June</td>
<td>P &amp; C Meeting—5.30pm</td>
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<tr>
<td>Mon, 29 June to Fri, 3 July</td>
<td>CountryWeek</td>
</tr>
<tr>
<td>Tues, 30 June</td>
<td>Dr Yes visits</td>
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**CASUAL DRESS DAYS**

Throughout the year we allow students to wear casual dress to fundraise for charities. These casual dress days are organized by the Student Council.

Casual dress days for the remainder of this year are:

- **Friday, 28 August**—Yellow Day and Book Week Day to raise funds for the Cancer Foundation.
- **Friday, 25 September**—Youth Day and Year 12 day to raise funds for Youth Focus.
- **Wednesday, 11 November**—Youth Day to raise funds for Youth Focus counselling service.

**SCRIPT WRITING WORKSHOP FOR STUDENTS**

The Australian Children’s Television Foundation and the Australian Centre for the Moving Image have scheduled sessions for their Script Writing Workshops for talented Year 7 and 8 students in Term 3.

Over the three sessions students will develop their skills as a sketch comedy script writer, gain access to one of Australia’s most prominent comedy script writers and use the innovative digital script writing tool, Sketch-O-Matic, to record their ideas. Parents who wish to register their child (aged 11—13) can do so by emailing Pippa Williams (NASHS Teacher Librarian). Her email address is—pippa.williams@education.wa.edu.au

**SMARTRIDER CARDS**

Smartrider Cards that have been lost or broken can be replaced at the Student Services window. The cost of this is $5.00.

**PARENT MEETINGS**

NASHS will be holding parent meetings in June to discuss subject selections for 2016.

If your child is in Year 7 in 2016, this meeting will be held on **Tuesday, 16 June commencing 5.30pm**.

If your child is in Year 8 and 9 in 2016, this meeting will be held on **Thursday, 18 June commencing at 6.00pm**.

More details to follow.

**THANK YOU SOPHIE!**

A big thank you to Sophie Adeline (Year 7 NASHS student) for supporting NASHS-ASESC P & C Association.

At the April Centennial markets, Sophie delighted stall holders and market goers with some fantastic busking and donated all of her proceeds to the P & C!

The Centennial Markets are the major fundraising venture for the P & C. In the past two years the P & C has donated $25000 to NASHS and Albany Secondary Education Support Centre. These funds have been used to pay for garden terracing, purchasing ipads and installing an outdoor ping pong table in the Year 7 block.

The next markets will be held on Saturday, 20 June 2015.

**PHYSICAL EDUCATION**

Parents and carers please be aware that at NASHS we attempt to keep the physical education program going even when the weather is not ideal. We have had incidents lately where students are not changed for physical activities. We only have one gym and on occasions five classes scheduled on at the same time. Students must bring a change of clothing for sport. A warm jacket or tracksuit top is desirable as the colder weather sets in. Students are expected to participate unless they provide a note from a parent or doctor excusing them from physical activity.

(Dave Powell—HOLA Health and Physical Education)

**2015 COUNTRY WEEK**

47 NASHS students are training hard for this year’s Country Week in Perth.

Teams attending Country Week are:
- Boys Volleyball
- Girls Volleyball
- Mixed Soccer
- Netball
- Dance

Country Week runs from 29 June—3 July in Perth. Parents will be able to listen to the ABC radio for results.
At North Albany Senior High School we run a Workplace Learning Program. This program ranges from Year 11 and 12 students doing one day a week for 12 weeks work experience to students undertaking school based apprenticeships and traineeships.

In the school we currently have four students on School Based apprenticeships/traineeships.

So what is a school-based apprenticeship or traineeship? School-based Apprenticeships and Traineeships (SBT) enable young people to gain a vocational and technical qualification while completing their senior school studies. SBT's combine senior secondary studies, part-time work, and structured training with a registered training organisation (GSIT) which leads to the attainment of a nationally recognised vocational (VET) qualification.

Why is it important?
Many businesses are familiar with terms such as: employability skills, competitive markets and lifelong learning, and may have had difficulty recruiting skilled and experienced employees. Employing SBT students is one way employers can contribute to training the future work force. SBT's encourage better links between employers, educational institutions and the community. The students have the benefit of learning on the job and being able to have experience in their chosen field before they leave school.

This is what our trainees have to say about their experience.

**Stephanie Russ**
Fletchers International
Certificate II Business
“When deciding what pathway I was going to go for in Year 11 & 12, I wasn’t really interested in doing ATAR. That is when a school based traineeship was suggested. I absolutely love going out to work one day a week, completing a Certificate II in Business and getting paid for it. It’s such a wonderful opportunity and I’m learning a tremendous amount of skills.”

**Taylah Morgan**
ANZ – Brooks Garden
Certificate II Business
“I really like the traineeship because it’s a good option for me to have, it’s fun to work in business and I am really enjoying my time at ANZ. The people I get to work with are really nice. My sister worked there and had a good time, so when the opportunity came up for me I thought I would give it a go”.

**Mark Taylor**
Certificate III Arboriculture
Acorn Trees and Stumps
“I wanted to do this traineeship because I think this is a growth industry. You can specialise in certain things and further your skills.”

**Jazelda Lethbridge**
South Coast NRM
Certificate II Business
“I got told about this traineeship and thought it was a good option to help me get some qualifications towards my youth work career. Working in the industry is fun and I am finding the work interesting. I would recommend this opportunity to others.

If you or your child would like more information about school based traineeships or apprenticeships please feel free to contact Pamela Green, (NASHS Vocational and Training Coordinator).
NASHS Cross Country was held at the end of last term on the 31 March 2015.

Congratulations to all students who participated in this event.

2015 NASHS Cross Country Results:

Year 7 Girls
Champion: Molly Bowles
Runner-Up: Freya Richardson
3rd Place: Avril Dunmow
Champion Team: Molly Bowles, Charlotte Musk, Hope McCleenan, Sophie Adeline

Year 7 Boys
Champion: Arlo Goldsmith
Runner-Up: Chad Myors
3rd Place: Cyprian Rogozinsky
Champion Team: Arlo Goldsmith, Willem Freebury, Flynn Sheehy, Chad Myors

Year 8 Girls
Champion: Teleya Beattie
Runner-Up: Georgia Crosby
3rd Place: Apryl Oreo
Champion Team: Teleya Beattie, Georgia Crosby, Danica Wiggins, Apryl Oreo (new record)

Year 8 Boys
Champion: Jimmy Duncan
Runner-Up: Kyle Kowalski
3rd Place: Aden Castlehow
Champion Team: Jimmy Duncan, Aden Castlehow, Kyle Kowalski, Mark Colbung

Year 9 Girls
Champion: Stacey Smith
Runner-Up: Sharellee Shadley
3rd Place: Hayley Hulm
Champion Team: Aleesha Narkle, Kate Trayvilla, Hayley Hulm, Caitlin Puls

Year 9 Boys
Champion: Zac Adami
Runner-Up: Raiden Hinks
3rd Place: Lachlan Clayton
Champion Team: Zac Adami, Sam Steel, Raiden Hinks, Byron Sim

Year 10 Girls
Champion: Ashlin Douglas
Runner-Up: Katelyn Jose
3rd Place: Hunni Taylor-Carr
Champion Team: Abigail Boyd, Hunni Taylor-Car, Katelyn Jose, Ashlin Douglas

Year 10 Boys
Champion: Sean Haddleton
Runner-Up: Halem Collinge
3rd Place: Joe Goldsmith
Champion Team: Halem Collinge, Josh Vanni, Sol Plummer, Mitchell Phillips

Year 11 Girls
Champion: Ruth Devos
Runner-Up: Hannah Loynes
3rd Place: Kristee Nostrini

Year 11 Boys
Champion: Broady Linthorne
Runner-Up: Corey Linthorne
3rd Place: Craig Wiggins

Year 12 Girls
Champion: Rebecca Bell
Runner-Up: Bridgett Hamilton
3rd Place: Mariel Basa

Year 12 Boys
Champion: Riley Martin
Runner-Up: Tom Hood
3rd Place: James Offer
Dream Team: Broady Linthorne, Corey Linthorne, Sean Haddleton, Halem Collinge (new record)

INTERSCHOOL CROSS COUNTRY

The GSSSSA Interschool Cross Country competition was held on Tuesday, 5 May at the Albany Leisure and Aquatic Centre Oval. The change of venue from Great Southern Grammar has meant students get to experience conditions similar to the course at the All Schools Cross Country Competition in Perth, to which NASHS was proud to send 14 students.

NASHS entered 60 students in the interschool competition. They all performed well. Of particular note are:

* Sean Haddleton won the Year 10 boys division and achieved the fastest overall time of the day.
* Broady Linthorne won the Year 11 boys division and achieved the second fastest time overall.
* Lachlan Clayton was runner up in the Year 9 boys division with the 6th fastest time on the day.

The following students also excelled:

Top 5 performers
Molly Bowles
Arlo Goldsmith
Jimmy Duncan
Stacey Smith
Kenton Gibbs

Top 10 performers
Halem Collinge
Craig Wiggins
Ruth De Vos
Kyle Kowalski
Georgia Crosby
Apryl Oreo
Zac Adami

(Kylie Rennie—Physical Education Teacher)
On Thursday, 30 April, the Great Southern Netball Region held the annual Bendigo Community Bank’s High School Netball Carnival. 58 teams from 17 schools attended the event which saw 150 games of netball played.

NASHS entered 6 teams in the carnival and all students did an outstanding job of representing the school. The Year 11/12 boys team beat ASHS to make it into the grand final against a very strong Katanning side. NASHS played very well but could not get in front and ended up second place on the day.

NASHS Year 7/8 boys narrowly missed out on the grand final on a goal count back to finish third and the Year 7/8 girls finished second in their pool and beat Great Southern Grammar to end in third place overall.

Both Year 9/10 teams also ended up in third position in their divisions.

I would like to give a great big thank you to Tracey Jackman (parent), Alison Green (NASHS staff), Lexi Mortimer (NASHS staff), Shanae Robinson (former NASHS student), Michaela Boreham (Year 11 student), Jess Muir (former NASHS student) and Anthony Turner (Year 9 student) for generously volunteering their time to train, coach and umpire our NASHS teams. This is a big event and it certainly would not be possible for so many of our talented students to attend without our volunteers.

(Kylie Rennie—Physical Education Teacher)
**STUDENT SERVICES COORDINATOR UPDATE**

The highlight of the term so far would have to be NASHS involvement in the Centenary ANZAC Celebrations. We started the term by holding our own ANZAC assembly. This was run by the Student Council and it was designed to clarify the meaning of ANZAC Day and the ANZAC tradition. It also involved the laying of a wreath by Davida Whitaker and Asha Healy our School Captains and the playing of the Last Post by Carl Evers.

This was followed up by the Combined Schools ANZAC Centenary Parade and Service on Friday, 24 April. NASHS contingent consisted of 95 students from Years 7—12 and five staff who participated in the march and service. Our students not only represented NASHS by laying a wreath at the Albany Peace Wall but were directly involved in the service itself with Asha Healy being MC and Carl Evers playing the Last Post. I was extremely proud of our students in the way that they presented themselves, how seriously they took the event and how smart they looked in their uniform. They were fantastic ambassadors of the school.

At the main ANZAC Celebrations on Saturday, 25 April, Asha Healy presented a poem at the Dawn Service and Stephanie Russ presented a poem during the main Service. A huge well done and thank you goes out to these two students. Not only for representing the school but also being brave enough to present a poem in front of a massive crowd of people.

*(Andrew Harrison—Student Services Coordinator)*

**ATTENDANCE**

Recently the Year 12 students enjoyed a free sausage sizzle lunch in recognition of their Term one attendance percentage. They were the year group with the highest percentage of 90.4%. Each term the year group with the highest attendance will be in the running for the free lunch and presently the attendance percentages for each year group are as follows:

- Year 7: 88.7%
- Year 9: 84.1%
- Year 11: 89.6%
- Year 8: 89.3%
- Year 10: 83.4%
- Year 12: 89.6%

Although these percentages seem quite high the ideal attendance percentage is 90% or better. It is a close race and it will be interesting to see who wins the free lunch in week 9 this term.

**SMS Replies for student absence:**

When students are marked absent from school an SMS text is sent home between 10.30am and 11.00am to notify parents and to request details of the absence. Parents are asked to provide a reasonable explanation of the absence such as “at home today due to illness” rather than provide a simple “at home today” type of message. This detail enables the school to record the students absence correctly as reasonable and explained. So that we can work with you to meet Department of Education requirements for NASHS involvement in the Centenary ANZAC Celebrations. We started the term by holding our own ANZAC assembly. This was run by the Student Council and it was designed to clarify the meaning of ANZAC Day and the ANZAC tradition. It also involved the laying of a wreath by Davida Whitaker and Asha Healy our School Captains and the playing of the Last Post by Carl Evers.

This year at North Albany, Jennie works Monday, Tuesday and Wednesday spending most of her days listening, assisting and encouraging many. She is an advocate for students as well as supporting teachers and parents. One of her favourite classes is cooking as she often gets to do the taste test. Students are usually relaxed and happy to chat in these classes. Jennie had some exciting news earlier this year as she became engaged to be married. We wish her all the best.

Ben works Tuesday, Thursday and Friday. Ben is a great listener and also supports students, teachers and parents. He continues to help with the Outdoor Education classes twice a week and is regularly seen driving the bus full of students. This allows him to spend individual quality time with many of them. Ben is very happy being outdoors, is very active and rarely sits still. If you see him sitting still, ask him why he has a plaster on his left wrist, it’s quite a story.

This is the first year that Year 7s have commenced in high school. North Albany were aware of some of the possible challenges, so the staff did a lot of preparation last year and put a lot of practices into place to ensure a smooth transition. The start of the year has gone well for most, however it has still been challenging for many students. Changing schools, following time tables and making new friends is always a challenge, especially if your friends have gone to another school. Some students have sought support from student services. I’m pleased to say that the majority are now settling in as they get into the swing of what it is like to be in High School. We at Student Services continue to encourage any students or parents who are finding things difficult to contact us; we are here to help make the transition as smooth as possible.

Anyone who is part of the school community is always welcome to make an appointment to talk to someone on our team here at Student Services. If you’re a student please come to the student services window or parents please ring the school office to make an appointment.

And in closing Jennie would say “Go the Dockers”.

*(Ben Wyatt and Jennie Small—Chaplains)*
Year 7 at NASHS has continued to be very busy. Students have had the opportunity to participate in many school and interschool events already this term. Congratulations go to Molly Bowles, Charlotte Musk, Arlo Goldsmith, Chad Myors, Freya Richardson and Avril Dunmow who all achieved cross country times that qualified them to compete in the All Schools State Cross Country Competition in Perth. We wish those students all the best.

On Thursday, 7 May, Year 7 students were able to let their hair down and enjoy a disco organised by the Year 12 Business and Enterprise students. It was a fun night with dancing and games and a fantastic opportunity for students to socialise. Congratulations go to Brodie Cronin who won the dance off and Avril Dunmow who won the limbo competition. We look forward to future social events this year to be organised by the Year 7 student council.

I am proud to say that over 95% of our Year 7 students have maintained their Good Standing. Good Standing may be a new concept for some of the students. It is a status enjoyed by students with over 90% attendance, who consistently wear school uniform and make good behavioural choices. Having Good Standing allows students to attend reward activities and camps and receive spot rewards (sausage sizzles and extra sport days). As a group, the Year 7s are doing a fantastic job of coming to school in uniform, although there are still a few students wearing black jumpers. If students do not own a school jumper, they must wear a plain red or grey jumper (these can be obtained cheaply in town). Year 7 attendance is also generally excellent. Please make sure that all absences are explained with a note from home. Notes are required by the school for accurate records, but will also prevent students losing their Good Standing status if their absence was legitimate and explained.

An exciting opportunity that is currently being offered to Year 7 students is a trip to Sydney and Canberra to take place next August (2016). The trip is being coordinated by Mr Adam Tetlow (NASHS Year 7 teacher), who has extensive experience in organising similar trips. The trip is limited to 50 students and due to overwhelming interest, the trip is now full. We have a reserve list, so it is absolutely essential that students maintain their Good Standing if they are to take advantage of this opportunity.

(Kylie Rennie—Year 7 Coordinator)

STRATEGIES FOR ANXIETY

As the year goes on, and many Year 7s are experiencing an increased workload and perhaps an extra helping of puberty hormones, you may find that some students experience anxiety. It is important to reinforce to students that feelings of anxiety are not unusual, but that there are strategies they can use to try to control them. The following tips may be helpful if your child is experiencing anxiety.

1. Manage the body; Eat right, avoid sugar and caffeine (energy drinks are the worst), exercise, get adequate sleep, accept that hormones may cause some issues.
2. Breathe; Breathing can slow down or stop the stress response. Deep breathing, even for just one minute at a time can help to calm anxious feelings. It may be helpful for your child to count; breathe in for 3 and out for 3 to ensure they slow their breathing enough.
3. Mindful Awareness; Ask your child to close their eyes and breathe, ask them to notice their body, how the intake of air feels, how their heart beats, what sensations they can feel in their tummy, what they can smell, hear etc around them. Again, even one minute of this will help slow the stress response.
4. Don’t listen to worry; Worry and tension can be like a state of low grade fear, which can also cause other physical symptoms, like headaches and joint pain. Get your child to make a conscious decision to not worry, they can say to themselves (or out loud): “It’s just my anxious brain firing wrong”.
5. Have a Little Fun; Laughing is a great way to increase good feelings and discharge tension. Getting in touch with fun and play isn’t always easy for worriers and your child may need a little help.
6. Turning it Off; Sometimes an anxious brain is like an engine stuck in gear and overheating, slowing or stopping it gives it a chance to cool off and calm down. Get your child to sit with their eyes closed and ask them to focus on an image of an open box ready to receive every worry on their mind. Get them to see and name each issue or worry and imagine putting it into the box. When no more issues come to their mind, ‘put a lid’ on the box and place it on a shelf or in some other out of the way place.
7. Persistent Interruption of Escalating Thoughts; Anxious worry can take on a life of its own, consistently interfering with every other thought in the mind. Thought stopping is another effective way to interrupt these thought processes—get your child to use the command “Stop” – saying this aloud will often be more effective. Then ask your child to replace the anxious thoughts with details of a wonderful memory (a favourite birthday party, their favourite place in the world, a loved pet etc).
8. Schedule Worry; Some worries just have to be faced head-on, and worrying about them the right way can help eliminate secondary, unnecessary worrying. Ask your child to set a time that they will worry about an issue (limit that time to 10-20 mins). If they worry about the issue outside of the scheduled time, get your child to say “Stop! I already worried about that” and ask them to replace the worry with their wonderful thought.
9. Learn to Plan Instead of Worry; A big difference between planning and worrying is that a good plan doesn’t need constant review. An anxious brain, however, will reconsider a plan over and over to be sure it’s the right plan. Help your child to problem solve using the following steps:
   1. Concretely identifying the problem.
   2. Listing the problem solving options.
   3. Picking one of the options.
   4. Writing out a plan of action.
On Wednesday, 29 April, ten NASHS students from Year 11 ATAR Health studies attended a workshop at Albany Health Campus. The PARTY (Preventing Alcohol and Risk Related Trauma in Youth) project is a health department initiative aimed at educating young drivers about the consequences of risky decisions on the road. Students learn about the real and very serious results of risky behaviours like drink driving, not wearing a seatbelt and the distraction caused by texting whilst driving. Students followed the path through the hospital that a trauma patient would take, from being admitted into A & E to the rehabilitation process. This is the first year the program has been available to students in Albany and NASHS has been able to give two groups of students the opportunity to attend.

I would like to thank Carl Heslop, Registered Nurse for organising and facilitating the Albany program and all the staff at Albany Health Campus for providing such a fantastic educational opportunity for our students. (Kylie Rennie—Health Studies Teacher)

YEAR SEVEN UPDATE

The students have started second term with energy and interest. There is an outdoor table tennis table for students in the under-cover area and other sporting equipment for them to access at break times. These have been very popular.

Maths, English, HASS and English teachers have set up their routines, part of this is regular homework. This may consist of nightly work or a worksheet for the week. We are trying to help students to manage their time and work, essential qualities for future studies. Please assist your child with finding a quiet place to work and encourage them to set aside time to complete their homework.

Maths – students have recently been introduced to Algebra. They have made a great start and most seem to understand it.

English – all classes are starting a topic on advertising and part of this is entering a competition. They are to create a real advertisement!

HASS – the students are currently studying Geography: water, weather and the liveability of places.

Science – After they complete their chemistry topic with a test (week 4), the next topic is Physics where they will look at forces.

Year 7 students have recently (week 4) changed their specialist subjects. This has created an air of excitement and expectation.

In Week 4 all Year 7 students completed the NAPLAN tests. It is good to see that they are trying their best. Year 7 Staff
YEAR EIGHT UPDATE

After being inspired at the GRIP Leadership conference, the Year 8 Student Council have been determined to run more year focussed events. Over the past couple of weeks, the Year 8 Councillors have been busy organising a Year 8 Indoor Soccer Event to be held on Tuesday's at Break One. This started last week, with the students organising the teams and fixtures along with the administration side of things, such as umpiring, scoring etc. The competition will run for seven weeks and there are plans in place for different sporting competitions to be run each year.

This term, we are focussing on the students achieving **Good Standing**. If students wish to participate in any extracurricular activities, they must have good standing. This includes:

- 90% attendance or 85% attendance with a maximum of two days unexplained absences.
- Wearing the correct uniform.
- Not having any behavioural incidents.

The Year 8’s as a cohort have been outstanding to date in regards to wearing the appropriate uniform. It would be most pleasing if this continues throughout the colder months with students wearing either NASHS jackets or plain red/grey jackets.

To help achieve Good Standing, it is important that if your child is away, you let the school know with a reason, either by calling the school, replying to the text message or by sending a note in with your child who can hand it to Student Services. Once again, our Year group’s attendance has been good. We were very close to winning a reward BBQ earlier in the term and the group made a pact at the last year assembly to be leading the attendance over the next few weeks so that they can achieve the reward prize. It is excellent the commitment the group is showing to improve their attendance!

(Dan Smith—Year 8 Coordinator)

YEAR NINE UPDATE

Last week I met with the Year 9 Councillors and we discussed options for a reward activity later this term. This week I have made an application for a group of approximately 60 Year 9s to spend half a day wall climbing at ALAC at the end of the term. Of course to go on these activities students will need to have good standing. I think by now most of us know what this means. For Year 9s above 85% attendance. As tempting as it is to have a day off every now and then it has repercussions. If you are unwell or have appointments please text the school or bring in a note of explanation.

There was a small group of Year 9s who managed to achieve 100% attendance last term. They have been rewarded with goldies and vivos. I would love to have to spend more time rewarding even more Year 9s this term!

It has been a busy term for the Phys Ed Department with several carnivals in the first 3 weeks of school this term. My congratulations to the Year 9 girls and boys who represented the school for the Bendigo Netball Cup. I had the privilege to coach the boys Year 9/10 team. Damon Scott, Samuel Steel, Callan Mortimer and Gerson Alforque worked hard with a group of Year 10 boys to come a creditable third!

Mikayla Ditchburn, Aleesha Narkle and Haley Hulm represented the school in the girls Year 9/10 team.

Several Year 9s represented the school in the Interschool Cross Country held recently at North Road. A special mention must go to Lachlan Clayton who won the runner up medal for the Year 9 boys! Great effort Lachie. I believe a bit of training paid off and he earned himself a position in the school team that travelled to Perth to represent NASHS in the State titles!! Stacey Smith is also representing the school for Year 9 girls. Stacey came fifth in the interschool competition. Well done to these students. Did you know that by representing the school in carnivals such as these, your child earn 50 vivos?

(Susie Wood—Year 9 Coordinator)

YEAR TEN UPDATE

It’s great to see our Year 10 students applying the NASHS School Values in the many aspects of their school life. Improvements have been recognised along with positive comments from students and teaching staff in regard to the Year 10 cohort. Some fantastic results have recently come through on the performance of the students participating in the OLNA tests. Some students that were successful in their NAPLAN results did not have to sit some of the OLNA categories in numeracy, reading and writing. Well done to all. Students will be given another opportunity to sit OLNA in Semester Two.

School colours are being worn, good behaviour both in and out of the classroom has increased and participation in all school activities is also on the rise. A number of students have achieved outstanding results in the Swimming and Cross Country Interschool Carnivals. The recent ANZAC Ceremonies attended by students was a great success. Thanks to the many Year 10 students that volunteered to participate. It was good to see NASHS students representing the school in such an important event in Albany. Congratulations to all.

Students are reminded that this is an important year in making the transition to Year 11 and 12. Please ask your teachers for help if you are finding some of the tasks difficult or confusing as you probably will not be the only one in your class who is having the problem. This may require you to see your teacher at another time if your questions can not be resolved in your class. Take advantage of Wednesday after school homework classes, as these will give you the opportunity to catch up on work using the facilities and resources in the library as well as speaking to one of the supervising teaching staff. They are there to help you. Many students already take advantage of this program.

**Selections for courses in 2016** will commence soon.
Students will be selecting five courses of study depending on the pathway they wish to choose. This will consist of either ATAR courses, which are those courses for students wishing to go to University, or General / VET courses, which will help students wanting to go to GSIT, other places of further education or employment. All Year 10 students will be required to choose their course from a pre-determined grid of courses similar to lower school. This grid has been ‘trialled’ amongst many students to ensure that it meets the needs of students aspiring to a wide range of post-school outcomes.

Students must choose English as one of their courses. Students then select either a VET or ATAR pathway. An ATAR pathway must consist of a minimum of 4 ATAR courses and one General / VET course or 5 ATAR courses. A General / VET pathway must include at least a Certificate course amongst the 5 course selections. A range of options is available for students requiring a course which is not offered on the course grid after having an interview. This is a basic summary of the process with more detailed information explained in the 2016 Senior School Course Information Booklet coming home with your child in the near future. It is important that both students and parents start thinking about these pathways, as unlike lower school, students will not be able to make as many changes as they may have done in the past.

Teachers are currently nominating students for the P&C Endeavour Awards for the semester. The P&C provide a certificate and voucher for Year 10 students who have displayed a consistent and improved effort. The winners of these awards will be presented at the Year assembly in week 6 of this term. Semester one reporting for Year 10 students will be completed before Country Week commences in week 11. This gives students plenty of time to continue to work hard in all their courses to achieve the best possible results. Remember every mark counts and a positive attitude will be reflected in positive comments in your report. Keep up the great work one and all.

(Peter Gray—Year 10 Coordinator)

SENIOR SCHOOL UPDATE

Recently I spoke to our Senior School students about the importance of applying themselves to their studies and how by doing well now they will set themselves up for success in the future. It is important that students are always approaching all that they do with seriousness and determination and by having strong work ethics in Years 11 and 12 they are in fact developing skills that will see them be competitive and succeed in the workforce.

Sometimes students tend to “cruise” through their studies, generally achieving but not reaching their full potential. It concerns me that there are some students in Senior School who are tending to do this.

Sometimes students will tend to think “I’m not doing an ATAR course so I don’t have to work so hard, I’m doing easy subjects”. However this is not the case!

To be competitive in today’s work force it is important that students have good grades, a strong work ethic and that they are always trying their best.

Those students who are aiming for University sometimes are happy simply to receive a pass mark or a ‘C’ grade in their subjects rather than make a concerted effort to aim for higher. To really open up doors and opportunities in the future it is important that all ATAR students aim to excel.

This means that all Senior School Students should be working hard to complete in-class work efficiently, ensuring all assignment work is completed and deadlines are met. It is also important that students are doing homework AND study.

Mr Cullen (Deputy Principal), is presently running study skills workshops for Year 11 ATAR students and I am running English and general study skills for Year 12 ATAR students. These workshops are open to all students and I would encourage all Senior School students to attend. For more information I can be contacted during normal school hours on 9892 0745.

Revision Seminars

I have information about revision courses being offered during the July school holidays. Any student interested should come to my office in Student Services.

(Andrew Harrison—Senior School Coordinator)

NASHS SCHOOL NURSE

To achieve good standing, NASHS expects students to attend school 85% or more. As winter approaches and cold and flu season begins, the number of sick days may slightly increase. Here are some top tips to help prevent the spread of cold and flu and keep attendance above 85%.

Viruses that cause colds are spread from person to person through tiny droplets of mucus that enter the air from the nasal passages of infected persons and are inhaled by others. Colds can also be spread by touching surfaces that have been contaminated by contact with infected persons and then touching your mouth, nose, or eyes. To reduce the chance of getting a cold:

- **Wash your hands often.** Frequent hand washing can destroy viruses that you have acquired from touching surfaces used by other people. May celebrates hand hygiene month. A reminder to clean hands frequently, in an effort to reduce the spread of germs
- **Avoid touching your face,** especially the nose, mouth, and eye areas, if you are around someone with a cold or have been touching surfaces in a public area.
- **Don’t smoke.** Cigarette smoke can irritate the airways and increase susceptibility to colds and other infections. Even exposure to passive
**STUDENT SERVICES UPDATE**

smoke can make you (or your children) more vulnerable to colds.

- **Use disposable items if someone in your family is infected.** Disposable cups can be thrown away after each use and prevent accidental spread of the virus from sharing of cups or glasses. This is particularly important if you have young children who may try to drink from others’ cups.

- **Keep household surfaces clean.** Door knobs, drawer pulls, keyboards, light switches, telephones, remote controls, countertops, and sinks can all harbour viruses for hours after their use by an infected person. Wipe these surfaces frequently with soap and water or a disinfectant solution.

- **Use paper towels** in the kitchen and bathroom for hand washing. Germs can live for several hours on cloth towels. Alternatively, have separate towels for each family member and provide a clean one for guests.

- **Throw tissues away after use.** Used tissues are sources of virus that can contaminate any surface where they are left.

- **Maintain a healthy lifestyle.** While there isn’t direct evidence to show that eating well or exercising can prevent colds, maintenance of a healthy lifestyle, with adequate sleep, good nutrition and physical exercise can help ensure that your immune system is in good condition and ready to fight infection if it occurs.

- **Control stress.** Studies have shown that people experiencing emotional stress have weakened immune systems and are more likely to catch a cold than their calmer counterparts.

Influenza vaccines have arrived and it’s a great time to, speak to your GP about whether you can receive this for free. Free for, but not limited to:

- pregnant women
- people aged 65 and older
- people with a chronic medical condition (asthma, diabetes, heart conditions)
- children aged 6 months to 5 years
- Aboriginal people aged 15 years and older.

Stay well this winter!!

*(Amelia Jefferis—School Nurse)*

**THOUGHTS FROM THE SCHOOL PSYCHOLOGIST**

Term 2 has started off well with lots of exciting things happening around the school.

This term NASHS is excited to be a part of a new program being offered to school students in Albany. “Teen Youth Mental Health First Aid” is being presented to the entire Year 10 cohort between now and the end of Term 2. It is being presented by Maree Dawes, School Psychologist, who is specifically trained to run the program for adolescents, along with support of the NASHS Student Services Team.

Students will be taking part in three sessions. The program gives teenagers the skills they need to recognise and help with mental health problems and crisis in their friends, and to get the help of an adult quickly. Young people will often turn to each other when stressed or upset, and try to help each other, taking too much on. This course teaches them not to try to take on these problems alone.

This course has not been introduced because of any specific problems at the school. At NASHS we want to equip our students with the skills to help care for themselves and help each other. Mental health problems are very common in adolescents.

Sessions will cover the following topics:

**Session 1** discusses mental health problems in general, and understanding how common and disabling these are in young people. Students also learn about professionals who can help.

**Session 2** talks about helping a friend who is in crisis, whether because they are suicidal, engaging in non-suicidal self-injury, using alcohol or other drugs, or experiencing bullying or abuse. The Action Plan (‘Look, Ask, Listen, Help Your Friend’) is introduced for the first time, and applied to a crisis situation. You can find details about the Action Plan on the MHFA website listed below. There is a video which shows a young man helping a friend who is experiencing suicidal thoughts. Participants are told that in a crisis situation it is important to get a responsible adult involved right away.

**Session 3** takes a step back and discusses how to help if someone seems to be developing a mental health problem. We don’t teach students how to diagnose problems – it’s advice about being a supportive friend, encouraging the friend to seek help, and knowing when it’s time to get an adult involved.

Year 10 Parents are encouraged to contact Andrew Harrison - Student Services Coordinator if they have any queries about the program, or would not like their child to take part.

If you wish to learn more…

- about mental health problems experienced by young people, visit:  
  - www.youthbeyondblue.com
  - www.reachout.com

- about suicide:  
  - www.livingisforeveryone.com.au

- about MHFA and other MHFA courses:  
  - www.mhfa.com.au

For immediate online help for teenagers:

- www.kidshelp.com.au
- www.eheadspace.org.au

*(Brooke Bevan-Wilson—School Psychologist)*
FOR PARENTS OF YEAR 12 STUDENTS

Parent information – Student Declaration and Permission online

Year 12 students and those students enrolled in a WACE examination in 2015 will be asked to complete the online student declaration and permission. Details of this process is listed below.

The deadline for students to complete this process online is 29 June 2015.

Student Declaration
Year 12 students and those students enrolled in the WACE examinations need to declare that they are aware of the requirements to achieve the Western Australian Certificate of Education (WACE) and for sitting the WACE examinations. These requirements are listed in the Year 12 Information Handbook which is available on the Authority website at http://www.scsa.wa.edu.au/internet/Publications/year12_information_handbook

When checking this declaration box online one of the requirements is that your son or daughter has discussed them with you. Please refer to the above link for this information.

Student Permission
Year 12 students and those students enrolled in a WACE examination will be asked to give permission for the following:

(a) Release of their name should they win an award
The School Curriculum and Standards Authority award winners are published in the media and on the Authority’s website if permission to do so has been given by the student.

(b) Use of school work for creating support materials
The School Curriculum and Standards Authority is seeking permission for the use of school work produced during 2015 e.g. assignments, projects, portfolios, test, school-based exam responses.

(c) Use of examination responses (written and practical)
The School Curriculum and Standards Authority is seeking permission for the use of:
- WACE written and practical examination responses (copyright owned by the student); and
- images and sound recordings of the student in photographs, audio recordings and audio visual recordings that are made during the WACE practical examinations (copyright owned by the State of Western Australia).

Your son or daughter will be encouraged by the school to discuss each of the above questions with you prior to completing the student permission. The online procedure has been developed so that your son or daughter cannot complete the student permission unless they click on ‘Yes’ to ‘I have discussed my responses to the above questions with my parents/guardians’.

Further information is available via the link Student declaration and permission on the Parents page of the School Curriculum and Standards Authority website.
Chess Club has started. Break One on Mondays, Wednesdays and Fridays. We need more girls playing! If you can play, it is not too late to join in.

Our very attractive ANZAC display was popular with the GIANT poppies and new slide show screen. Photos of our students who travelled to the Western Front last year scrolled through, allowing those of us who have not been there a glimpse of how emotional the experience was.

**Library Staff for 2015**

*From left to right:* Jean Davis, Barbara McNeill, Pippa Williams, Rowena Wilkes and Sunny Surath.

**Homework Classes** are on Wednesdays from 3.15pm to 4.30pm.

Students can get help with assignments and homework or get extra work if they are struggling with material in class.
Great Southern Academy Year 11 and 12 students are currently participating in the Work Place Learning program and one of our students, young Andy Bennell, is enjoying the experience with the Australian Bluegum Plantations Pty Ltd.

The Workplace Learning program aims to prepare students for employment by providing them with experience and knowledge about what is valued in a work environment. These programs are important for students to move successfully from school to further education, training, employment and participation in the community. Andy and the rest of our Year 11 and 12 students participating in this program are also setting a great example to our younger boys at the academy.

GSA staff support this program as it prepares our students to make informed decisions about their futures.

At the end of Term One, Great Southern Academy staff rewarded ten of our students, who achieved an 85% to 90% school attendance rate for the term, to a day out

The students enjoyed a well-earned buffet lunch at a local restaurant, the Country Manor. After lunch we then went to Albany’s Ten Pin bowling centre for a competitive game of ten pin bowling for the rest of the afternoon. The students really enjoyed the occasion and were happy to finish the school term off with a fun day as a reward for their attendance.

Hopefully this will have a positive roll on effect with all of the other boys at the Academy to want to improve their efforts in achieving a high attendance rate for next term.
The term dates for NASHS students for 2015 are:

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<tr>
<th>TERM</th>
<th>COMMENCES</th>
<th>ENDS</th>
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<tbody>
<tr>
<td>TERM 1</td>
<td>Mon, 2 February</td>
<td>Thurs, 2 April</td>
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<tr>
<td>Holidays</td>
<td>Fri, 3 April</td>
<td>Sun, 19 April</td>
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<tr>
<td>TERM 2</td>
<td>Tues, 21 April</td>
<td>Fri, 3 July</td>
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<tr>
<td>Holidays</td>
<td>Sat, 4 July</td>
<td>Sun, 19 July</td>
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<tr>
<td>TERM 3</td>
<td>Tues, 21 July</td>
<td>Fri, 25 Sept</td>
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<tr>
<td>Holidays</td>
<td>Sat, 26 Sept</td>
<td>Sun, 11 Oct</td>
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<td>TERM 4</td>
<td>Mon, 12 Oct</td>
<td>Thurs, 17 Dec</td>
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The School Development (Pupil Free) Days for the remainder of 2015 for Government schools in the City of Albany are:

- Monday, 20 July 2015
- Friday, 13 November 2015 (Albany Show Day)
- Friday, 18 December 2015

This fundraiser is a collaborative effort by Autism Support Network Albany (ASNA), Albany Primary School P&C and Little Grove Primary School P&C Associations. This is not only to raise much needed funds but to raise awareness that we support better outcomes for all children.

ASNA—A parent run support group for parents and carers of individuals on the autism spectrum of all ages. To support each other by sharing information and working together for better outcomes for individuals with ASD in Albany and the Great Southern region.

Please support us by buying a balloon at the following link asna.rentaballoonrace.com. Please help us to raise awareness of our cause by sharing on Facebook.

https://www.facebook.com/events/1401925406796449/
https://www.youtube.com/watch?v=JlrhMLm2lg0#t=29

or search ASNA Albany or email asnalbany@gmail.com or call 0439 569 324.

**PAPERBARK EDUCATION**

Paperbark Education have some fantastic bargains available for the rest of this month. Please drop into their store at 149 Albany Highway to check out educational games, kits, books and more. You can visit them at www.paperbarks.com.au

The University of WA is looking for parents and children to participate in a survey about self esteem. While this survey is not connected to NASHS, the Department of Education is interested in the survey and has approved Principals putting this information in school newsletters. Participation is voluntary. To participate go to http://tinyurl.com/DOEBParents or contact Kate Derry at 6488 3259.

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On Thursday, 7 May, Senator Scott Ryan and Rick Wilson, Federal Member for O'Connor were welcomed to NASHS by School Captains, Davida Whittaker and Asha Healy. They were interested in our e-learning facilities, video conferencing and on-line courses. The Senator and Rick Wilson were also impressed with the opportunities for students to study Japanese language to Year 12 ATAR level at NASHS.
NASHS Year 7 students study Design and Technology. The course covers four areas—woodwork, metalwork, technical graphics and automotive.

As can be seen from these photos our Year 7 students are enjoying the automotive section in Design and Technology.