Our new display in the Library is from the Year 9 Building and Construction class and the Year 9 and 10 Woodwork class. On display are tables and a small building. All are of a very high standard. Students used their carpentry and joinery skills as well as timber framing and cladding techniques in their construction work.
On Friday 15 May, 19 NASHS students participated in the All Schools Cross Country Championship that was held in Perth. Our students represented the school and region with great pride, with some outstanding results and exemplary behaviour. Students were selected to attend based on their efforts in the NASHS Cross Country and the Interschool Carnival held in Albany.

The Perth Championships were a highly competitive event, with elite runners from across the state participating. In some races, there was over 200 competitors and a number of our students placed in the top 50 for their respective age groups.

Our students had an amazing start in the first race of the day with Corey Linthorne finishing in 10th place in the Boys 17 year olds race. In doing so he earned a place on the WA State Schools Cross Country Team which will compete in Melbourne during August.

Other top 35 performances included:

<table>
<thead>
<tr>
<th>Place</th>
<th>Event</th>
<th>Student</th>
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<tbody>
<tr>
<td>12</td>
<td>Boys 16 years</td>
<td>Sean Haddleton</td>
</tr>
<tr>
<td>17</td>
<td>Girls 12 years</td>
<td>Molly Bowles</td>
</tr>
<tr>
<td>17</td>
<td>Boys 12 years</td>
<td>Arlo Goldsmith</td>
</tr>
<tr>
<td>23</td>
<td>Boys 14 years</td>
<td>Kyle Kowalski</td>
</tr>
<tr>
<td>26</td>
<td>Girls 12 years</td>
<td>Avril Dunmow</td>
</tr>
<tr>
<td>33</td>
<td>Boys 15 years</td>
<td>Lachlan Clayton</td>
</tr>
</tbody>
</table>
Over the last week we have progressively sent out Semester One reports. We will be holding a Parent—Teacher meeting on Thursday 30 July (Week 2, Term 3) commencing at 3.30pm, to provide an opportunity for parents and caregivers to meet with their child’s teacher to review semester one and talk about ways in which we can continue to work together to support your child. Details about the Parent—Teacher meeting will be provided during the first week of Term 3.

Year 10 students are now commencing their transition to Senior School for 2016. The parent information session held last Thursday, 25 June was well attended. At this session, Mark Cullen (Deputy Principal, Senior School), explained the NASHS counselling process and the requirements for students to graduate with a WA Certificate of Education (WACE). Year 10 students have now been provided with a comprehensive course handbook. Students need to read the information contained in it very carefully as the requirements for obtaining a WACE can be complex. Parents are urged to also read the handbook and discuss with your child their career aspirations and what courses they might like to study in Year 11 and Year 12.

Our Year 6 to High School Transition program has already commenced. On 16 June, we held a parent information evening and tour of the school which was well attended. Commencing Week 2 and continuing for the remainder of Term 3, Year 6 students will visit NASHS for a half day orientation.

Staffing update – This week we farewelled several staff, who have made a valued contribution to the education of students at NASHS. Our sincere thanks go to Mr Robin Godfrey (Design & Technology), Mr Eric Thomason (Science), Mr Uri Ben Avraham (English) and Ms Beth Ellement (Humanities and School Administration support). As Mr Dave Powell will be on leave for Term 3, Mrs Kylie Rennie will be assuming the role of Head of Learning Area Physical Education and Ms Rebecca Gallimore will be teaching Phys Ed. Another of our Phys Ed teachers, Ms Sheree Melrose, will be taking parenting leave in Semester Two. Early Term 3 our school psychologist, Mrs Brooke Bevan–Wilson, will also be taking parenting leave. Ms Amy Gostelow will be replacing Brooke. In saying goodbye to several staff we also welcome new staff to NASHS. Mr Glenn Simpson has been appointed as Head of Learning Area Science. New teaching staff commencing Term 3 are Mr Paul Cunningham (Design and Technology), Mrs Rachael Py (Art) and Mr Kier Perryman (English).

On behalf of the staff at NASHS, I wish all students and their families a safe and enjoyable July holiday break. On Monday, 20 July, staff will be participating in professional development. Students return to school for the commencement of Term 3 on Tuesday, 21 July.

Regards,

Sharon Doohan
PRINCIPAL

Parents Please Note
Monday, 20 July 2015 is a School Development Day. Staff will be undertaking professional development on this day. Term 3 commences for students on Tuesday, 21 July 2015.
**NASHS IMPORTANT DATES—TERM 3 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday, 20 July</td>
<td>School Development Day</td>
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<tr>
<td>Tuesday, 21 July</td>
<td>Students Resume</td>
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<tr>
<td>Wed, 29 July</td>
<td>Little Grove Year 6 students visit NASHS—9.00am—11.00am</td>
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<tr>
<td>Thurs, 30 July</td>
<td>Australian Maths Competition</td>
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<tr>
<td>Thurs, 30 July</td>
<td>Parent—Teacher Meeting—3.30pm</td>
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<tr>
<td>Wed, 5 August</td>
<td>NASHS / ASESC P &amp; C Meeting—5.30pm</td>
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<tr>
<td>Wed, 5 August</td>
<td>Yakamia Year 6 students visit NASHS—9.00am—11.00am</td>
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<tr>
<td>Wed, 5 August</td>
<td>Year 10 Football—Mt Barker</td>
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<tr>
<td>Wed, 12 August</td>
<td>Yakamia Year 6 students visit NASHS—9.00am—11.00am</td>
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<tr>
<td>Sat, 15 August</td>
<td>P &amp; C Centennial Markets</td>
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<tr>
<td>Tues, 18 August</td>
<td>Years 7—9 Multi Sports Carnival</td>
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<tr>
<td>Wed, 19 August</td>
<td>Woodbury Boston and other Year 6 students visit NASHS.</td>
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<tr>
<td>Thurs, 20 August</td>
<td>UWA Albany—Open Day 10.00am—1.00pm, 3.00p—5.30pm</td>
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<tr>
<td>Wed, 26 August</td>
<td>Mt Lockyer Year 6 students visit NASHS—9.00am—11.00am</td>
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<tr>
<td>Fri, 28 August</td>
<td>Daffodil Day and Book Week Day</td>
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<tr>
<td>Fri, 28 August</td>
<td>Regional Chess Competition</td>
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**WOOLWORTHS EARN AND LEARN 2015**

This year we will be participating in the Woolworths Earn and Learn program. Through this program we hope to purchase new educational resources for our students. All we need you to do to help us is shop for your groceries at Woolworths.

From Wednesday, 15 July to Tuesday, 8 September, we are collecting Woolworths Earn and Learn Stickers. You will receive one Woolworths Earn and Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn and Learn Sticker onto a Woolworths Earn and Learn Sticker Sheet and when it is complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths store.

At the end of the promotion, we will be able to trade the stickers for some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you would like to know more visit woolworths.com.au/earnandlearn

(Mrs Liddiard—School Officer)

**NATIONALLY CONSISTENT COLLECTION OF DATA FOR SCHOOL STUDENTS WITH DISABILITY**

Our school is part of a national data collection for students with disability and / or learning difficulties. We are required to provide data about the number and type of learning needs of children at our school. The name of the school and the name of students will not be reported. Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special educational needs will be collected.

We believe it is important to contribute to this because it will help Governments and the Department of Education develop better policies that acknowledge the level of resources needed in schools to meet the needs of all students in Western Australia.

If you do not want your child/ren to be included please collect the form from the front office to sign and return it to the school. We will make sure we don’t include your child in the information we provide to the Australian Government. If you would like to learn more about the Nationally Consistent Collection of Data (NCCD) for school students with disability you can visit the website—

www.deewr.gov.au/students-disability

**MATHLETICS**

Year 7—10 students will have a Mathletics log on and parents can access the Parents as Partners Program (information below) to support your child.

Year 8 Soccer competition in action!
On the 21 May, Mrs Peters, Year 9 HASS class went on to the ANZAC Interpretive Centre. A big part of the excursion was walking around and looking at the defences that were still there. It was interesting looking at the design of the weaponry and ammunitions. It was incredible fun that the machines still moved. It was amazing to see the scale in real life.

Another section of the excursion was looking through the Interpretive Centre. We were each given a card with a photo of a soldier that was in either World War I or II, as well as a pen so we could each listen to various reflections of what happened throughout the war. The recordings we listened to were never depressing though they may have been shocking or astonishing stories. One story that stuck with me was an Australian talking to a German strategist after the war and the German was saying if he knew they were at the Cove at a certain time he would have attacked more swiftly, at night and with heavy machine guns.

Each and every person in the class walked away knowing something new. The excursion was informative and enjoyable.

(Amber Thomas—Year 9 HASS)

Year 9 War Scrapbooks

A number of Year 9 students completed an assignment this term, where they created a scrapbook on an Australian soldier who fought in World War One. The scrapbook was made either from the perspective of the soldier himself or from the perspective of someone at home collecting and detailing his service. They needed to investigate the places and nature of the fighting, the impact of the war with an emphasis on Australia and the reasons the men enlisted to fight. There were some fantastic scrapbooks completed and students are to be commended for the amount of time and effort that they put into this assessment task.

The Library staff would like to thank Mr Lewis’s Year 9 HASS class for their war diaries which have been on display in the Library. Their work is excellent quality.
At NASHS there is a firm belief that every day count and students who have regular attendance are more likely to achieve success. This is also the view of the Department of Education who are keen to see that all schools in the state focus on attendance, making it a priority. NASHS is committed to reinforcing the Department of Education’s focus on regular attendance. We follow the belief “students first and foremost” and by focusing on attendance as one strategy, we can assist our students to achieve educational success.

The Minister for Education and Director General make the following comments in the Better Attendance: Brighter Futures focus document:

“Regular attendance at schools is fundamental to student learning. On average public school students in Western Australia attend school 91 per cent of the time. This means that, while the majority of children attend school regularly, it is also the case that many students attend school less than 90 per cent of the time. While the majority of children who miss school do so for legitimate reasons, such as illness, it is also concerning that 36 per cent of absences are unexplained.”

Staff at NASHS understand that 100% attendance is difficult to achieve and realize that family situations and the cold and flu season can affect a student’s attendance. However, we strongly urge all students to attend school regularly and if for some reason they are unable to, a note or SMS is provided explaining their absence.

(Andrew Harrison—Student Services Coordinator)

At NASHS we are lucky to have a dedicated Student Services team, who support all students across the year. This includes the School Psychologist, School Chaplains, School Nurse, YearCoordinator and the Student Services Coordinator. Between all of us, someone is available every day to support the needs of our students. In anticipation of the coming school holidays it is timely to remember the numerous ways support can be obtained outside of school in relation to a young person’s social and emotional wellbeing.

The support of parents and caregivers is incredibly important to student’s wellbeing; however, sometimes they might need additional support. In Albany we are very lucky to have numerous avenues of support available to young people. My recommendation to parents, caregivers and young people wanting to get support is to start with an appointment to see your GP. They are able to recommend and refer young people to a variety of services depending on the need. Mental Health Care plans are available and can assist with the financial side of accessing support. Referral options can often include Headspace, Child and Adolescent Mental Health Service, Private Psychologists, Counsellors and Social workers.

There is also support online and a million different websites that offer advice and information about social and emotional wellbeing. A couple I really like include Headspace’s website (www.headspace.org.au), which also offers online counselling! The Reachout website (www.reachout.com.au) is also fantastic and has evidence based information that you can trust.

On a different note, this will be my last term at NASHS and I am pleased to announce that Amy Gostelow, School Psychologist, will be taking over my position at NASHS as of the start of next term; however I will still be waddling around for the first 3 weeks of Term 3. I will be helping her settle into her new office, but please feel free to contact either of us if required.

(Brooke Bevan-Wilson—School Psychologist)
STUDENT SERVICES

YEAR SEVEN UPDATE

The Year 7 classes have been buzzing with excitement over the past week. The selection sheets for Year 8 Specialised Courses have been distributed and all students are very excited about being able to pick their specialized courses for next year. As you are helping your child complete their selections, remember that Year 8 is all about experiencing a wide range of Specialised Courses. This is so they can make informed decisions about their future direction.

I have just finished reading over the Year 7 reports and they should be in your mailboxes this week. I am very impressed with the standard and overall effort of the Year 7 group. We have 38 students who will be receiving Principal’s or Deputy Principal’s awards this semester.

An important thing to bear in mind when reading your child’s report is that their letter grade is based on the grade descriptors for the relatively new Australian Curriculum. These grade descriptors outline expected achievement at a C grade. What this means is that a child who receives a C grade for a subject is achieving at the level we would expect of a Year 7 student who is satisfactorily completing the course.

If your child has a ‘B’ on their report it means they are demonstrating high achievement. An A grade is incredibly hard to achieve and if your child has received an A grade for any subject, they have worked REALLY hard and they are demonstrating excellent achievement.

Remember to celebrate their effort as well as their achievements and if you have any queries about your child’s report please contact their teacher for that subject.

The Student Council have been hard at work this term.

A soccer tournament was organised and a table tennis tournament will start next week. They are already discussing the next evening social and will survey the Year 7 students in the coming weeks to determine a theme. The Year 7 councillors have taken on the role of raising the Australian and Aboriginal flags at the front of the school in the morning and taking them down in the afternoons. It has been wonderful to see them so involved in the school. The Student Council is also involved in the organisation of the end of semester reward afternoon.

The reward is an afternoon of ten pin bowling at the Albany Amusement Centre (Not the Albany Entertainment Centre, I must have had my mind on other things the day I wrote that note). Selection for the reward afternoon was based on student’s good standing status. Students must have attended above 85% of school days for the semester, represented the school positively by wearing the NASHS school uniform and maintained an excellent behavioural record. I am proud to say that according to the above criteria, I was able to give invitations to over 100 Year 7 students.

Although Student Services have allowed students to attend the reward with an attendance of 85%, these absences needed to have been explained. It is an Education Department and NASHS school priority for students to attend more than 90% of school days. While attending school, children learn academic and social skills that are essential for ongoing academic and social success. If they do not they require extra help to catch up and are at higher risk of poor academic performance, dropping out of school, limiting their employment opportunities and are at greater risk of engaging in risky behaviours. Simply put, regular school attendance is important and the longer a child is absent, the harder it is when they return, both academically and socially.

Deposits are due before the 24 August for the cultural trip to Sydney and Canberra in 2016. We do have a wait list and so it is important that deposits are paid to secure your child’s position. After the 24 August, those who have kindly volunteered to be part of the parent fundraising group will meet with our Business Manager and get the fundraising ball rolling. There will also be a meeting of all parents to finalise the itinerary. Please watch your inboxes and children’s bags (for parent notes) carefully for details of those meetings early next term.

(Ms Rennie—Year 7 Coordinator)

YEAR EIGHT UPDATE

The Year 8’s progress in the first two terms has been really pleasing. This is exemplified by the 110 students who currently have Good Standing. These pupils were invited to our first semester Reward Activity which was an afternoon at the Cinema’s in the second last week of the Term. It was a reward for all of the students for their fantastic hard work so far this year. Well done!

The Year 8 Indoor Soccer Competition is coming to an exciting conclusion. The participating teams have played a round robin competition over the course of the term. The extremely close games, organised and umpired by the students, have been played at a frantic pace with some excellent skills on display. At the end of the round robin, Ryan’s Rhino’s is leading the way, followed by Tama’s Tigers with Oliver’s Ostrich’s and the all-female team, Primros’s Panthers, snapping at their heels. Good luck to all teams for the finals.

(Mr Smith—Year 8 Coordinator)
It was with disappointment that I had to cancel our planned reward activity at the last minute. As explained to students and parents involved, ALAC only advised me at the last moment that they did not have staff with the required climbing qualifications available at the centre. A staff member with formal climbing qualifications is required to be present for this activity. The Student Councillors are meeting with me to come up with a new plan for an activity set for early next term. So stay posted. All students involved deserve to be rewarded for their good efforts this year.

On Wednesday, 16 June, I attended the concert in NASHS Performing Arts Theatre, put on by the Year 11 students and called “Year 7 Swagfest.” A large number of Year 9 music students volunteered to perform. My congratulations to BJ Abarca, Zac Adami, Lachlan Matheson, Stacey Smith, Brianna Ellis, Taneesha Jackson, Maddi Ray, Shantay Tidswell and Sheyann Tidswell. Great vocals BJ, Maddi, Shantay and Sheyann. It takes a lot of courage to sing in front of all the Year sevens. I would love you to perform at a Year Assembly sometime! Thank you Miss Courtney Lewis (NASHS Music Teacher) for all your hard work.

As I write this article I have finished reading students’ end of semester reports. In general it is pleasant reading. To the Year 9s make sure you are making the most of your educational opportunities by achieving at your best. Teachers are there to help you but ultimately it is up to you. So make sure you do complete homework and assessment tasks, and as some teachers suggested hand it in early so they can give you some feedback on how to improve your work. Don’t be afraid to ask for help. That is their job, so use them.

Year 9 students need to complete their 2016 selection sheet for specialist courses. Students who were at Country Week or the Music Camp need to collect the booklet from Student Services and return by the first Friday of Term 3. There are some exciting new courses.

Have a relaxing break.
(Ms Wood—Year 9 Coordinator)

Second semester has come to a close. All Year 10 students have settled into the routines of school. Some students will be commencing new specialised courses next semester. If students wish to change courses there will be an opportunity to do so however, it will depend on the availability of places within the course. Changes will not be made after the cut-off date. Many Year 10 students participated in the OLNA testing and are required to pass this in order to gain attainment at the conclusion of Year 12. Students who gained the necessary level in NAPLAN did not have to sit the test. Students will have a number of opportunities next semester to resit the OLNA test.

Student reports have been completed and you should be receiving them shortly. Many students have shown a positive improvement in their academic progress from last year’s reports, achieving some outstanding results. Those students who have been consistently awarded with A and B grades will be receiving Gold and Silver Certificates at a whole school assembly early in Term 3 for their excellent achievements. Students and parents will also notice Principal and Deputy Principal Award stickers on those excellent reports, along with personal comments of encouragement and praise. Well done to those students who have also worked consistently hard and tried their best for the term. It is great to see students upholding our school values in all they do. Our values are: Be Responsible, Be Respectful, Be Your Best, Be Kind and Be Safe.

As students begin to enter a new phase in their education and with significant changes in education, it is very important that your child starts to think about their schooling and what it might lead into in the near future. For some students it may be study to enter a university pathway or it may be to enter a vocational pathway. What happens in your child’s education at NASHS now, can have a direct influence in further educational choices in the years ahead. As a result of this, students will be meeting with me next term to discuss their progress and where they may see themselves heading in the coming years, concerning educational pathways and future career aspirations. This is an important process in monitoring and tracking your child’s progress so that the school can advise students of the appropriate pathway they should be selecting in Year 11, 12 and beyond.

Parents are reminded that the school is monitoring student attendance and would appreciate notification of absences through either notes or text messages. Students may be absent from school but if the school is not notified of the reason, your child will have an “unexplained” absence recorded. This usually results in either a phone call or letter from the school seeking a reason for your child’s absence. Students who miss a number of days from school are of a concern and in some cases their class work and grades can be affected. Part of my role is to monitor student attendance. There are a couple of simple steps that you can do to ensure that you are not contacted by the
1. If you arrive late to school you must sign in at Student Services window. You must either have a written note from your parents explaining why you are late or your parents must call or text to advise the school of your whereabouts.

2. Any absences from school must be explained either by a written note or a call / text to the school.

3. If you leave school at some point through the day, you must sign out at the Student Services window. You can only leave the school grounds if you have written permission from your parent or a phone call from parents has been made in advance. Parents will be notified if your child is absent from school or classes.

Most students adhere extremely well to our dress code, and are to be commended for this. The options available for students provides good choice and allows students the freedom to wear clothing that is appropriate for not only Albany's climate but also the range of activities undertaken. In winter it is important that students continue to wear dress code and choose appropriate coloured jumpers and jackets. Some students are arriving at school in non-dress code items, mainly black jumpers. Students who continually are not wearing school dress code can be placed in lunch time detention or provided with school dress code items for the day. For further information on the school uniform policy please follow this link to the school website. http://nashs.wa.edu.au/

Finally I hope that all students have an enjoyable break and come back refreshed for Term 3.
(Peter Gray—Year 10 Coordinator)

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**UWA WORKSHOPS**

Last Friday, 26 June 2015, we were fortunate to have Melissa and Ciara from UWA present three different workshops to groups of Year 7—12 students. This program aims to make the study of the history of emotions accessible to students and teachers, and relevant to modern lives and contemporary issues. They explored emotional understandings and the relationship between emotions and expressions, through history, literature, and the creative and performing arts.

The first workshop was entitled *First time Shakespeare*, and the students discovered what theatre was like in Shakespeare’s day. They all took part in a production as part of an audience in the Globe Theatre – the ‘wealthy’ student on the stage, the next ‘wealthiest’ at the back of the stage, and the great mass of audience in the cheap spots in the pit, where they would have had to stand for anywhere from one to six hours, depending on the length of the performance. Melissa used their suggestions to demonstrate what an actor needed to do to be heard by the audience, portray emotion and connect with all parts of the audience. It was a very lively activity.

The next workshop explored Renaissance Portraiture and students analysed a range of portraits from the Renaissance period and learned how art was used to communicate ideas and emotions. It was an engaging and interesting interactive presentation, well received by the students.

The final presentation was entitled the *Black Death* and the students learned about the plague and how people reacted during its worst years. They played a card game of ‘catch the plague’ where they had to interact with other students to try and get rid of their ‘rat’ cards before time for trading was up. As students ‘caught’ the plague, they played no further part in the game, and at the conclusion of the activity they analysed the behaviours and emotions that they had displayed while playing the game. These were the same emotions and behaviours that real people during the plague had exhibited, though without the dire consequences.

The workshops were engaging, thought-provoking and stimulating and we look forward to more opportunities such as this in the future. Sincere thanks to Melissa and her research assistant Ciara.

Melissa Kirkham is an Education Outreach Officer for the ARC Centre of Excellence for the History of Emotion, attached to UWA.
SENIOR SCHOOL UPDATE—STUDY SKILLS

Having just read the reports of our Senior School students it is clear that some students are not completing sufficient homework and study. The term ‘homework’ often refers to work completed at home such as reading a text, finishing off an assignment or project but it can also include studying for a test or exam. Study is about acquiring and learning knowledge and concepts and committing them to memory.

The following suggestions will help students improve study and homework skills.

- **SET UP A HOMEWORK / STUDY SCHEDULE.** For courses that are harder, make sure you give yourself more time to study or do homework.
- **START STUDYING FOR 10-15 MINUTES AT A TIME AND THEN BUILD UP TO LONGER PERIODS OF TIME.** Start reading/studying for 10-15 minutes. Then build on that by 10 minutes once you become comfortable studying between 45 minutes and an hour at a time. So work hard, but be realistic. If you can no longer concentrate or remember what you have read, stop. Do not waste valuable time.
- **TAKE BREAKS.** Take breaks when studying. Do not attempt to cram! Study small portions of material, take a break and then study some more. You will retain more information when you break it down into smaller portions that you can manage.
- **REWARD YOURSELF.** Reward yourself for studying, learning a difficult topic, or completing a project. Go to a movie, spend time with your friends, or do the things you put off in order to study. You are more likely to study again and concentrate if you know there is a reward at the end of completing a task.
- **FIND A GOOD LOCATION.** Where you study can determine how much you concentrate. Make sure the place is comfortable, but not too comfortable. Sitting at a desk or table is best. Avoid lying across the bed. You want to try to study in the same type of situation that you will be testing. This helps with remembering the things you studied for the test.
- **USE THE SAME PLACE FOR STUDYING.** This will help you with your memory when it is time for a test. It will also help you to concentrate better, because you will be in a routine or habit of studying in the same place.
- **MAKE SURE IT IS A QUIET PLACE.** Having a quiet place to study is also important. Playing your favourite CD, or radio station, or even the TV will get in the way of you concentrating on your studies.
- **ELIMINATE THE OBVIOUS DISTRACTIONS.** Talking / texting on the phone is a major distraction when you are trying to study. Other distractions that you should look out for are the radio, TV, video games, family talking around your study area. Even seeing your books for another course can distract you. So put them away until you are ready to study for the next course. Once you get rid of as many distractions as you can, you will improve your study skills.

If you need help to set up a regular study routine, please see me.

*(Andrew Harrison—Year 11/12 Coordinator)*

NASHS COUNTRY WEEK TEAMS 2015

At the Whole School Assembly on Friday, 26 June 2015, students and staff farewelled our 2015 Country Week Teams.

The Country Week Captains were announced—congratulations to Tom Hood and Breanna Payne.

Below is a list of students who will be participating in the various sports.

**Dance**—Coach—Jo Morgan (English Teacher)
Leah Mieli (Captain)  Layla McPherson
Jessica Rouse  Karlene Green
Tahlia Campbell  Tahlia Hinks
Michaela Barker

**Netball**—Coaches—Susie Wood (Physical Education Teacher and Vanessa Boreham (Parent)
Aleesha Narkle
Ella Askevold-McDonald (Captain)
Jarra Askevold-McDonald
Mikayla Ditchburn  Hannah Loynes
Hayley Hulm  Samira Williams
Katelyn Russell  Katelyn Jose
Kiera Hurley

**Girls Volleyball**—Coach—Andrew Harrison (Student Services Coordinator)
Michaela Boreham  Ily Trayvilla
Stephanie Russ  Keesha Fletcher
Bre Payne (Captain)  Taylah Morgan
Rebecca Bell

**Boys Volleyball**—Coach—Simon Slater (Mathematics Teacher)
Dalton Henderson  Reilly Vincent
Adam Francis  Corey Linthome
Broady Linthorne  Jack Steel
James Coad (Captain)  Vinnie Mieszhubler
Kenton Gibbs

**Mixed Soccer**—Coach—Dave Powell (HOLA Physical Education and Team Manager)
Lachy McInerney  Wade Millar
Thomas Hood (Co-Captain)  Hayden Davies
Riley Martin (Co-Captain)  Josh Vanni
Mani Giuntoli  Jordan Farmer
Jacob York  Isobel Jones
Sol Plummer  John Morgan

*Official Photographer—*
Sarah Douglas (Year 12 student Studying Certificate II in Photography)
This term I have been busy conducting annual ear health screening on our indigenous students. Do you often find yourself asking your teenagers to remove their headphones? One in five teens have some form of hearing loss – a rate about 30% higher than it was in the 80’s and 90’s. Many experts believe that life long hearing loss can result from listening through headphones at a high volume. Hearing loss can occur after only 1.5 hours when it is up to 120 decibels – equivalent to the sound at a rock concert. Guidelines recommend a maximum of 60 minutes of listening through headphones per day. Use a speaker or dock instead. Older style, larger headphones that rest over the ear are better than buds that are placed inside the ear.

Signs of hearing loss:
- Ringing, roaring, hissing or buzzing in the ear.
- Difficulty understanding speech.
- Muffled sounds or a feeling that your ear is blocked.
- Listening to the TV at a higher volume than you used to require.

The Boodjarri Yorga program worked together with the RAY girls this term to produce artwork for its ‘Strong spirit, Strong Future’ project. This project was funded by the Drug, Alcohol Office and contained the message that ‘no alcohol is the safest choice if you are pregnant, planning a pregnancy or breastfeeding’. Year 7 and 8 girls designed some amazing pieces for screen printing on an antenatal resource bag which contained messages of strong family, culture, being healthy and support. A big thank you to Katrina Doust for facilitating the program. Well done girls, the creative juices where definitely flowing. Dimitti Jones-Thorne and Amy Bobby were voted as the most outstanding pieces of art and Dimitti’s piece will feature on the resource bag.

The second administration of Year 8 immunisations have been completed. Students received both HPV (Human papilloma virus) and DpT (Diptheria, Tetanus & Pertussis). Students will be pleased to know there are no immunisations in Term 3 and the final HPV will occur in Term 4.

In the last two weeks of this term, the Student Services team along with Ms Rennie (Year 7 Coordinator), presented respectful relationship information to Year 7’s. The sessions contained helpful information for students about healthy relationships and respect, choices, mobile devices & sexting and how to help a friend in need. Some tips for parents—

- Children’s internet use should be closely monitored. Keep the computer in a shared or visible place in the home.
- Discuss the type of content that is and isn’t okay online including violent or rude content.
- Teach your child that there are ways they can deal with disturbing material. They should not respond if they receive something inappropriate, and they should tell a trusted adult if they feel uncomfortable or worried.
- Reassure your child that you will not deny them access to the internet if they report feeling uncomfortable or unsafe when online. This is a very real concern for children that may stop them from communicating with you openly.
- Teach your child how to close web pages that they don’t like.
- If your child is exposed to inappropriate content and appears distressed talk with them about it. If necessary seek professional support including the NASHS Student Services team, or Cybersmart Online Helpline at www.cybersmart.gov.au/report.aspx.
- Consider using filters, labels and safe zones to help manage your child's online access.
- Report content that you think may be prohibited to the ACMA’s Online Hotline at www.acma.gov.au/hotline.

(Amelia Jefferis—NASHS School Nurse)

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**CANTEEN PRICE RISES**

Please note that the items below will increase in price from 21 July 2015.

**Flavoured Milk:**
- 600ml up to $4.00
- 300ml up to $2.50

**Fruit Juice** up to $2.00
**Moolish** up to $2.00
**Yogos** up to $2.50
**Icecreams** up to $2.00
**Fruit Sticks** up to $1.00
**Hash Browns** up to 0.70c
Parents don’t forget that Scholastic Book Club is now accessible from home via website or phone App. Resources are delivered safely to NASHS Library but you can arrange your own secure credit card payment account. Brochures are still available at the circulation counter.

Voting for the West Australian Young Readers Books Awards is underway. This year’s theme is “Get caught up in reading.” Come in and see the spiders and web display. Make sure you vote!

Year 8 woodwork teams were given a challenge to construct the tallest tower that could support the weight of a brick. The various structures were displayed in the library.

Friday, 5 June was the big test day and the winning structure was made by Harmony Hill, Summer Carpenter and Rehana Norment.

A new addition to the Library is the competition board. Free entry to: writing, art, photography, poetry, music, science and maths competitions, with great prizes and publishing opportunities. This will become a central, permanent place for students to get information about competitions and publishing places all year. Some of the writing web sites for gifted students involve a membership subscription, in exchange for feedback from published authors.
COMMUNITY NOTICES

NASHS provides these notices as a service to our school community. Please note that this does not mean we endorse these programs/events.

REMINDER!
Researchers at UWA are still looking for parents with children aged between 8 and 16 to participate in their research study. The survey is done over the internet and takes approximately 10 minutes each (parent and child).

To participate go to: www.tinyurl.com/SSBParents
For more information please contact Kate Derry - 0411 811 212*

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2015 TERM DATES FOR STUDENTS

The term dates for NASHS students for 2015 are:

<table>
<thead>
<tr>
<th>Term</th>
<th>Commences</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Mon, 2 February</td>
<td>Thurs, 2 April</td>
</tr>
<tr>
<td>Holidays</td>
<td>Fri, 3 April</td>
<td>Sun, 19 April</td>
</tr>
<tr>
<td>Term 2</td>
<td>Tues, 21 April</td>
<td>Fri, 3 July</td>
</tr>
<tr>
<td>Holidays</td>
<td>Sat, 4 July</td>
<td>Sun, 19 July</td>
</tr>
<tr>
<td>Term 3</td>
<td>Tues, 21 July</td>
<td>Fri, 25 Sept</td>
</tr>
<tr>
<td>Holidays</td>
<td>Sat, 26 Sept</td>
<td>Sun, 11 Oct</td>
</tr>
<tr>
<td>Term 4</td>
<td>Mon, 12 Oct</td>
<td>Thurs, 17 Dec</td>
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</tbody>
</table>

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

Please note that all students commence Term 4 on Monday, 12 October—this is not a pupil free day.

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SURVEY FOR PARENTS AND KIDS

Researchers at the University of Western Australia are looking for parents with children or teens between the ages of 8 and 16. The survey can be done over the internet and at home, and it takes about twenty minutes of your time (5-10 min parents and 10-15 min children).

Parents are given the opportunity to enter a draw to win one of twenty $50 gift certificates to Coles/Myer.

To participate go to: http://tinyurl.com/DOEBParents
For more information please contact Kate Derry at 0411 811 212.

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UNDERSTANDING FAMILY SEPARATION
-A WORKSHOP FOR CHILDREN AND YOUNG PEOPLE-

This workshop has been developed to assist children to better understand their feelings and experiences of family separation.

During the workshop children learn:
- What family separation is.
- Sometimes things change—but that can be OK.
- Mum and Dad still love them.
- Explore their feelings and express emotions.
- Learn to consider who and what supports them.

Date: Friday 17 July 2015
Time: 10am–12pm
Place: Anglicare WA
44 Collie Street, Albany

To register your child’s attendance phone 9845 6666
All workshops are free of charge.
Join the UWA Albany Community.

WACE Year 12 Revision Courses

Understand your subject better. Learn exam techniques and maximise your exam performance.

Chemistry 3AB – Saturday 25 July, 9:30am – 4pm
Physics 3AB – Sunday 20 July, 8am – 2:30pm
English 3AB – Saturday 1 August, 9:30am – 4pm
English 3AB – Sunday 2 August, 8am – 2:30pm

Lunch is included!

Cost: $100 per course
Registration: www.academictasksforce.com.au
Enquiries: contact albancentre@uwa.edu.au or 9642 0888

Smart path to uni

Thinking about uni but don’t meet the entry requirements? Then our UWA Smart Start university preparation course will help you gain entry for a UWA Albany degree program.

Application and information session Wednesday 3 June at 10am

To register your interest contact albancentre@uwa.edu.au or 9642 0888.

UWA Albany Centre
30 Stirling Terrace, Albany. Telephone: 9642 0888
Email: albancentre@uwa.edu.au www.albany.uwa.edu.au

1. Rewards - $500 available to students
2. Maths 3AB
3. Physics 3AB
4. Chemistry 3AB
5. English 3AB

$1000 subsidy available to students

That means you pay only $500. Strict class sizes, early entry to avoid disappointment.

I WOULD LIKE TO ENROL IN (please circle!)

1. CHEMISTRY 3AB
2. PHYSICS 3AB
3. ENGLISH 3AB
4. HUMAN BIOLOGY 3AB
5. BIOLOGY 3AB

Cost: $500 $500 $500 $500 $500

ACADEMIC TASK FORCE
2015 ALBANY WACE REVISION SEMINARS

Subject revision – exam preparation – small group classes

LWA Proprietary. Offer is limited to 24 students per module.

That means you pay only $500. Strict class sizes and early to avoid disappointment.

Revision Seminars by expert WACE teachers and exam markers

To enrol please call UWA Albany Centre on 9642 0888

www.academictasksforce.com.au
AVIATION AT NASHS
This term our aviation class has been constructing their model aeroplane. It has been a challenge for some but the students have worked in pairs to produce a plane that flies. Great work!
(Mrs Offer—Aviation Teacher)

JAPANESE CLASSES
This semester students have been very busy in Japanese. They have learnt to use chopsticks, the art of しょどう (calligraphy) and Japanese traditional dance. The Year 7 and 8 students have learnt how to read and write hiragana and introduce themselves in Japanese. The Year 9 and 10 students have made Japanese food including takoyaki and sushi. They have been focusing on Japanese anime and manga. The students have also mastered how to read and write katakana. A big thankyou to all the parents who have supported their child’s weekly Japanese homework.
(Mrs Offer—Japanese Teacher)
In my Year 9 HASS class we are learning about geography and coastal issues such as trawling, by catch and littering. Our class had to prepare posters on a coastal care issue. We had to create the poster to educate the public about the issue. I chose to prepare a series of posters on a number of different issues. Some of these are shown below.

(Hayden Kinnear—Year 9 student)
**NASHS CANTEEN MENU**

**HOT FOOD**

Hash Browns (Before School Only) __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ ___