NAIDOC CELEBRATIONS AT NASHS
A very warm welcome to our 2016 Year 7 students and their families. As we are keen to share with you information about the school and the many student activities, we are providing you with a copy of this edition of NASHS newsletter. You will be able to access our September, October, November and December editions via NASHS App or on NASHS webpage—www.nashs.wa.edu.au Reading NASHS newsletter will provide you with a good insight into what happens on a day to day basis at the school. We take great pride in ensuring that our newsletters are both informative and a celebration of student achievements.

The Year 7 transition program is well underway. Mrs Tracy Myers has been appointed as the Year 7 Coordinator for 2016. Mrs Myers is already getting to know the students. Throughout this term Year 7 students attend NASHS for half a day orientation in the library resource centre and science laboratories. Early next term Year 7’s can expect more visits from NASHS staff culminating in the full orientation day on Friday, 4 December.

As we welcome our 2016 Year 7 students, our Year 12 students are fast approaching their final weeks at school. Over the next few weeks Year 12 students will receive important information to help them transition from school to either the world of work, or combined study and work or further study. At the same time Year 12’s need to remain focussed on their current studies and ensure they are maximising every opportunity to complete their final assessments to a high standard.

Our hard working parent members of the P & C Association provide welcome support to both NASHS and Albany Secondary Education Support Centre. Over the last five years the P &C parents, along with several valued community members, have organized and managed the monthly Centennial markets. Due to the planned changes to the Centennial Oval precinct, the last “Centennial Markets” were held on Saturday, 15 August. Over the five years the markets have raised in excess of $30,000 which has been spent on a range of projects at both NASHS and ASESC including terracing of the northern side of the NASHS gym; additional seating for students; purchase of ipads and installation of an outdoor ping pong table for the Year 7 students. Our sincere thanks to the NASHS – ASESC P & C Association for their extraordinary efforts and commitment in supporting our students.

One of the roles of NASHS School Board is to take part in determining the school uniform. Our school board comprises four parent representatives, three staff including the principal, two students, two community members and an executive officer. The chair of NASHS School Board is Tony Evers. At their recent meeting the board agreed to include a sports shirt as part of the NASHS uniform code for 2016. Staff representative on the board, Daniel Smith, presented evidence of overwhelming support from NASHS students for the introduction of a sports shirt. Conscious of ensuring we continue to provide for smart but reasonably priced uniform items, we anticipate that the cost of the sport shirt will be around $25. More details will be provided in the near future.

As I will be taking leave towards the end of Term 3, Mrs Terry Bolt will assume the role of Principal from mid-September. Mrs Kylie Rennie will be replacing Mrs Bolt as Deputy Principal of the middle school (Years 7, 8, 9).

Kind regards

Sharon Doohan
PRINCIPAL
NASHS IMPORTANT DATES—TERM 3 2015

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<td>Mt Lockyer Year 6 students visit NASHS—9.00am—11.00am</td>
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<td>Year 8 Whole School Dodgeball tournament.</td>
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NAIDOC AT NASHS CELEBRATIONS

This year NAIDOC celebrations saw NASHS students and staff, family and community members come together for a day of commemoration and celebration. A lunch of Kangaroo burgers and stew, as well as sandwiches and fruit, was served to a packed room of guests in the Clontarf rooms, with RAY and Clontarf students ensuring that guests felt welcome. After the meal, guests were invited to the whole school assembly. Phil Gilbert took on the duty as MC for the occasion, Anthony Turner read a poem around the theme of NAIDOC – “We All Stand On Sacred Ground’, Sheyann and Shantay Tidswell sang a beautiful rendition of ‘My Island Home’, with Boyd Stokes accompanying them on guitar. Boyd also sang his own song, which was received appreciatively by the audience. Leon Wynne was the keynote speaker and talked passionately on concerns relating to drug abuse. The NADIOC poster winners were drawn, with Amy Bobby and Molly Bowles’ excellent entries winning first and second prize respectively. The day concluded with a RAY and Clontarf students versus community members Basketball game and a sausage sizzle. It was such a great day and fantastic to see everyone smiling, having fun and working together as a team.

Katy Steed—Indigenous Coordinator

THE CREATION OF NOW

Denmark Arts Brave New Works #22 Festival
Zeke Medling—Year 7

About a month and a half ago I auditioned for a production called “The Creation of Now”. When I got to the Denmark Civic Centre for the audition we all had to fill in a form and make a name tag. There were two groups, one was a dance and the other was a speaking group. I started out in the dance one and then we swapped over at half time. In the dance group we were taught to roll and splat but we also learnt all these other moves and routines. After we were taught all the routines the director (Annette Carmichael) set up a video camera to film us doing the routines, we were split into groups of six to make it easier for Annette to identify us. After we did that we were then sent to the speaking group. We were split into groups of four where we had to make a machine for example my group made a car wash. Once we had done that we were split into another group where we were given a slip of paper to read. We had to read one or two sentences each, we then did both the activities in front of the video camera. After we had completed those activities the audition was finished. Two and a half weeks later I found out I got into the main group called the “Monochromatic Frame” which is the core group. We need to be able to move on the floor roll, crawl, move fast etc, this is the most physical role.
Asthma—I have attended the annual asthma foundation update for asthma friendly schools. Some important messages regarding Asthma.

If your child is using an emergency reliever puffer (Ventolin), more than twice a week they most likely need a doctor’s review and prescription of preventative medication. A preventer takes 4 weeks to ‘kick in’. Don’t give up on it. If you are feeling that your asthma is well controlled, don’t stop using your preventer, the preventer is what is keeping it controlled. Always use a spacer.

NASHS is a ‘No Spray zone!’. Sprays can, and have in the past, triggered asthma attacks. Students are not permitted to bring any sprays to school.

There have been 2 confirmed cases of chickenpox at NASHS this term. Please contact me or the school if you are concerned your family may be at risk. Symptoms include fever, fatigue, a generalized rash characterized by small vesicles (blisters) that rupture and form crusts. An information pamphlet is included with this newsletter.

Last week was “Hepatitis Awareness Week”. Hepatitis C is a blood-borne virus that causes inflammation of the liver, and is spread through blood-to-blood contact. It’s worth noting that the disease can be transmitted by sharing run-of-the-mill contaminated items such as razors, toothbrushes and even nail clippers. The West Australian newspaper recently reported that “In places like Bali, Thailand, Vietnam and the Philippines, hepatitis C can be nine or 10 times more prevalent than at home, and this coupled with generally lower standards of equipment sterilisation in the average tattoo parlour or where you get pedicures can greatly increase the risk of infection.” Travel safe! Talking about hepatitis with your children can be beneficial as they may not be aware of the condition or recognise when they are at risk, a common example is letting friends help them with a new piercing. Information is power, protection and awareness!

Pedometer Challenge
Is your child interested in being more physically active? Would they like to try a pedometer challenge at school? I have acquired a class set for NASHS and following a brief health assessment, would like to work with interested students, so please contact me for further information 9892 0605.

The goal of 10,000 steps per day works in conjunction with the National Physical Activity Guidelines adult recommendation of 30 minutes of moderate physical activity per day. Thirty minutes of moderate physical activity such as walking, is approximately 3,000 - 4,000 steps. Therefore to reach the 10,000 steps daily recommendation, a healthy adult would need to accumulate additional 6,000 - 7,000 steps throughout the day. This can be done by making active choices while at work, and throughout the rest of the day.

My previous article followed the RAY girls interaction with The Boodjari Yorga program to produce artwork for its ‘Strong Spirit, Strong Future’ project.

This project was funded by Drug and alcohol office and contained the message that ‘no alcohol is the safest choice if you are pregnant, planning a pregnancy or breastfeeding’. The completed antenatal bags are now being implemented by aboriginal health as part of this program. Don’t they look fantastic! Well done Ray girls.

While on the topic of alcohol, did you know that WA law has changed? This can be particularly relevant as leavers is approaching. Except in limited circumstances in some jurisdictions, it is illegal for adults to purchase alcohol on behalf of minors on licensed premises. It’s now also illegal in most states and territories in Australia (including WA) to give alcohol to anyone under the age of 18 on private property, even in homes, without the young person’s parent or legal guardian agreeing first. Anyone who supplies alcohol, including both adults and minors, to someone who is under 18 can be charged and receive a hefty fine. This means if someone who is under 18 gives alcohol to someone else who is underage, the person who supplied the alcohol can be fined. This legislation is called secondary supply law. I hope this is useful. As parents it’s good to know where you stand when laws change.

Finally, there are lots of nasty viruses hanging out in Albany at the moment. Give yourself a fighting chance this winter and practice good hand washing at home, school and work. Picking up some antibacterial gel from the chemist may assist you. Stay well.

Amelia Jefferis — School Nurse
Ben Wyatt and Jennie Small—YouthCARE School Chaplains

The last week of Term 2 is a highlight for many students at country schools across the state, as budding sportsmen and sportswomen meet together in Perth for some friendly but fierce sporting competition at Country Week. Like the last few years, I drove one of the buses with NASHS students up to Perth and assisted with transporting them between all the sporting venues, the accommodation campsite, and to the evening activities. Everyone had a blast, and our teams did well on the courts achieving some good results against tough competition. Well done NASHS teams! It would be great to see even more students take part next year in the various sports.

Jennie has been away on ‘part 2’ of her honeymoon, exploring some of the spectacular scenery in the north of our state. We are certainly blessed to live in such a beautiful country, but even outside of Australia there is so much to see and do in this amazing creation called earth. Make sure you take time to get out and explore the outdoors, you’ll definitely be the richer for it!

Taking up a sport or hobby which takes you outdoors is also a great way to keep you fit and healthy, both mentally and emotionally as well as physically. It is also a great way to keep fit and healthy, both mentally and emotionally as well as physically. It is a good way to keep you fit and healthy, both mentally and emotionally as well as physically.

It is understandable that on occasions it may be difficult for a child to wear a full uniform and sometimes it takes time for uniform orders to arrive, therefore students are given warnings prior to any sanctions being put in place. The NASHS dress code has been designed to make it easy for students to wear a uniform that they feel comfortable with. On the top, students can choose from the white, red or white (without logos) and school jackets. Students are also able to wear plain grey or red jumpers. Students need to ensure that pants, shorts and skirts are black.

To assist parents NASHS ensures uniform items are not only available at Barefoot Clothing Manufacturers but also the school canteen. Plain red and grey jackets and polo shirts are also available at local retail stores.

This year is flying by and with year 12 exams fast approaching, here are two awesome apps which can be downloaded for free. ‘Smiling Mind’ is a mindful meditation app to help young people manage stress, increase resilience and assist in reducing mental health risks in later life.

Another fantastic app is called ‘Worrytime’. This is an app that helps young people to manage their stress levels, to make you feel more in control of your anxiety or stress, helps you to develop a regular and effective method of dealing with day-to-day worries and helps you to feel less overwhelmed.

These apps can both be downloaded for free on your apple or android device and from www.reachout.com.au. Study hard, stay happy and healthy and in light of ‘Are you okay day’ next month, always remember to ask yourself and others, “R U OK?”

(Amy Gostelow—School Psychologist)

THOUGHTS FROM THE SCHOOL PSYCHOLOGIST

Hi everyone! I am the new school psychologist at NASHS. I am slowly getting to know most of the staff and I am really looking forward to working with such a dedicated and friendly team! I began working as a School Psychologist in Albany at the start of 2013 and have worked in a range of different schools. If you require some support, I would be more than happy to meet you. Please don’t hesitate to come and say hi!

The remaining of 2015 for Government schools in the City of Albany are:

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

ENDS
YEAR EIGHT UPDATE

What a busy first semester it has been for the Year 8’s! There has certainly been a huge amount of activities in which the Year 8’s have participated including, but not limited to: Year 8 camp, debating competitions, chess club, music camps and multiple sporting carnivals.

The majority of the cohort have really settled in well to the demands of high school as was evident in their Semester One reports. 47 students were awarded Principal and Deputy Principal Awards at the recent Year Assembly for their outstanding efforts last semester. We really do have a highly talented group of students in a variety of subject areas. I hope this continues over the coming years. Well done to all those who achieved excellent grades last semester!

At the Year Assembly, we were also able to formally recognise a group of students who have shown excellent attendance in Semester 1. Five dedicated students, Iysha Rowe, Apryl Oreo, Jarrod Lambie, Georgia Crosby and Wei Su did not miss a day of school and achieved 100% attendance for the Semester. Well done! Regarding attendance, a friendly reminder that if your child will be not attending school, please let the school know with an explanation by phone, text message or a note. It would be greatly appreciated so that we can keep our records up to date. The text number for attendance is 0409 089 160.

Dan Smith—Year 8 Coordinator

YEAR SEVEN UPDATE

The Year 7’s are already hard at work on their second semester of high school after a very positive semester one. Thirty students were recognised in a special year group assembly for their outstanding efforts throughout the first half of the year. Special congratulations go to our top ten year seven students; Molly Bowles, Uluka Luscombe, Jaxon McLean, Jessica Stals, Mitchell Mead, Zeke Medling, Taleah Ugle, Liam Singer, Charlotte Musk and Chloe D’Addario. It was an absolute pleasure to see so many students demonstrating the NASHS value of ‘Be Your Best’.

As a reward for students who consistently demonstrate all of the NASHS school values, 80 students went ten pin bowling on the last day of term one. It was great for students to be able to relax and have some fun after all their hard work.

If you have been in to the year seven area you might have noticed that there have been some changes since the holidays. A new basketball ring and one third court is going in and should be completed in plenty of time for the Year 7’s to practise at break times for basketball season. I would also like to make special mention of one of our student councillors, Jaxon McLean, who has taken the time to speak to his peers and has written a fantastic letter to the school outlining some of the ideas the year seven group have about increasing the number of break time activities available in the year seven area.

The rest of the student council have been surveying the year group to determine the theme for their next social event to take place at the end of term three. The student council would like to extend a big welcome to Liam Singer, who will be joining the council for semester two.

Kylie Rennie—Year 7 Coordinator

Top Ten Year 7 Students

Students with 100 % Attendance
L-R Georgia Crosby, Apryl Oreo, Iysha Rowe, Wei Su
YEAR NINE UPDATE

Recently 40 Year 9’s enjoyed some time out of school. These students had earned themselves a reward activity at the Indoor Volleyball Centre by: keeping their good standing, consistent or improved attendance and high Vivo points. Whist at the Volleyball Centre they spent several hours playing soccer, table tennis and volleyball and learning about teamwork. The sand was freezing and after a while our feet were numb, Mr. Harrison was seen playing volleyball with his socks still on! Not sure if any teams beat the winning partnership of Mrs Greenhart and myself. Our Chaplain, Ben Wyatt worked hard on the soccer pitch. Students need to stay tuned to a ongoing leadership opportunity coming up at the end of this term. Positions will be limited and fun and learning about leadership will be had.

A lot of Year 9’s are to be congratulated for their efforts during first Semester. Students achieving 100% attendance were: Olivia Gardiner, BJ Abarca, Heath Ramge and Cody Neve. Students who received a Principal’s Gold Award for their excellent Semester’s report were: Zachary Adami, Olivia Gardiner, Jemma Hallet, Kate Trayvilla, Stacey Smith, Amber Thomas, Mikayla Ditchburn, Daniel Gollege, Lachlan Matheson, Courtney Puls and Samuel Steel.

The P & C Endeavour Awards for displaying consistent and improved effort during Term one and two were, Maths, Tiana D’Addario; HASS, Dylan Grundaman; Science, Carissa Sewell; D & T, Byron Sim; Home Ec, Hannah Branson; Art, Keliah Lawler; Music, Brianna Ellis; Phys Ed & Health, Chloé Ludlow; LOTE; Alex Blogg. Well done to all these students.

(Ms Wood—Year 9 Coordinator)

YEAR TEN UPDATE

Welcome back to Semester 2. I trust that students had a relaxing and enjoyable holiday. Yes it won’t be long until the end of the year is upon us yet again. Many students achieved outstanding reports at the end of last semester and received awards at the last Year Assembly. Congratulations to all those students who were awarded a certificate. A number of students have made some positive progress from the previous year. It is important that all students continue to strive for improvement no matter how small for the remainder of the year.

Most students have had an interview to discuss and choose courses for 2016. Students firstly decide on whether to choose an ATAR pathway or a General/ Vocational pathway. Following this, they then choose courses from the Senior School Course Grid in consultation with Staff Career Councillors. Some students have still not returned a Senior School Pathways Decision Booklet signed by parents and students.

This is very important in the schools course counselling process and the allocation of courses for next year. Students and parents are encouraged to take an active role in the selection of courses and the completion of the booklet. If your child has not had an interview at this stage, please contact Mr Cullen or Mr Gray as soon as possible. Students are placed into courses as a result of the interview and submission of the signed booklet.

Any student looking at attending GSIT as a full time student next year (and not returning to NASHS) will need to complete an on line application by the end of September. A representative from GSIT will be attending the school on the 7th of September to explain the process. It is probably a good idea for those students to complete a course selection sheet for NASHS as a fall back if their application is not successful. NASHS students will continue to have the opportunity to enrol at GSIT to attend some Vocational Education Training Courses offered next year as part of their educational program. Please contact Mr Cullen for further information.

Attendance and dress code have improved. However, it is important that the school policies are followed. If your child is absent from school for any reason please supply a note when your child returns, so as to minimise unexplained absences. If your child is absent from class during the day you will be notified usually via a text message. School dress code requires students to wear either red or grey jumpers, or students can wear Country Week jackets if they attended the event. Black tops, jumpers and jackets are not part of the dress code.

The Year 10 Student Councillors are very keen to have an end of year camp. They are currently in the process of organising the camp for submission to the schools administration and want as many year 10 students to attend as possible. If any students have ideas for the camp please contact one of the student councillors. Students will need to make sure that they have Good Standing to attend the end of year camp.

Peter Gray—Year 10 Coordinator

YEAR ELEVEN UPDATE

Year 11 students are starting the design process for next years leavers jackets. By starting this in 2015 it means that we have a better chance of having our jackets at the start of the next year rather than in the middle of the year as the manufacture and turn around time for the jackets can be between 8 and 10 weeks.

The Year 11 Student Councillors are presently drafting designs and they will approach the Year 11 cohort for feedback. Once this is done the Councillors will then provide all students with two options to select the preferred design. This design then goes to the School Board for final approval.

Once we have a better idea of the production costs all parents and students will receive a letter giving final costs and sizing instructions.

Mr Harrison—Year 11& 12 Coordinator
It’s fantastic to note that so far this term we have 60% of NASHS students with regular attendance, that is, they have attended school 90% (or better) of the time. However this can be improved upon and I look forward to seeing this figure improve over the rest of the term.

Did you know? Student achievement of academic and social outcomes depends on consistent attendance and participation. It is vitally important to the development of your child that unexplained absences are addressed before they become an entrenched pattern. Regular attendance is fundamental for success for all students.

When your child is absent from school it is important that an explanation is provided as soon as possible. The Department of Education’s Student Attendance policy requires parents/guardians to provide an acceptable explanation to the school for any absence of their children.

Notification of expected absence is important. At NASHS we require a minimum of two weeks’ notice prior to a student’s absence for an extended period of time and a minimum of one week prior to absences that are due to appointments etc. This allows teaching staff time to modify teaching programs or provide students with other support that they may require due to being away from school.

Please contact the school by phone 9892 0611, send a note or SMS on 0409 089 160. For prolonged illness issues please provide a medical certificate from the doctor and contact the Year Coordinator for support (and work where appropriate) for your child. For further information on attendance contact Andrew Harrison during normal school hours.

There’s not long to go guys!!

It is now time to put in that final concerted effort to work hard for the last six weeks. All students need to be mindful of their grades and maintain their C grade average and of course a C grade in English for graduation. Most students are on track but a few students will need to increase their grades over the next month or so to guarantee graduation.

We are all here to get you through, talk to your teachers, talk to me, talk to Mr Cullen, talk to the library staff and figure out what you can do to make the very most of this last part of your high school career.

WEDNESDAY AFTERNOON STUDY GROUP IS STILL ON IN THE LIBRARY!!!

Mr Harrison—Year 11 & 12 Coordinator

At the end of term two, a group of 14 young medical students visited NASHS. The group goes by the name of Dr Yes and they deal with youth health issues in a fun and engaging way.

Students were able to sit in informal groups with the medical students and discuss issues that are of particular concern to young people. The students that form Dr Yes usually visit the Albany region every year and the sessions they run are always interesting and engaging for students.

As part of NASHS Health Education program, all year 9 students had the opportunity to participate in the First Aid Focus workshop. This one hour workshop is provided to school students free of charge by St John Ambulance. Students learnt about basic first aid including how to treat bleeds, burns and bites. The emergency response procedure DRS ABCD was introduced to students and they were able to practise placing a casualty in the recovery position. Students were also able to try their hand at cardio pulmonary resuscitation with the Annie dolls.

A big thank you to St John’s who conducted all the workshops.

Kylie Rennie—Phys Ed
At NASHS, students are expected to be changed for each practical Physical Education, Dance and Outdoor Education lesson into suitable clothing. This includes; supportive sandshoes/sneakers that can be tightly laced, black tracksuit-bottoms, leggings or shorts and a change of t-shirt. It may also mean remembering to bring specialised equipment such as bathers or wet suits for Outdoor Education classes.

This expectation is based on good hygiene, to ensure the safety of students during physical activities and for the comfort of students who may have to participate in physical activities in wet weather. With limited indoor space available for sporting activities, students will often find themselves playing sport in wet weather. Showers are also available for student use if they bring their own towel.

The NASHS Physical Education Department have implemented a points system to encourage students to be organised with the right attire.

Points for general PE classes are as follows
2 points – correct top
1 point – correct bottoms
1 point – correct shoes

If students have scored 4/4 points they may also record bonus points
1 point – hat
1 point – water bottle

Students who are demonstrating the self-management skills by consistently bringing the appropriate clothing are enjoying extra Vivo reward points for their efforts. We are also keeping track of students who are not making the required effort and informing parents as this will affect student achievement.

Kylie Rennie—Phys Ed Dept.

As part of NASHS Health Education program, all Year 10 students have the opportunity to participate in the Keys For Life driver education course during term two. Keys for Life is a pre-driver education program developed by School Drug Education and Road Aware (SDERA) and endorsed by the Road Safety Council of WA.

The aim of the program is to help our students make safer and informed decisions about driving, passenger safety, licensing, and avoiding risks as a new driver. Most importantly, Keys for Life helps students develop a positive attitude towards the benefits of being a compliant and safer driver.

Students who participated in Keys for Life, and completed the compulsory student journal (Behind the Wheel), have given themselves a head start on gaining a driver’s licence by sitting the Learner’s Permit Test at the end of the program. Those students who passed the test and submit their class and homework books are issued with a Keys for Life Certificate. This is an important document recognised by the Department of Transport as evidence that the student has already passed the theory test when applying for their Learner’s Permit.

When students are ready to apply for their Learner’s Permit, the Keys for Life Certificate is presented along with four (4) additional forms of identification to any Department of Transport Driver and Vehicle Services Centre. The Certificate will save students considerable time and the Learner’s Permit application fee.

This is the second year that NASHS has made Keys for Life available to all year ten students and so far 150 students have achieved their certificates and many are already on the road with their L plates.

Kylie Rennie—Phys Ed Dept.
BOYS VOLLEYBALL

Country Week 2015 was an extremely memorable one for me as a Coach of volleyball in schools in the Albany Region. As a result of the regular competition the boys have been enjoying in the Albany Volleyball Association men's A grade, I felt they were ready for a challenge. The grade was divided into 2 pools of 6 each and by all accounts ours was the tough pool.

First game we managed a good result against Busselton winning in the deciding 3rd set. Through the week we drew with Christmas Island, lost to Bunbury Cathedral Grammar and in our strongest performances beat both Margaret River and Newton Moore. Both games were deciders to demonstrate the steely resolve I have witnessed in the past with last years team who won the state B grade.

We'd finished second in our pool and had a cross over semi final against our local nemesis ASHS who had won their pool. The result was not what we wanted and we were left to play off for third position in the grade. We did so against Bunbury High School with a nail biting golden point win as both teams at level scores at the end. Throughout the week all players contributed admirably. Their focus, desire to achieve and skill was always displayed when needed.

Both specialist setters Riley Vincent and Jack Steel contributed well, as well as the captain James Coad who was always consistent. Good delivery came to them via good passing from Vinnie Mischbuhler and Kenton Gibbs in particular. A great defensive block was our strongest feature through Kenton, Riley, Brodie and Corey Linthorne, and they were well supported by Adam Francis and Dalton Henderson at different times.

Volleyball is one of the greatest team games you can play and these players will not have received such accolades without the support of all. Well done all.

Simon Slater—Coach Boys Volleyball Team

Andrew Harrison—Coach Girls Volleyball

GIRLS VOLLEYBALL

This year NASHS has a group of dedicated young ladies who are committed to representing the school in Volleyball. Prior to going to Country Week this year I was concerned that we wouldn’t be able to field a team as the senior school students who played last year had all left. Luckily the two remaining team members were joined by six “newbies” who were all keen to play volleyball.

After lots of training and games our team have come a long way. They are a competitive group who have impressive skills and you only have to look at their Country Week results to see how well they play.

The NASHS girls team originally nominated to play in C division where we felt they would be quite competitive, however we were unexpectedly moved up to B division. Much to the horror of the girls! The team certainly met this challenge face on and played to the best of their ability and it was this determination that resulted in them achieving fourth spot in B division.

The team has also been playing on a Wednesday night competition in the local volleyball association against ASHS who were the Country Week A division winners, Great Southern Grammar who were also an A division team and a seasoned ladies team. The competition is tough but the girls have played well and as yet GSG haven’t beaten us.

NASHS girls volleyball team are now preparing themselves to travel to Perth to participate in the State Schools Volleyball Competition in September. Based on their commitment and determination I am sure they will have a successful competition and I wish them all the best.

Simon Slater—Coach Boys Volleyball Team

Andrew Harrison—Coach Girls Volleyball
The students and NASHS workplace learning staff appreciate the time and opportunity local employers have provided during semester one this year to our work placement students. NASHS students have been given valuable experience in industry and as a result have begun to understand what is expected of them in the work place.

We would like to thank the following employers for the support they provide to NASHS workplace learning program.

| ABA Security-Caramia Electrical         | Hothouse Flowers                  |
| Acorn Trees & Stumps                   | Izzafield Stables                 |
| Active Plumbing                        | KDS Building Services             |
| Albany Central Cabinets                | Lenard’s Albany                   |
| Albany Community Kindergarten          | Lockyer Primary School            |
| Albany Leisure & Aquatic Centre        | Mira Mar Veterinary Hospital      |
| Albany Medical Centre                  | Officeworks                       |
| Albany Primary School                  | Pamper and Polish                 |
| Albany Service Centre                  | Paper Bark Merchants              |
| Anytime Fitness                        | Plantagenet District Hospital     |
| Australian Bluegum Plantations         | Quality Taylor Made Carpentry     |
| Bethel Residential Hostel              | Rainbow Childcare Centre          |
| Better Pets and Gardens                | Ray’s Sport Power Albany          |
| Body Care Health Club                  | Red Dog Carpentry                 |
| Brumby’s Bakery                        | Red Dot Dog Rog                   |
| Chris Tschabotar                       | Reeves on Campbell                |
| City of Albany                         | Rogan Coffey                      |
| Civic Video Albany                     | Ron’s Barber Shop                 |
| CJT Constructions & Maintenance        | Royal Plumbing                    |
| Classic Carpentry                      | SLR Enterprises                   |
| Community Living Association           | Smith’s Aluminium & 4WD Centre    |
| Contach Metal Industries                | Sound Life Financial Services     |
| D & K Puls Bricklaying                 | Southern Aboriginal Corp          |
| Debra’s Elite Childcare                | Spot On Radiator Service          |
| Dejonge Mechanical Repairs             | Spotlight                         |
| Downright Decorative Concrete          | The Dome Café                     |
| Drewy’s Carpentry                      | The Venice                        |
| Eclipse Refridgeration                 | The Wellness Shop                 |
| Evertrans                              | Theyer Automotives                |
| Eyerite Signs                          | Total Harvesting                  |
| Frenchy’s Restaurant                   | Wallace Engineering               |
| Harvey Norman                          | Westerberg Marine                 |
| Hicks & Co Quality Painting            | YMCA Albany Early Learning Centre |
| Hillside Family Practice               |                                 |
| Hoogen and Company                     |                                 |
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.

Puttin’ on the Ritz!
The Safety in Numbers Choir presents its annual Concert and High Tea on Saturday 29th August 2pm @ the Albert Hall, Duke St with special guests The Lele Birds

Tickets at the door- adults $10, children free
Profits will be donated to local charities.
For more details contact Teresa Hughes 98417375 teresahvoice@westnet.com.au

EXPRESSIONS OF INTEREST INVITED FOR
PARENT SUPPORT GROUP PARTICIPANTS
Are you parenting young people 12 – 20 years of age?
Feeling a bit overwhelmed?
Would you like to know you are not on your own?
Would you like some guidance and/or support but not sure where to start?
We would like to hear from parents/grandparents/carers who would be interested in joining a support group for parents of teenagers.

Please email Rebecca at parentgroupalbany@gmail.com with your name and contact details if you are keen to know more, be involved and/or attend an initial discussion/consultation meeting in mid-late August. There is no obligation or cost – your privacy will be maintained.
Dealing With Disobedience Discussion Group

DEALING WITH DISOBEDIENCE

Helps Parents discuss why children don’t do as they are told, how to set limits and how to deal with disobedience when it happens.

What are Triple P Discussion Groups?

Triple P Discussion Groups are short, group sessions that offer practical advice for tackling specific problem behaviour. They are run by a trained Triple P provider and the session brings together about 10-12 parents who are experiencing the same parenting problem.

What happens at a Discussion Group?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child’s problem behaviour. You will see short video clips showing other parents successfully dealing with the same issue and you’ll be encouraged to share your thoughts with the other parents in the group, if you want to. You will also be given a take home workbook with simple exercise and information to help you try your new strategies at home.

For Parents of Children from Birth to 12 Years

Date: Tuesday 15th September 2015
Time: 9.30am - 11.30am
Place: Albany Local Education Office
85 Serpentine Road, Albany
Cost: FREE
On-site child care can be booked at no cost
Facilitator: Jenny Allen
Lead School Psychologist
Bookings are essential
For more information or to book a place in the group, contact Cindy on Ph: 98410 333 or
Email: cindy.cluett2@education.wa.edu.au
by 9th September 2015

Managing Fighting & Aggression Discussion Group

MANAGING FIGHTING AND AGGRESSION

When children argue or fight, even become aggressive it can be hard for parents to know when to step in and how to calm things down. This discussion group looks at why children or siblings fight and gives practical suggestions to help you prevent problems and manage difficulties when they happen.

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For Parents of Children from Birth to 12 Years

Date: Tuesday 1st September 2015
Time: 9.30am - 11.30am
Place: Albany Local Education Office
85 Serpentine Road, Albany
Cost: FREE
On-site child care can be booked at no cost
Facilitator: Jenny Allen
Lead School Psychologist
Bookings are essential
For more information or to book a place in the group, contact Cindy on Ph: 98410 333 or
Email: cindy.cluett2@education.wa.edu.au
by 26th August 2015
Students and staff members worked quietly to complete a Birds of the World jigsaw puzzle. Many thanks to all contributors, and a special thanks to Scott Pasutti, Travis Golding and Karlene Green who placed the last pieces in the puzzle on Thursday afternoon.

**ONLINE COMEDY**

A new way of learning!!!! Some of our gifted writers and actors in Years 7 and 8 are participating in an online and video conference experience. The lecturers seen on screen are live from the Australian Children’s Television Foundation in Victoria and the writers of the ABC television series “Skitting Me”.

They then use the software “Sketch-o-matic” to record ideas on script writing for comedy. Over the next couple of weeks, groups will write and perform their comedy skits, recording them onto video for publication.

**CHESS**

Many thanks to Mr Mark Luscombe, NASHS parent, for coaching some members of the school chess team. He played 2 rounds of 6 versus 1. An exhausting performance! No one managed to beat Mr Luscombe so the challenge may be set for next year! He also volunteered the whole day at Mt Barker. Sincere thanks to NASHS parent, Mark Luscombe for your support. Our school team went to the Regional Championships in Mount Barker on 28th August. We won team silver medals!

(Pippa Williams—Library)

**E-BOOKS**

Are you a member of the Albany Public Library?

Membership of the Albany Public Library is free, and opens up a world of opportunities, information and entertainment to enrich your life.

As well as the traditional Library offerings, there is now a range of eResources that can be checked out and returned online – all you need to access these eResources is your Albany Public Library card!

In some cases, you might need to download a separate application or set-up an account. When that is the case, the support people for those resources have provided step-by-step guides that you can use to get started. eResources are available for the following categories:

- eBooks and eAudiobooks
- eMagazines
- Educational Resources (for kids and teens)

The eMagazines are particularly exciting as there are over 200 free titles to choose from – current and earlier editions. Amateur Photographer, New Scientist, American patchwork & Quilting, National Geographic, Better Homes & Gardens, Vogue.....just a few of the magazines on offer, and you can download them to any of your devices.

So, if you are not already a member of the Albany Public Library, get along and join – you won’t regret it!
Great Southern Language Speaking Contest 2015

Students from Albany schools recently participated in the inaugural Language Speaking Contest. Hosted by NASHS and organized by NASHS teacher, Mrs Kylie Offer, students were provided with the opportunity to prepare and present a short speech in front of their peers. As you can see our students performed very well!

YEAR 7
First Place: Rebecca van der Meulen (Italian NASHS)
            Chloe D’Addario
Second Place: Elsa Marshall (Japanese NASHS)
             Molly Bowles
             Tenaya Kennedy

YEAR 8
First Place: Sade Collinge (Italian NASHS)
            Lachlan Cox
            Teleya Beattie
Second Place: Oliver Richardson (Japanese NASHS)
             Denver Brown

YEAR 9
First Place: Taneesha Jackson (Italian NASHS)

YEAR 11
First Place: Jonathon Baars (Japanese NASHS)

Thank you to the students who assisted. Jayde Timms and Jessica Stals for props. Dana Page, Tegan Smith, Kali Haese, Cooper Daniels, Lily-Rose Hill and Ryan Davies for authentic Italian menus.

SCHOOL BAND CAMP

Last week 35 instrumental music students from NASHS and ASHS went to Perth on a band camp. We had a fantastic time visiting WAAPA, having workshops with Eastern Hills and Rossmoyne Senior High Schools, going to Sizzler for dinner, and putting on a great concert at Williams Primary School. We were so pleased with our workshop at Eastern Hills that we recorded the pieces we played together. It was a really great effort for a group of Year 7s and 8s playing together for the first time! Follow the link to the band’s FaceBook page for some photos of the camp and to have a listen to our recordings!!


(Courtney Lewis—Music Teacher)
Dear Parent/Caregiver

Recently there has been a child diagnosed with chicken pox. Chicken pox is a common childhood illness characterised by fever, fatigue and a generalised, itchy rash of 250-500 tiny blisters that usually starts on the trunk and face and spreads to the arms and legs. About 5% of cases do not develop a rash. It is usually more severe in adults and immunosuppressed people including pregnant women.

How is Chicken Pox Spread?
By inhaling respiratory droplets exhaled by an infected person or by contact with liquid in the blisters

Incubation period:
It usually takes 13 – 17 days for the rash to develop following exposure to chicken pox

How long is it infectious to other people?
For 2 days before the rash starts and until all blisters have crusted

What are the responsibilities of parents about exclusion from school and childcare?
Persons with chicken pox should immediately be excluded from childcare facilities and schools, for at least 5 days after the rash appears and until all blisters have crusted

Contacts of sick children
Contacts of children with chickenpox are not excluded from school. Immunosuppressed or pregnant contacts should be referred to their doctor

Treatment
People who might catch chicken pox after being in contact with someone with chicken pox can receive preventative treatment if they are vaccinated within 5 days of exposure. Information about this is available through your doctor or the Great Southern Population Health Unit

Immunisation
Vaccination against chicken pox is recommended for people of all age groups, who haven’t had chicken pox already. Vaccination is free for children aged 18 months & older (and born since 1 May 2004), as well as students aged 12 years or in Year 8.

Further information is available by contacting your doctor or the Great Southern Population Health Unit on 98427500 during office hours. It is also available from the following website http://www.healthdirect.gov.au/#/chickenpox

If you are worried about a child’s health, always seek medical advice or ring Health Direct on 1800 022 222 (24 hours)

Kathleen Smedley
Disease Control Coordinator
Great Southern Population Health Unit