CONGRATULATIONS TO OUR
NASHS VOLLEYBALL TEAMS!

NEWSLETTER
Third term culminates with the Principal, Mrs Doohan, commencing her well-deserved Long Service Leave. We all wish her a wonderful holiday and one we hope she enjoys and finds re-invigorating. For the remainder of the year I embrace the opportunity to guide and collaborate with the school community in it’s provision of education to your children. North Albany SHS, as an Independent Public School has been working closely with the school community to set the broad directions of the school for the next three to five years. This is to ensure we meet the needs of our students. There is on-going work to develop the Business Plan and I acknowledge the expertise and hard work of the Business Manager, Keely George and Sharon Doohan in collaboratively developing this with community.

2015 NAPLAN results show that the students at NASHS continue to grow academically. Students in Year 9 made sound progress and Year 7 results were terrific. These provide the sound foundation for some fantastic academic achievement in the future.

2016 promises to be an exciting year as we welcome our second group of Year 7’s into high school, continue to implement the changes to the WA Certificate of Education, grow the new courses of study in Year 11 and Year 12, and quality assure the implementation of the Australian Curriculum across Years 7-10. There will be opportunities in Term 4 for parents to provide us with feedback on transition through afternoon tea.

Traditionally Term 3 is a very busy term and this year has been no exception. Our teaching and support staff have provided students from Year 7 to Year 12 with a whole range of opportunities to learn in creative ways about the world in which they live, as well as showcase their individual talents. A number of these opportunities are featured in this newsletter:

- Year 10, 11 and 12 students travelled to Perth and participated in the State Volleyball Competition under the guidance of Simon Slater and Andrew Harrison.
- A select group of 22 Year 9 students have participated in a Leadership Camp developing their knowledge and skills to contribute to the wider community.
- Various Science classes have been involved in a variety of exciting activities promoting the relevance and importance of science in the real world and linked to fantastic careers. I have also observed that Science students have been making some interesting 3D models as they learn about cells.
- Combined NASHS / ASHS SHOWCASE of musical talent was held in week 9 at the AEC.
- Lower school students participated in the multi-sport carnival.
- Our annual NASHS Got Talent quest was held during lunch times to packed audiences.
- Book Week

In addition our Year 12 students have been well supported as they prepare for the final weeks of their school education. A number of ATAR students recently engaged in revision seminars in Physics, Chemistry, Mathematics and English using our video conference facilities. All Year 12’s participated in their transition to post school interview to ensure they are on track to achieve their post school goals. A team of staff have also commenced organizing the Year 12 dinner, farewell assembly and presentation evening to ensure these important events are enjoyable and memorable for the students and their families.

Key elements of student success at school:
- Sound use of their diary.
- Study / homework every week night.
- Engagement in classes by being prepared.

I encourage all parents to regularly check your child’s diary and bag and set a regular place and time for study and homework.

Staffing changes:
Marc Ruffell has also commenced his LSL with Kier Perryman ably filling the role of Head of Learning Area in English and HASS. Sarah Cross has joined us as an English teacher and with her journalist background I am sure she will be a terrific addition to the NASHS staff. We will welcome both Sharon and Marc back for the beginning of 2016.

For the remainder of 2015 Kylie Rennie is the Lower School Deputy and she has already demonstrated her fine leadership skills in the Health and Physical Education Learning Area and we welcome her to this new leadership role. In term four David Powell will return from Long Service Leave.

Once again we farewell our school nurse – Amelia Jefferis and wish her and her family all the best for the arrival of their second child. In thanking Amelia for her support of our students and staff, we also wish her the very best in the future. At the commencement of Term 4 we will be welcoming back nurse Cathy Watson as our school nurse.

I wish all students and their families a safe and enjoyable October break.

Kind regards,

Terry Bolt
A/PRINCIPAL

Parents Please Note
Term 4 commences for students and staff on Monday, 12 October 2015.
FIVE WAYS LEARNING A SECOND LANGUAGE PROTECTS AND DEVELOPS YOUR BRAIN

1. Improved multi-tasking ability
Alternating between two systems of speech, grammar and structure is strenuous activity for the brain. Research by Penn State University shows that this helps us become better at prioritising tasks and working efficiently on multiple projects at one time—even if it has nothing to do with language.

2. Delayed onset of Alzheimer’s disease and dementia
A 2010 Canadian study found that bilingual patients were diagnosed with Alzheimer’s disease four years later than monolingual patients.

3. Better problem solving
Learning a second language helps the brain think more creatively. It allows you to see alternative perspectives.

4. Enhanced English skills
You gain an understanding of how people behave and how behaviour is linked to language. It improves your general communication skills in your native language.

5. Healthier memory
A new language requires you to learn new vocabulary and grammar, which improves overall memory. Research published in the journal Cerebrum also shows this helps to improve attention to detail. Learning a second language improves executive control in the brain.

“Quoted from the West Australian Newspaper”
(Kylie Offer – Japanese Teacher)
It is amazing how quickly the year has passed; Term 3 is drawing to its close and the Year 12’s will officially finish school on Friday, 23 October while the Year 11’s will return for another five weeks in Term 4.

Whilst you will be receiving more detailed information about the Year 12 WACE exams and presentation evening, I would just like to mention a few things:

- The Year 12 Yearbook is currently being completed. If students would like a copy, they need to see Mrs Greenhart to organise an order.
- We will be holding a Year 12 dinner at Motel Le Grande on Wednesday, 21 October. This fun and informal evening is an opportunity to present some light-hearted awards to both staff and students. If they wish to attend, students must get permission slips signed by a parent and pay at the front office by Monday of week two (at a cost of $30).
- Presentation night is to be held on Friday, 20 November. Presentation night is for all students who are finishing Year 12 at NASHS and ASESC. It is a formal event so students are required to wear formal dress, consisting of a white shirt with sleeves and a button up collar (suitable for wearing with a tie), black pants (girls or boys) or a black skirt with black stockings (girls) with black shoes. Students are allocated up to five tickets for guests.

It is important that all Year 12 students continue to work right up to the last minute and approach their studies with the determination to achieve their best. I wish them all the best for the last few weeks and wish them success.

(Andrew Harrison—Senior School Coordinator)
ALBANY SCHOOLS SHOWCASE CONCERT

On Monday, 14 September over 200 students from NASHS and ASHS came together to celebrate Albany’s musical talent in the Albany Schools Music Showcase at the Albany Entertainment Centre.

The concert was the culmination of many hours of rehearsal, personal practice and dedication. The line-up featured students of the Instrumental Music School Services, a music education program unique to WA which offers free instrumental and vocal tuition to selected students from Years 3—12. The concert was an opportunity for all who were there to reflect on the privilege it is for our students to be involved in this world-leading program. Terry Bolt, Acting Principal at NASHS, and Jenny Firth, Principal at ASHS, were our wonderful MCs for the evening. Tickets were sold out as parents, teachers, family and friends were eager to support our fantastic students. The music performed was exciting and eclectic - we had everything from classical works by Grieg and Offenbach to legendary rock anthems by Led Zeppelin and Deep Purple! It was a thoroughly entertaining and enjoyable event.

I would like to thank all of the students who were involved for their hard work and diligence in preparing their performances, as well as all of the IMSS staff whose passion and dedication in teaching our instrumental students make events like this possible.

(Courtney Lewis—Music Teacher)

2015 SHAUN TAN AWARD FOR YOUTN ARTISTS

The exhibition gallery of the 2015 Shaun Tan Award for Young Artists is now available to view online. The gallery contains the 58 artworks which featured in the exhibition at Subiaco Library during the month of August.

In 2015 over 1700 young artists entered the competition. As a special treat this year, award patron Shaun Tan recorded a personalised message to all entrants. Shaun’s video is now available to view on the city’s website.


A few NASHS students entered in 2015 and were awarded a certificate in recognition. Jo Goldsmith (Year 10) was a finalist in 2014 and his work can also be viewed on the above website. His artwork was called “Staring Down a Monster”.

HEALTHY FOODS

Now that NASHS has a supermarket in close proximity we have had an influx in the number of students purchasing a variety of snack foods, drinks and lollies before school.

NASHS follows the healthy food traffic light system and provides students with a healthy range of food and drinks from the school canteen. It is a concern that students are purchasing Red Bull, Mother, Powerade and similar drinks along with a variety of snack foods and lollies before they come to school and consuming them during the day.

Given the high caffeine and sugar levels, these products are not only unhealthy, they are not conducive to sensible, controlled and focussed behaviour in students. Consequently these type of products are banned at NASHS.
Having returned from the volleyball State Championships this year, its time to reflect on what a great year we have had with volleyball at NASHS. Several milestones have been established for the future of the game at NASHS, which now reflects a growing desire of the students to apply, achieve and grow in a sport that requires a significant level of skill and teamwork.

Several achievements have occurred both on and off the court, as players have dedicated time to not only developing their skills but also fundraising to pay for their trips away. A big thank you to Mr Harrison who has coordinated the fundraising along with Vanessa Boreham, one of our supportive Mums. And of course all the other parents who have also supported all the fundraising events.

Back on court; this year we took two Year 10 teams to the State Championships and after two weeks of trial games with Great Southern Grammar (GSG) we arrived at the final team selection to travel to Perth. The boys team shared mixed results and were well led by Captain Ben Fleck and vice captain Jordan Farmer. Mani Giuntoli set well along with Jordan and we developed court strategy to have Halem Collinge, Sol Plummer, Ian Pellicaan, John Morgan, Jhomvie Forte and Ben playing back court and hitting.

All students preformed well and we recorded an even number of wins and losses in a fairly even pool. The best result came in our last game against GSG, where after losing the first set the players were able to regroup strongly, showing determination to take the game out in a very close finish.

Special thanks go to Terry & Peter Bolt who accompanied and supported the teams, driving the bus and ensuring the students were safely returned to their parents on Friday night. Fresh off a whole season playing in the Albany Mens Premier Volleyball Association the Upper School was a little under gunned due to clashes with the local football finals and as a result Ben Fleck and Ian Pellicaan remained in Perth to learn the game at a higher level. Gratitude particularly goes to Riley Vincent as Vice Captain of the team who had a special project on court to lead these boys into learning the back court setting system we employed in the team. Captain James Coad, Vinnie Mieschbuhler, Dalton Henderson and Adam Francis made up the rest of the team and clearly the skills that they had learned during the season left them untroubled in the games as they went on to win the B Grade medals late Sunday, after not even conceding a set over the weekend.

A big thank you goes to Mike Wilson and Jean Davis who were our logistics team for the weekend giving up their time for the good of the students in the school, and to make sure this event could go ahead.

Well done to the boys as they have established a strong culture within the school that will lead strongly into the future of volleyball at NASHS. Congratulations to all.

(Simon Slater—Boys Volleyball Coach)

Both the Year 10 Girls and Senior School Girls Volleyball Teams went through undefeated in the recent Volleyball WA State Schools Competition. This performance from both teams is absolutely fantastic and all the girls are to be congratulated for their efforts.

In both the senior and junior competition NASHS competed against both government and private schools from Perth and the country.

The standard of competition over the weekend was high, so it was pleasing to see our girls rise to the challenge and work well in their teams supporting each other and improving their skills. The students also showed positive sportsmanship in all their actions and were terrific ambassadors for NASHS.

The teams consisted of:

**Female B Grade Open Division:**

<table>
<thead>
<tr>
<th>Bre Payne</th>
<th>Rebecca Bell</th>
<th>Keesha Fletcher</th>
<th>Samira Williams</th>
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<tbody>
<tr>
<td>Michaela Boreham</td>
<td>Ily Trayvilla</td>
<td>Tahyla Morgan</td>
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</tbody>
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**Year 10 Girls:**

<table>
<thead>
<tr>
<th>Pam Alforque</th>
<th>Isobel Jones</th>
<th>Abby Brown</th>
<th>Michaela Barker</th>
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<tr>
<td>Hunni Taylor-Car</td>
<td>Kate Trayvilla</td>
<td>Kiera Hurley</td>
<td>Katelyn Jose</td>
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<td>Hayley Hulm</td>
<td>Reserve: Shakeya Vullich</td>
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NASHS has many strong volleyball players amongst the girls and we can look forward to further success in next years competition.

(Andrew Harrison—Girls Volleyball Coach)
My name is Glenn Simpson and I have recently been appointed as the Head of the Science Learning Area. Many of you may know that previously I was at Mt Barker Community College and in Term 2, I filled in as Deputy Principal at NASHS.

I have had a very positive start at NASHS and this has been due to the many welcoming comments from students and staff and the talent demonstrated by students. The Science staff are a dedicated team and have been very patient in bringing me up to speed. We have had an eventful Term 3 so far in that we have had some interesting visitors.

**Special Events**

Mr Douglas’s Year 10 Science class was involved in a Metallurgical Workshop. The workshop was conducted by Dr Graeme Thompson and Dr Ken Seymour from the Department of Extractive Metallurgy at Murdoch University. During this session students got to extract copper from rocks using a number of techniques. The presenters finished off by demonstrating the thermite reaction which produces extreme temperatures that provided enough energy to turn water on fire!

Our Year 11 and 12 Human Biology students were visited by an alliance of University students from Perth who are collectively known as Waalhiibe (Wallaby). They discussed University life and University courses and careers in the Health Industry. This was great information and our students bombarded the presenters with insightful questions (once they got started!)

**Year 6 Transition Visits**

Students from our local schools have visited our Science Laboratories over the last six weeks. They experimented with viscosity. Many thanks to Mr Cooper for developing the activity and also to Mrs Ireland for constructing the very ingenious viscosity tubes. The activity was extremely popular with the Year 6 students and they quickly positively engaged in the science laboratory lesson.

**Year 7**

This term’s focus in Science has been Biology. Classification of living things and dichotomous keys are just two of the areas we have been learning about. In weeks 6 and 7 we had the pleasure of Tahryn from the Department of Fisheries come to visit us. We learnt more about the role of the Department of Fisheries in Albany and the surrounding area and the importance of protecting our local marine life. Tahryn taught us about the many ‘fishy features’ that are used to classify fish and their habitats. We then had a go at classifying some fish of our own. Below are some pictures of all the fun!

(Ela Meyer—Year 7 Science/Maths Teacher)

**Science Week**

Recently classes were able to celebrate Science Week with some interesting challenges. Mr Cooper’s Year 8 class constructed some elaborate vehicles powered by mouse traps. These were let loose in the canteen and they travelled some amazing distances.

Year 9 students constructed bridges made out of pop sticks and straws. These creative designs managed to hold up to 15kg. Meanwhile some Year 10’s made crash helmets to protect an egg. Eggs dropped from over 5 metres in height managed to survive the impact. Others weren’t so lucky. Students got to experience first hand the benefits of wearing a bike helmet!

**Study Tips**

In Science classes we like our students to be well prepared. This means that they need to bring a red pen, blue pen, pencil, eraser and sharpener. They need plenty of lined paper, whether that is in a pad or a file. When students enter their class their first action should be to get out their required equipment and open their files/workbooks to where they finished in their last Science lesson or to their completed homework.

Students also need to use their breaks wisely to refuel, relieve their bladders and rehydrate so that they can focus on their learning. Lastly we expect students to be doing their homework. It is not given every night. Review and remediation of work covered in class is essential to embed understandings and this should be part of every students study regime.

(Mr Simpson—Head of Learning Area—Science)
This year many students are enjoying and being successful in their Workplace Learning placement this year. Included in our success are the following students, Lee Scott at Spotlight, Brock James at Civic Video, Connor Menezies at Eyerite Signs and Rudy Ocumen at the Albany City Library. As you can see having a good time and learning on the job.

Workplace Learning is a Senior School Course which Year 11 and 12 students enrol in for the full year. The program is inclusive and provides wonderful real life opportunities for students to engage with the wider community, experience different careers and achieve in Year 11 a Certificate I or after two years a Certificate II.

Congratulations to all Workplace Learning students on your positive engagement in the Workplace.

On Tuesday, 18 August, 60 NASHS students from Years 7-9 attended a winter sports day. Students were able to compete in soccer, hockey and girls football. All teams enjoyed participating, showing their improved skills and of course liked ‘winning’. Students demonstrated the school values: “Do your Best “ and “Be Respectful”. We look forward to the day becoming an annual event. Apart from the success of the players, several senior school students were able to develop their leadership skills as coaches and umpires. The Physical Education department would like to sincerely thank Isobel Jones, John Morgan, Jacob York, Katelyn Hordyk, Amber Roth, Keesha Fletcher, Hayden Davies, Kenton Gibb, James Coad, Paige Sykes and Britney Hoveler for volunteering their time to manage and coach the teams.

As a result of parental support, student enthusiasm and some great talent, we have decided to investigate the ‘sporting talent’ domain. Please see “Sporting Talent Identification” later in the Newsletter.

All students were a credit to NASHS through their positive behaviour and contribution. Well done, students.
Since October 2010, North Albany Senior High School (NASHS) and Albany Secondary Education Support Centre (ASESC) P & C have fundraised with the monthly Centennial Markets on Lockyer Ave. Due to a variety of factors we held our last monthly market on 15th August 2015. Over the 5 years the markets have raised over $30,000 for the schools. The success of the Centennial Markets depended on a small army of volunteers, the many stall holders and lastly (but not least) everyone who came through the gates. We specifically thank our long term volunteers (some had volunteered monthly for the full 5 years, some weren’t P & C members and some didn’t even have children at the schools): - Karen Dale, Jenna Palfrey, Robyn Sellenger, Leanne Prior, Tony Evers, Whitney and Mark Weaver, Terry Martschinke, Robbie and Kristi Monck, Leon and Gillian Determes, Barb Wilson, Jo Kellett, Jenny Hipper, Sharon Doohan, Ian and Deb Neil, Trish Hambley and Kate Grocott. One of the highlights this year was the generosity of Sophie Adeline, who busked at four markets and donated her earnings to the P & C. Some examples of what the funds have been used for include: Endeavour Awards for the students, supported the ASESC Unity Days, enhanced the school grounds and purchased an outdoor ping pong table for the students. To all our volunteers, stall holders, Albany and broader community – Thank You.

We look forward to seeing you at the new NASHS and ASESC P & C Christmas Market on Saturday, 12th December at Senior Citizens Centre, Grey St, 8.00am to 1.00pm. Keep watching the schools’ websites for details about this day including how to book a stall space and opportunities for volunteering.

(Dewani Dean, President NASHS & ASESC P &C)

**YEAR 8 SCHOOL IMMUNISATION PROGRAM**

On Monday, 2 November, Year 8 students whose parents have given their consent will receive the 3rd and final HPV immunisations. On this day please ensure that your child has a good healthy breakfast and plenty of fluid to drink in order to reduce the risk of him/her fainting following immunisations. Vaccinations like any medication may cause side effects most of these are mild reactions. The injection site may become red and swollen you can treat this by applying a cool damp cloth. Your child may experience some discomfort such as fever, headache or tiredness. For headache and discomfort, paracetamol may be given as directed on the manufacturer’s label. If fever persists, consult your doctor. Seek medical advice if your child experiences a reaction that you are concerned about.

As it has been a number of months since completion of consent forms we would like to give parents the opportunity to inform us of any change to details on the consent form. **Do not send notes to school please phone or email me, so I can make the changes immediately on your child’s form.** For further information please contact:

Sally Moir  
School Based Immunisation Program  
Tel: 9842 7526  
Email: sally.moir@health.wa.gov.au

**IMPORTANT MESSAGE FOR PARENTS AND STUDENTS ABOUT COMING CHANGES TO ALCOHOL LAWS**

**Secondary Supply Law - 2015**

Parents and students should be aware that new legislation, referred to as the secondary supply law, is currently before the WA Parliament. When passed, it will mean adults can be fined if they supply alcohol to children under 18 years of age without parental or guardian consent.

**What are the reasons for this legislation and why is it so important?**

One of the main reasons, that many parents and young people may not know, is that drinking alcohol may cause real damage to the developing brain in young people.

Different parts of the brain develop at different rates as people grow, and depending on whether they are male or female. The part of the brain that controls rational thinking does not begin to mature until about the age of 19 and only fully matures around the age of 21 in women and 28 in men. Alcohol damage to this and other parts of the child’s developing brain can impact on their problem solving skills and performance at school, as well as potentially affecting their body, mood and mental health.

Research has also shown that drinkers under the age of 17 are much more likely to take part in risky behaviour, such as drinking to excess, than are older drinkers, making them much more likely to be injured.

So for under 18 – no alcohol is the best choice.

The secondary supply legislation was a key recommendation of an independent review of WA’s liquor laws released in January 2014 and will bring WA into line with many other states in Australia. Once passed adults face hefty fines of up to $10 000 if they supply alcohol to anyone under the age of 18 without their parent or guardian’s permission.

The Hon Colin Holt, Minister for Housing; Racing and Gaming, said it was not the Government’s intention to reach inside the private homes of families, but to tackle those people who disregard another parent’s wishes or do not place any importance on responsible supervision practices. Minister Holt’s full release can be read at:


Further information about the effects of alcohol on under 18’s can be found at:

The Year 7s are continuing to settle into high school life. There have been a few changes around the Year 7 area, the new basketball hoop is finished and the students are really enjoying using it. It is handy to have an opportunity to be active so close to their area. In term four, students will get to experience a little of what Year 8 will be like. One of the main differences is the amount of moving they will have to do between their different classes. Next term students will begin to move between classes in the M block area for their core subjects. They will need to be a lot more organised and they will be supported through the transition to Year 8.

The student council is finalising plans for the Year 7 social which will have a celebrity theme. The student council has also taken over responsibility of distributing sporting equipment during break times. This not only reduces the traffic in staff offices, but allows the councillors to develop their organisational and leadership skills.

The Year 7 students continue to take advantage of all the opportunities that being in high school at NASHS has to offer. Students have had the opportunity to compete in the multi-sport carnival, participate in the instrumental music showcase, enter the “NASHS Got Talent” competition, try out for the interschool basketball tournament, play chess against other schools in the district and dress up for Bookweek.

Students have chosen their 2016 specialist courses and these have been timetabled.

Please encourage your Year 7 to keep an eye on the student notices which are posted outside the gym, outside the library and via a link on the home page of the NASHS intranet. This way they will never miss an opportunity.

Watch out for an invite to an information session. (Kylie Rennie—Year 7 Coordinator)

Once again, it has been an extremely busy term with Year 8’s participating in the many events that have taken place. In late July, seven Year 8 students competed in the Australian Mathematics Competition. We have recently received the results with the students achieving some fantastic results. Well done to all who competed!

I was very proud of the large number of Year 8 students who participated in the recent Multi Sport carnival. All students represented the school, both on and off the field with great enthusiasm and behaviour whilst displaying some outstanding skills. In particular, I was thoroughly impressed by the all Year 8 boys Hockey team. With only a few boys having previous hockey experience, the day was a huge learning curve. However, the group quickly picked up the game and skills to be extremely competitive, losing only one game by a goal and drawing their other four games to achieve 3rd place.

The Year 8 Student Council has been working hard this term and has implemented a whole school dodgeball tournament which is currently in progress. The students have sorted out the logistics of running a tournament and are responsible for organising the equipment each week and umpiring the games. Round Robin matches are currently taking place three times a week during Lunch and the event will conclude on the last day of school culminating in a free dress day (gold coin donation) and a fundraising BBQ. We encourage all students to dress up for the day, particularly as a team with prizes for the best dressed people and team. All funds raised will be donated to Make-A-Wish.

Please ensure that your child completed their 2016 specialist course sheet as students have been timetabled. Enjoy the school holidays. (Dan Smith—Year 8 Coordinator)
YEAR NINE UPDATE

Next week a bus load of Year 9’s are heading off to Pemberton for a three day camp. These students have been selected by a process where they initially had to write an application and then the best applicants were chosen by the Student Services staff. Activities such as rafting, mountain biking, rogaining, bush walks and challenging outdoor experiences which will be used to develop leadership skills and promote elements of team work, communication, resilience and initiative.

Next term the student service staff are planning some reward activities. We have some pretty interesting ideas so make sure you have your Good Standing! You will not want to miss out.

If you have missed out on attending a camp this year, there will be some more opportunities available in Year 10. I will attempt to run some Outdoor Education camps for students participating in Outdoor Education. I also plan to organise a career/tertiary camp to Perth which will enable students to see Tertiary institutions and a variety of courses. The intent is to keep making the most of your opportunities, as the current Year 12’s are realising now that the end of their schooling approaches very fast.

Just a reminder—make sure you have submitted your 2016 Selection sheet to Student Services.

It has been a busy term with many sporting carnival sand music concerts. Well done to all the Year 9 students who have participated in these events, the Multisport Carnival and the Albany Schools Showcase to name just a couple.

(Susie Wood—Year 9 Coordinator)

YEAR TEN UPDATE

Term 3 is traditionally a very stressful, busy and hectic term. Nothing has changed unfortunately.

Planning for the 2016:
All students have been interviewed by staff regarding course selections for 2016 and have been placed in their chosen courses on the timetable. These courses are to assist your child into the next phase of post school life and as such are generally studied over the two years. If your child has not been interviewed it is very important that they see Mr Cullen, or myself, as soon as possible to complete selections, otherwise they may not get into the courses they want. It is very important that students wishing to do ATAR courses continue to work hard for the remainder of the year and achieve good grades for their final Year 10 Report. GSIT online applications for 2016 are also coming to a close soon, so again it is important that your child completes this process if they wish to do studies there. This does not apply to students doing VET courses while continuing studies at NASHS. Other students may be seeking full time employment, apprenticeships or other training options for 2016. Whatever the case may be, your child must be engaged in education, training or employment. All Senior School students are tracked to see that this is happening therefore, it may be advisable for some students to have a backup plan if things don’t work out. Please refer to the article: “Do you know someone turning 16 or 17 in 2016?”

Year 10 students will be having a reward activity at the Orana Cinemas on Thursday, 24 September. This will be for students who have good attendance and have worked hard throughout the term and have retained their Good Standing. Next term it is hoped that students wishing to go to University after finishing their schooling at NASHS will be able to attend our Tertiary Tour to Perth. This is a three day tour where students will visit the Career Information Centre, all the major universities as well as some of the accommodation options available to country students, plus some fun activities. If you would like your child to attend this camp please ask your child to express their interest to Mr Gray.

We will also be having an end of year camp as we would like to celebrate the students success at high school and focus on their positive contribution to the school community. This will also be an opportunity to farewell some of the students who will be leaving NASHS at the end of the year.

I hope that all students have a relaxing and enjoyable holiday.

(Peter Gray—Year 10 Coordinator)
CONGRATULATIONS, WIGGINS FAMILY

Congratulations to NASHS Year 10 student, Craig Wiggins who came first in the Under 17 Boys Cycling Australia Junior Road National Championships in Victoria recently.

Craig's youngest sister Danica, Year 8, was also successful by winning a bronze medal in the Under 15 Girls Cycling Australia Junior Road National Championships. Congratulations, Danica.

These are wonderful results and great acknowledgements of these students efforts and family support.

DO YOU KNOW SOMEONE TURNING 16 OR 17 IN 2016?

Are they thinking of doing something other than full-time school?

If so, did you know that they are required to remain at school full-time unless they obtain approval to do something else? In fact, written approval must be sought EVERY time that they change what they’re doing.

Fortunately this is not as hard as it might sound! The Albany Engagement and Transitions Team is here to help. We can help with:

• Exploring what your options are
• Advice/ referrals to local agencies
• Help with resumes
• Apprenticeship, Traineeships
• TAFE and Private training options
• Employment
• Combinations of the above

So please feel free to contact us at the numbers below if you need help or just want to discuss what this means.

LINDSAY CAMPBELL
Engagement & Transitions Manager (ALBANY)
Ph: 9892 0750
Mb: 0429 684 326
Lindsay.campbell2@education.wa.edu.au

JONNINE DUFF
Senior Participation Coordinator
Tel: 9892 0750
Mob: 0429 684 326
Jonnine.Duff@education.wa.edu.au

SHARON MARTIN
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Tel: 9892 0747
Mob: 0429 114 050
Sharon.Martin2@education.wa.edu.au

Frequently asked Questions about the School Leaving Age.

Q: Can I leave school or training as soon as I have my 17th birthday?
A: No, you have to stay in school or training or work (or in a combo) until the end of the year in which you turn 17.

Q: Can I still have a part-time job even though I am at school or college?
A: Yes, it's fine to have a part-time job so long as you are still going to school or training on a full-time basis.

Q: I don't have any parents or a carer, so who signs my forms?
A: Speak with your School Principal or contact us so we can confirm you are completely independent and then work with you to complete forms.

Q: What happens if I decide to stay on at school after I turn 16 or 17 but then change my mind?
A: If you decide to change direction and choose another option you must get that approved by filling out the necessary form. You should talk this over at your school or us and then proceed to an approved activity.

Q: What is a Participation Coordinator (PC)?
A: “PCs” are located throughout the State and provide lots of help and support if you are unsure of what to do in the year you turn 16 or 17. They can help you design a special program and have lots of information about training and employment in the area where you live.

Q: What should I do if I am confused about all the choices on offer?
A: There is lots of useful information on the web but if you still can't decide which would be your best option, speak with the career adviser at school or make an appointment with one of our helpful Participation Coordinators.

Q: Why can't I just do nothing?
A: Changes in the law mean that from 1 January 2008 everyone who turns 16 or 17 in that year must choose one of the authorised options on offer.

Q: Why do we need to fill in forms at all?
A: The Schools Curriculum and Standards Authority (a WA Government body) is required by law to keep a database of all students’ participation and achievement up to the end of their 17th year. If they don't know what you are doing they will assume you are doing nothing and action will be taken.

CONGRATULATIONS, WIGGINS FAMILY

Congratulations to NASHS Year 10 student, Craig Wiggins who came first in the Under 17 Boys Cycling Australia Junior Road National Championships in Victoria recently.

Craig’s youngest sister Danica, Year 8, was also successful by winning a bronze medal in the Under 15 Girls Cycling Australia Junior Road National Championships. Congratulations, Danica.

These are wonderful results and great acknowledgements of these students efforts and family support.
It’s been great having Jennie back with us after what seemed like forever that she was away! You were missed, Jennie! It sounds like she had a great time away and saw some amazing places in the northern part of our big state – you should ask her about it.

Spring has officially sprung, and the prospect of warmer and drier weather in the coming months is something we can all look forward to. Studies have shown that long stretches of wintry weather really does have an effect on people’s moods and emotions. How will you make use of the nicer weather? Plan in some activities each day where you can get outside and enjoy some fresh air and the beautiful nature. Taking the dog for a walk or going for a bike ride through the bush are a couple of the many great ways of feeling invigorated and better able to face the challenges of life.

Remember that we are always available here in the student services team to help and support you. Drop in for a chat or give us a call any time – and make sure you get to know our new school psychologist, Amy, who has taken over from Brooke who just had a baby!

(Ben Wyatt and Jennie Small—YouthCARE School Chaplains)
ADOLESCENT SCOLIOSIS SPINAL CURVATURE

The National Self-Detection Program

Information for schoolgirls in years 7 and 9 and their parents

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

WHAT IS SCOLIOSIS?
Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?
The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?
While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the overall result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

WHY THIS BROCHURE HAS BEEN PRODUCED
This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to distribute this brochure from www.scoliosis-australia.org and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

HOW SCOLIOSIS IS DETECTED
Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side, in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.

WHAT ABOUT BROTHERS AND SISTERS?
Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?
Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise program) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?
The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Scoliosis may increase with pregnancy. Severe pain, physical deformity and weak and tear arthritic may occur during middle and old age. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?
Simply look for it! It only takes 30 seconds.

Visit our website www.scoliosis-australia.org

©Scoliosis Australia is a project of

The National Self-Detection Program is supported by

Medtronic
R U OK Day was on the 10 September. R U OK Day sends a simple, yet powerful message by placing an emphasis on the power of connection. Have you ever spoken to a friend who is upset or struggling? Has your gut told you that something is up but you felt unsure of what to say? You don’t have to be an expert to have a caring, meaningful conversation. You don’t have to fix their problem or take away the pain, you just need to help them feel supported and show you really care by listening to them. Sound easy? It is! Here are the steps…

**Step 1: Ask R U OK?**
- Be relaxed.
- Help them open up by asking questions like “How are you going?” or “What’s been happening?”
- Mention specific things that have made you concerned for them, like “You seem less chatty than usual. How are you going?”

**Step 2: Listen without judgement**
- Take what they say seriously.
- Don’t interrupt or rush the conversation
- If they need time to think, try and sit patiently with the silence.
- Encourage them to explain.
- Ask “How are you feeling about that?” or “How long have you felt that way?”
- Show that you’ve listened by checking that you’ve understood. You could say, “It sounds like you’re juggling a few things at the moment and you’re feeling really stretched.”
- If they get angry or upset, stay calm and don’t take it personally. Let them know you’re asking because you care and acknowledge that times seem tough for them.

**Step 3: Encourage action**
- Help them think about one or two things that can be done to better manage the situation. It might be they take some time out for themselves or do something that’s fun or relaxing.
- Ask “What can I do to help you get through this?” or “How would you like me to support you?”
- If you’ve found a particular strategy or health service useful, share it with them. You can say something like: “When I was going through a difficult time, I tried this…You might find it useful too.”
- If necessary, encourage them to see a doctor or other professional (this could include a Student Services person). This is particularly important if they’ve been feeling really down for more than 2 weeks. You could say, “It might be useful to link in with someone who can support you. I’m happy to assist you to find right person to talk to.”

**Step 4: Follow-up**
- Pop a reminder in your diary to call them in a couple of weeks. If they’re really struggling, follow up with them sooner.
- Say something like, “I’ve been thinking of you and wanted to know how you’ve been going since we last chatted.”
- Ask if they’ve found a better way to manage the situation. If they haven’t done anything, don’t judge them. They might just need someone to listen to them for the moment.
- You could ask, “Do you think it would be useful if we looked into finding some professional or other support?” Understand that sometimes it can take a long time for someone to be ready to see a professional.
- We can’t rush this or force someone to seek support. Instead, remain optimistic about the benefits of getting help and try not to judge them.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

This information is from the R U OK website. For more information visit [https://www.ruok.org.au/](https://www.ruok.org.au/)

World Mental Health Day is on the 10 October. This is an initiative of the World Federation for Mental Health. This is an annual event held to raise public awareness of mental health issues worldwide. To support Mental Health Week and World Mental Health Day, from October 4 to 11, the ABC is exploring mental illness, health and wellbeing through the TV, radio and online. For more information visit [http://www.abc.net.au/mentalas/](http://www.abc.net.au/mentalas/) and [https://1010.org.au](https://1010.org.au)

Need help?
Come and talk to someone at Student Services—there will always be someone available to talk to you.

Your local GP is also a good starting point and they can help link you with support.

Need urgent help for yourself or someone you are concerned about?
Lifeline 13 11 14
Kids Helpline 1800 55 1800
(Amy Gostelow- School Psychologist)
**2015 TERM DATES FOR STUDENTS**

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<thead>
<tr>
<th>Term</th>
<th>Commences</th>
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<tr>
<td>TERM 1</td>
<td>Mon, 2 February</td>
<td>Thurs, 2 April</td>
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<tr>
<td>Holidays</td>
<td>Fri, 3 April</td>
<td>Sun, 19 April</td>
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<tr>
<td>TERM 2</td>
<td>Tues, 21 April</td>
<td>Fri, 3 July</td>
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<tr>
<td>Holidays</td>
<td>Sat, 4 July</td>
<td>Sun, 19 July</td>
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<tr>
<td>TERM 3</td>
<td>Tues, 21 July</td>
<td>Fri, 25 Sept</td>
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<td>Holidays</td>
<td>Sat, 26 Sept</td>
<td>Sun, 11 Oct</td>
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<tr>
<td>TERM 4</td>
<td>Mon, 12 Oct</td>
<td>Thurs, 17 Dec</td>
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The term dates for NASHS students for 2015 are:

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

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**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.

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**REGISTRATION**

REGISTRATION DAYS FOR THE LITTLE ATHLETICS
SEASON 2015/2016 WILL BE

SATURDAY 19TH SEPTEMBER 10am - 1pm
AND
FRIDAY 9TH OCTOBER 3pm - 5pm

AT THE CLUB ROOMS CNR NORTH ROAD AND SANFORD ROAD
WWW.ALBANYLITTLEATHLETICS.MYCLUB.ORG.AU

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**A Day at the Bay**

Monday, 28th September, 10am-3pm

ENJOY a day of fun for the whole family this Queen’s Birthday public holiday, with a festival day held at Discovery Bay. FREE ENTRY to the Botanic Garden and Wildlife grounds – PLUS kids entry FREE for the Historic Whaling Station all day Monday.

Fabulous activities planned include:

- Car boot sale – 10am to 1pm, stalls at $5 per bay
- Plant and seedling sale
- Local market stalls
- Whaling what-not
- Wildlife talks and activities
- Reptile Haven
- Bush Fairy face painting
- Bouncy castle
- Pony rides
- Kids crafts and activities
- Live music and entertainment
- Helicopter flights and wave rider boat tours available for purchase.
- Plus food vendors, raffles, prizes and giveaways

Enjoy a WHOLE day at DISCOVERY BAY!

www.discoverybay.com.au  9844 4021

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**My Time is your Time—Term 4 2015**

**topics**

MyTime is a FREE service just for you!

Come along and join others in similar circumstances to socialise over coffee/tea and cake in a relaxed setting, while your child and their siblings are engaged in activities with an experienced Play helper.

Where: Wanslea, 26 Prior Street, Albany
Time: 9.30am—11.30am each Wednesday
Contact details: 08 9843 0077, Albany@wanslea.asn.au, www.mytime.net.au

Look forward to meeting you.  Kerry Harvey—Facilitator

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*Campus Wide Student Leadership*
NASHS over the past five years has grown in its academic standing and we have also grown The Arts program with some fantastic development of student performances and increased numbers of music students. Now it is opportune time for the growth in the sporting arena.

NASHS is in the process of forming development squads in key sports for 2016. All students have been surveyed to determine which sports should be the first sports that are targeted. As part of this process, we would like to identify the talent we have in the wider NASHS community.

Early term four there will be an interschool basketball tournament held in Albany, NASHS will enter four teams in this event. We were fortunate enough to have a parent and an older sibling volunteer to assist with selections and coaching of those teams. Alana McLean and Jaylen Beattie who are experienced basketball players and coaches will be training and managing the boys A and B teams for the event. It would be wonderful for NASHS students to benefit from the wealth of expertise I am sure is out there amongst our parents and community members. Even if you don’t feel like you have any particular expertise, help with whole school events such as the school athletics carnival (which also takes place in term four) is greatly appreciated.

If you are a parent, an older sibling or just an interested community member who is willing to assist, please fill out the form below and return to NASHS student services window. If you have any queries, please contact Kylie Rennie on 9892 0611.

Sporting Talent Identification: Expression of Interest

Name ____________________________________________________________

Contact Number __________________________________________________

Email ____________________________________________________________

I am a parent/older sibling/interested community member (please circle)

I can assist with coaching/umpiring/managing (please circle)

In the following sport/s (please circle)

<table>
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<tr>
<th>Basketball</th>
<th>Soccer</th>
<th>Touch Rugby</th>
<th>Netball</th>
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<tr>
<td>Volleyball</td>
<td>Cricket</td>
<td>Football</td>
<td>Hockey</td>
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Please outline your relevant qualifications and/or experience.

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

I am able to assist with official duties (place judging, time keeping, measuring etc) at;

Athletics Carnival  Swimming Carnival  Cross Country

(please circle)
At this time every year NASHS holds our version of the talent shows that you see on television. Over the years we have seen some amazing talent and this year was no exception.

During “NASHS Got Talent” it was impressive to see the range of talent that NASHS students exhibited and also how supportive students are of each other. The applause at the end of each act was deafening, the audience always made positive comments and the performers in the acts always encouraged each other. It really goes to show that NASHS students follow the values of “Be Kind and Be Respectful.”

In this year’s competition we saw five great acts from our students in Years 7—11 with the performers playing instruments and singing. The following students are to be commended for being brave enough to perform in front of a “packed house”:

George Bathgate  Sophie Adeline  Taylah Morgan  Stephanie Russ
Narkkita Fender  Eloise Carbonell  Tamsin McPherson  Jessica Dye
Jessica Morfitt  Carl Evers

The winners haven’t as yet been announced but they will be at our whole school assembly week two of term four.

Who needs the X Factor when you’ve got “NASHS Got Talent”.

On Tuesday, 8 September through to Thursday, 10 September, the Year 11 and 12 Outdoor Education class attended a mountain biking camp at Pemberton Camp School. We arrived at Pemberton midday where we set up camp in the school’s playground.

We then completed a mountain bike skills test where our riding skills were challenged on the lochness track. In the afternoon we continued riding completing the skills loop, then returned to camp, making dinner and making use of the recreation room. On Wednesday, we cycled 30 kilometres over unforgiving terrain using mainly single tracks. One particular downhill section gave grief to Ramylle and Ben, resulting in suspected fractures to Ben’s ribs. On Thursday morning we soldiered on and climbed the Gloucester tree, then returned to camp and completed an 8 kilometre downhill trail.

The camp as a whole was challenging but rewarding and fun was had by all. We would like to take this opportunity to thank Mrs Wood for all of her efforts in organising the trip and making it as fun as possible. We would also like to thank Ben for accompanying us and providing us with plenty of encouragement and humour despite his injuries.

(Senior School Outdoor Education Class)
BOYS & GIRLS VOLLEYBALL
STATE COMPETITION