PRINCIPAL’S MESSAGE

Last Friday we held our annual ANZAC Day assembly, which is always a highlight of our school year. We were very appreciative of the attendance of Captain Rae, CPO Elleman and LS Bullock from HMAS Albatross at the assembly, and the Catafalque party who added a strong sense of solemnity and formality. Thank you to Captain Rae for his heartfelt address, sharing the story of some school age soldiers at Gallipoli. Well done also to Milly Bristow who gave an inspiring address on behalf of our students.

We were also honoured to be joined by Mr Reksmiss from the RSL who donated books and dvds to the school library, Mr Tearle from Legacy who donated a plaque with a quotation from Kemal Ataturk, and Mr Williams who played the Last Post and Reveille for us. It is wonderful that our ANZAC Assembly is such a wonderful community event.

A special thanks to Mrs Robinson from our HSIE Faculty for her organisation of the assembly. She did an amazing job!

On Thursday evening I had dinner with our local member, The Hon Ann Sudmalis, and Senator Simon Birmingham, Assistant Minister for Education and Communities, and other education stakeholders in the Shoalhaven. This was a great chance to talk publically about the fantastic opportunities we provide for all students at Nowra High School, and advise policy makers what they can do to ensure we continue providing the best possible educational outcomes in public schools.

On Monday I received a lovely email from a woman who had bogged her car beside a country road on Friday afternoon while on her way to a wedding. While other cars passed her by, two of our Nowra High School students stopped to give assistance. My thanks to Josh Neri (School Captain) and Isaac Dunne (Vice Captain) for being so responsible and such great ambassadors for Nowra High School. It is students like you who give our school it’s great reputation. Well done boys!

Have a great week!

Angela Byron
Principal

Calendar

Coming Events for TERM 2 - Week 3 & 4

WEEK 3 - ALPHA

Monday 4th May:
⇒ South Coast Squash trials at Bomaderry
⇒ Yr 12 Dance-Fine Line Workshop at Bowral High
⇒ Yr 9 Child Studies in the CBD
⇒ Yr 11 Sr Science Assessment 2 in class

Tuesday 5th May:
⇒ Yr 9 Science Assessment 2 in class
⇒ Yr 10 Marine Studies excursion

Wednesday 6th May:
⇒ Yr 11 Biology excursion to Minnamurra Boat Ramp
⇒ Yr 9 English Assessment in class

Thursday 7th May:
⇒ Yr 12 Exploring Early Childhood excursion to Dymocks

Friday 8th May:
⇒ Zone Cross Country at Wilandra
⇒ Yr 10 Science Half Yearly in class
⇒ Yr 11 Biology Assessment Task 2 in class

WEEK 4 - BETA

Monday 11th May:

Tuesday 12th May:
⇒ NAPLAN Test in MPH

Wednesday 13th May:
⇒ NAPLAN Test in MPH
⇒ Yr 11 Crossroad Camp at Fitzroy Falls

Thursday 14th May:
⇒ NAPLAN Test in MPH
⇒ Yr 11 Crossroad Camp at Fitzroy Falls
⇒ Yr 10 English Half Yearly in class

Friday 15th May:
⇒ NAPLAN Catch Up in MPH
⇒ Yr 11 Crossroad Camp at Fitzroy Falls

Years 11 and 12 parent teacher interviews will be conducted on 26th May 2015 from 3:45 pm in the MPH. This year bookings for interviews will be done online via the school website. Today parents will find attached to the newsletter a user guide for the Parent Interview Module being used for this online service. Bookings will open for parents on the 18th May 2015 and close on 25th May 2015 at 5pm. Any enquiries please contact the Deputy Principal, Mr. Buckley.
WELLBEING MATTERS

Be careful what you wish for as a parent

By Michael Grose

The focus on success and achievement doesn't have to come at the expense of our children’s empathy and wellbeing.

What would you wish for? A caring child or a successful child?

If pressed to choose, which would you prefer?

If you were like the parents of kids in a recent study you’d go for successful rather than caring.

In a fascinating Harvard study referred to in a recent Age article, 10,000 kids were asked whether achievement and success, rather than caring for others, were their parents’ main priorities. The kids overwhelmingly said their parents opted for success rather than caring.

I suspect Australian kids would come up with a similar response if asked. In my work with parents and schools over nearly 40 years I’ve never seen the educational and parenting landscape so competitive as it is today. The standard belief of ‘Everyone can get ahead and be successful’ has been replaced by ‘my child needs to get ahead and be successful’.

Parents rightfully will go to great lengths to make sure their kids don’t get left behind, but now academic success increasingly means achieving at any cost. Even at the expense of a child’s well-being, and in extreme cases, at the expense of other children’s success.

A sign of the times

This is very different from even a generation ago when caring and respect for others were drummed into kids. “Do the right thing by others”; “Respect your elders”; “Take good care of each other” were common mantras that many of today’s parents grew up hearing.

Now that these kids have become parents themselves they use achievement mantras rather than the empathetic statements they were raised on. “Always do your best”; “Think confident thoughts”; “Set your goals and work hard to achieve them” are typical of the comments that kids hear in today’s more competitive environment.

The price of success at all costs

Washington Post parenting writer Ashley Trexler argues that putting happiness and success before caring and empathy is raising a generation of bullies. She claims that parents unknowingly encourage bullying through their focus on success at all cost, as kids are being encouraged to pursue power at the expense of empathetic behaviour.

We can have both

This is a controversial view based on the assumption that you can have either successful kids or caring kids. I believe you can have both. Parents and teachers can encourage kids to achieve, but also emphasise the importance of looking out for your mates, and taking care of others. Individual success doesn’t have to come at the expense of well-being and the success of others. It does mean that we need to put caring for others firmly on our parenting agendas.
Here are five ways to do this:

1. **Develop a language for caring**

Parents invariably develop a deep language around the things they value. If caring is important then you need to develop language for caring (look after your brother; do the right thing; do unto others) just as you have probably developed a language around success (persist, work hard, do your best).

2. **Model caring behaviours**

Parents need to model caring, relational behaviours if they want children to develop these behaviours. Positive displays of intimacy such as a kiss and a hug for every family member as they walk out the door each day is a great way to teach healthy caring behaviours. It’s the small acts of kindness and caring that happen on a consistent basis that have the most lasting impact on kids.

3. **Focus on co-operation rather than competition**

It’s easy to develop competition between kids. As a parent all you need to do is praise one child and criticise another and you’ve established the conditions for competition. It’s far harder to develop cooperative behaviours, but it’s worth the effort. Encourage kids to help each other; ask them to do jobs in pairs so they learn to work together; and teach older children to give way to younger children rather than always have their own way. Caring kids learn that not everything goes their way and that they need to compromise and give way to others in the name of being social and getting on.

4. **Encourage nurturing behaviours**

In the past families were larger than they are today and they had a natural advantage in developing caring and empathy. Elder kids would invariably have to look out for, or look after younger siblings, often at the expense of their own interests. In an era of small families kids have fewer natural opportunities to look after each other. However, parents can develop nurturance by encouraging children to look out for younger friends and relatives; to care for pets and also to be respectful of older relatives and friends.

5. **Pay attention to children’s emotions**

Now more than ever it’s important for parents to be attentive to children’s emotional lives, and also to develop an awareness of their own feelings and the feelings of others. Empathetic kids rarely use power and bullying to get their own way. Empathy always starts with an awareness of a child’s own emotional state.

As parents we want our kids to grow up to be successful and achieve their full potential. It’s the default position for most parents. But that doesn’t have to come at the expense of caring for others. In these times of small families and a more competitive landscape parents need to work harder than ever to develop nurturance, caring and respect for others in kids.
Dear Parent/Guardian,

The 2015 Nowra High School Athletics Carnival will be conducted on Tuesday 19th May (Week 5) at Nowra High School.

On the day, all students will attend roll call as normal. Following roll call, students will walk to the back oval and meet in their house groups. A sausage sizzle and canteen will be operating on the day, and students are reminded to follow the slip, slop, slap message and bring a hat, sunscreen and water.

At the completion of the carnival, students will assemble in their year areas until 3:25pm. Any student wishing to leave the school during the day will be required to collect a part day pass in the morning as usual. Permission over the phone will not be acceptable.

In the event of inclement weather, an announcement will be made on Power FM. In this instance, the carnival will be postponed and school will run as normal.

N.B The Athletics Carnival is a whole school event so attendance is compulsory. Students are encouraged to embrace their house group and come dressed in house colours.

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K. Little
Carnival Organiser

K. Poulton
Head Teacher PDHPE

K. Forbes/G. Buckley
Deputy Principal
FREE STUDENT EXCHANGE INFORMATION EVENING IN WOLLONGONG

Hear from returned students, find out more about discounts and scholarships available and ask questions.
Thursday, 14th May - 6.30pm
Wollongong City Library, Central Lending Library
Ground floor, 41 Burelli Street
Wollongong

www.studentexchange.org.au
1300 135 331 (cost of local call)

NOWRA LIBRARY THURSDAY
28TH MAY FROM 5.30pm to 7pm
Come along and be part of the audience for our light heated debate ~

A CLASSIC WASTE OF TIME:
ARE THE CLASSICS STILL RELEVANT TODAY?

Such as:
Pride and Prejudice - Jane Austen
To Kill a Mockingbird - Harper Lee
The Tree of Man - Patrick White
The Great Gatsby - F. Scott Fitzgerald
James Joyce - Ulysses

Vote for your strongest team and have the chance to win some great prizes!
Tea, coffee and biscuits provided

SHOALHAVEN LIBRARIES - NOWRA

CONGRATULATIONS ON YOUR MERIT ACHIEVEMENTS

Principal’s Award:
Sam Murray, Kendel Judson, Faith Aarons, Jonah Longbottom, Ely Murray, Lachlan Webb, Edwin Christopher & Keona Cornish

Bronze Award:
Adrian Christopher, Kendel Judson & Elyzia Quin

Silver Award:

Diamond Award:
Miles Quinell

Platinum Award:
Rohan Corrigan

G’Day USA News

There are 29 excited students and 3 enthusiastic group leaders who can’t wait for their upcoming USA adventure. There is space for 1 more student traveller but you would need to contact Mrs. Newton immediately to secure the spot, because school colour groups are being formed as we speak. There will be an important Parent and Student Meeting at Nowra High School library on Tuesday 19th May at 5pm. While it will be a brief meeting, it is an important one as parents will be given dates and requirements for the upcoming trip.

See you there!

Katungul & Wandarma Present
ICE FORUM
This is a FREE community event
Friday 8th May 2015
1-3 Old Princes Hwy, Batemans Bay
9:30AM until 4:00PM
Lunch included - BOOK NOW
Call Steve 0410-552-968
Or Shae 6492-0532

P & C MEETING
Parents please note the next P & C meeting is 12th May in the Staff Common Room at 7.30pm
ALL WELCOME

Nowra High School - It’s News To Me
**Y Quest Girls Blitz Photography Competition**

Stockland Nowra held a Youth Photography Competition to find the most exciting young photographers in the Shoalhaven area. Ten winning photographs were selected, printed and displayed as part of Youth Week Celebrations at Stockland Nowra. The competition was open to all young people who live, work or study in the Shoalhaven between the ages of 5 and 24 years old. The brief was for participants to enter one photograph which depicted their connection with the Shoalhaven accompanied by a brief explanation. Y Quest girls were encouraged to participate after learning the basics of camera operation and digital photography during a full day workshop run by professional photographer, Michelle Green. Five girls took up the challenge and entered. Congratulations go out to all five girls for entering, but particularly to Jorja Kennedy, Olivia Boyle and Jacinta Jay who were judged winners along with seven others. Each winner received a certificate and a $50 gift card that can be redeemed at Stockland stores plus a $50 gift card for their organisation.

Jorja Kennedy

Olivia Boyle

Jacinta Jay
PARENTS PLEASE NOTE - ATTACHED TO THIS NEWSLETTER IS THE VISUAL ARTS CAMP 2015 INFORMATION

IF YOU REQUIRE ANY FURTHER INFORMATION PLEASE DO NOT HESITATE TO CONTACT THE SCHOOL