PRINCIPAL’S MESSAGE

Well done to our team of athletes who competed at the Zone Cross Country Carnival last week. First place in their age groups were: Kristina O’Shea, Harry McGill, Jarvis Strand, Charlie Rodden, Alex O’Brien, and Breanna O’Donnell. Nowra High School came 3rd overall in the point score. Thanks to Miss Little for her organisation of our team, and all of our students who were such great representatives of our school.

This year each of our Faculties have been hosting an assembly, and we’ve had some fantastic events so far. Thanks to Mr Dixon and the Maths Faculty for their great presentations on the use of mathematics in surfing and skiing. They also organised a guest speaker to talk about the application of mathematics in designing and making surfboards. Mr Rouen, who has just been appointed permanently to Nowra High School, also gave a presentation about rugby league and the Nowra Jets that we all enjoyed.

This week the Creative and Performing Arts (CAPA) Faculty hosted the assembly, which included the debut of our Nowra High School Stage Band, and wow, what a debut! The band performed two numbers, ‘Blues is my Favourite Colour’ and ‘Cantaloupe Island’, and had the audience engaged and entertained. Congratulations to the whole band, and I look forward to your next performance. We then had Erin Stokes sing ‘It Ain’ t Pretty’ and Jade Thornton sing ‘Nashville’. Both performances were simply stunning and showcased their beautiful voices. Thank you also to our amazing dancers Charlotte Lee, Jasmine Langworthy, Zoe Sillato, and Imogen Clarke who had us bopping along to Livin’ La Vida, and Zoe Sillato, Emily Klein, and Jacinta Jay for their lovely interpretation of Jealous. The big finale was Dan Lucas who performed one of his own compositions on guitar and didgeridoo, and absolutely brought the house down!

Thank you to all of these students, and to the Light and Sound Crew who work so hard to make our performers look so professional. A special thank you also to our wonderful teachers Ms Yeomans, Mrs Poulton, Mr Sadler and Mr Hamilton for the many hours you spend nurturing our students’ love of the performing arts.

Last week our Student Representative Council held a BBQ lunch and raised $400 for the victims of the recent earthquake in Nepal. Well done on this great initiative, and a special thank you to our Deputy Principal Mr Buckley for helping to cook the BBQ.

A reminder that our Athletics Carnival is on Tuesday on the school oval. There will be a BBQ and other food and drinks for sale. Don’t forget to dress in House colours and show your team spirit! Have a great week!

Angela Byron - Principal

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HOURS FOR THE UNIFORM SHOP

**THURSDAYS ONLY**

8.00am - 11.30am  ~  1.00pm - 5.00pm

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Calendar

### WEEK 5 - ALPHA

**Monday 18th May:**
- NSW CHSSA Netball girls state carnival - Berkeley
- Yr 12 French Assessment Task, period 3 & 4

**Tuesday 19th May:**
- NSW CHSSA Netball girls state carnival - Berkeley
- Yr 12 English Std Assessment

**Wednesday 20th May:**
- NSW CHSSA Netball girls state carnival - Berkeley
- Yr 11 Biology Assessment

**Thursday 21st May:**
- Whole School Assembly
- Yr 8 History Assessment - part B, period 4

**Friday 22nd May:**
- NSW CHSSA Netball girls state carnival - Berkeley
- Yr 11 English Std Assessment, period 4

### WEEK 6 - BETA

**Monday 25th May:**
- Lessons continue

**Tuesday 26th May:**
- NSC CHSSA Netball girls state carnival - Berkeley
- Yr 12 Adv Eng excursion, Seymour Centre

**Wednesday 27th May:**
- NSW CHSSA Netball girls state carnival - Berkeley
- Yr 11 Advanced English excursion, Seymour Centre
- Yr 7 Geog AO Assessment
- Yr 7 Geography Assessment

**Thursday 28th May:**
- NSW CHSSA Netball girls state carnival - Berkeley
- Yr 12 French Assessment Task, period 3 & 4
- P & C meeting, Staff Common Room, 7.30pm

**Friday 29th May:**
- Regional Cross Country, Nowra
- Whole School Assembly
- Yr 9 Mathematics Assessment, period 1

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Nowra High School - It’s News To Me
ANZAC DAY CELEBRATIONS IN THE MPH ON 24TH APRIL
Year 9 Camp 2015

Wednesday 2nd of September to Friday the 4th of September, 2015
(Term 3, Week 8)

A reminder that the next payment for camp is due this Tuesday 19th May. Please ensure payment of $60 is made to the front office by this date. This is also the day of the school athletics carnival. Any students coming to school with cash are encouraged to make payment before roll call this day.

If preferred, payments in full can be accepted ($340). If not, the remaining payments are due as follows:

- First payment/Non-refundable deposit: $100 due 24th February, 2015. ✓
- Second instalment: $60 due Tuesday 31st March, 2015. ✓
- Third instalment: $60 due Tuesday 19th May, 2015.
- Fourth instalment: $60 due Tuesday 23rd June, 2015.
- Fifth instalment: $60 due Tuesday 11th August, 2015.

Please let me know if there is an issue with payments or if you need to check the balance of payments made so far.

Thank you,

P. Killen

Raft Building

Dual Flying Fox
The NSW Combined High Schools Opens Rugby Championship took place recently in Wagga Wagga, and Nowra High School was represented at the championships by three players. Year 12 students Angus Clark, Liam Randall and Takunda Chimwaza were part of the South Coast CHS team that won the championships second tier and finished in 5th position overall. Angus also had the honour of captaining the team at the championships. South Coast started well on Day One beating North West NSW 24-0, but were later beaten 20-5 in their second pool game by eventual championship finalists Sydney South West. After finishing second in their pool South Coast played in the semi-final of the second tier competition on the second day and convincingly beat Western NSW 48-7. On the final day of the Championships, South Coast beat Sydney North West 21-18 in a tight encounter, to take out the championships second tier cup and finish in a commendable 5th place overall (out of 12 teams). The three Nowra High boys all contributed strongly throughout the Championships, congratulations boys on the achievement.
Zone Cross Country

On Friday 8th May, we had 65 students qualify to represent Nowra High School at the zone carnival held at Willandra Farm, Cambewarra. All our students ran extremely well and did our school proud. We had many of our students placed in the top 10 for their age group. Well done to all our competitors. A huge congratulations to those students who were placed 1st for this age group.

Harry McGill- 1st place (18 years)
Martin Thomson- 1st Place (15 years)
Alex O’Brien- 1st Place (12 years)
Jarvis Strand- 1st place (17 years)
Charlie Rodden- 1st Place (14 years)
Kristina O’Shea- 1st place (17 years)
Breeana O’Donnell- 1st place (15 years)
CONGRATULATIONS ON YOUR MERIT ACHIEVEMENTS

**Bronze Award:** Brayden Bennett, Abbey Francis, Leteisha Klein, Ely Murray, Sam Murray, Chelsea Smith and Harrison Butler

**Silver Award:** Gemma Thompson, Amy Selby, Abby McCallum, Coby La Faber, Alicia Collison-Gates, Emelia Collison-Gates, Olivia de Strange, Cara Haupt, Cooper Harris, Lucy Jorgensen, Madeline Gilkes and Veronica Burt-Leonard.

**Gold Award:** Dakotah Mannering, Alistair Clark and Cooper Hodges

**Platinum Award:** Hannah Milton, Biancia Pink, Kyal Sinclair, Emily O’Driscoll, Cheyenne Craft, Kaitlin Aldous, Emma Nowak, Angus Clark and Kyle Douglas.

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! - Ms Newton

FREE LAW WORKSHOPS

Youth, Alcohol and the Law
Everyday Law and Police Powers
Effects of Capacity - Law and Substance
Straight Ahead - Traffic Law & Road Safety
Mental health, Drugs & The Law

- Book Directly or Contact Di
  0401718469

P & C MEETING DATES FOR 2015

FOR TERM 2 - 2015
Week 4 - Tuesday 12th May
Week 8 - Tuesday 9th June

FOR TERM 3 - 2015
Week 4 - Tuesday 4th August
Week 8 - Tuesday 1st September

FOR TERM 4 - 2015
Week 4 - Tuesday 27th October
Week 8 - Tuesday 24th November
Minnamurra Field study Year 11 Biology Students
Under the Influence~
Protecting our children

Almost 1 in 8 deaths and 1 in 5 hospitalisations of people aged under 25 is due to alcohol. Parents play a key role in building resilience in young people and help them to navigate decisions through the bombardment of media and social cues that saturate our community.

These workshops aims to provide parents with:

- Increased understanding of factors that impact on consumption (and non-consumption!) by young people.
- Strategies to assist in protecting young people against factors that encourage alcohol misuse.
- Opportunities to contribute to a community that can support our young people to grow and develop in an environment which actively supports reducing alcohol related harm.

**Shellharbour** Monday 15th June
12:30pm-2:30pm Centenary Hall, Tontarran Rd, Albion Park

**Wollongong** Monday 15th June *(followed by a Community Forum)*
6:00pm-8:00pm Salvation Army Hall, level 2, 11-13 Burelli St Wollongong
(parking entry via Stewart St)

**Nowra** Tuesday 16th June
9:30am-11:30am Showground Meeting Rooms West St, Nowra

*All workshops are FREE*

A $2 donation at the door will support activities that reduce alcohol related harm

*Professor Sandra Jones* is the Director for Centre for Health and Social Research at the Australian Catholic University in Melbourne. Sandra has worked in academic and industry roles in marketing, social marketing and public health. For over a decade her research has focused on influences on young people’s alcohol consumption, including media, marketing, social norms around underage drinking.

*Amy Ferguson* is a Senior Policy Officer at the Foundation for Alcohol Research and Education. Amy is the coordinator of the NSW ACT Alcohol Policy Alliance. She has a Masters in Public Health. Amy has worked on health and social policy development in both the public sector and not-for-profit sector.

**Bookings Essential**: Book directly by pressing the BOOK NOW link beside the event you wish to attend alternatively - contact (02) 4254 2794 or email [Donna.forknall@sesiahs.health.nsw.gov.au](mailto:Donna.forknall@sesiahs.health.nsw.gov.au).