Our students have been leading the way in the Shoalhaven over the past two weeks, excelling in a wide range of fields. Last week Nowra High School students won both the Stage 4 and Stage 5 prizes at the Shoalhaven Science Fair. This was a huge achievement for our school to take out both of the top awards. We had the highest number of entries into the fair from any high school, and a number of our students also won individual awards. Congratulations to all of our students who participated, and well done to Ms Mainey, one of the Science Fair organisers. My thanks to the Science Faculty for the wonderful work they do inspiring our students to develop a passion for Science.

On Friday night a group of Aboriginal students from Nowra High School performed in Transmit at the Shoalhaven Entertainment Centre. It was an outstanding evening, with lots of staff from Nowra High there to support our students. Congratulations to the following students, who made us incredibly proud – Matthies Loveridge, David Carpenter, Brayden Omoeboh, Lorrinda Moore, Nekaya Carpenter, Kendal Judson, Chloe Ashby, Kacey Thomas, Kayla Shillingworth and Timira Thomas. Thank you also to Bundanon Trust for this wonderful initiative that allows local Indigenous youth to learn skills in performance. My thanks to Mrs Short from HSIE and Sharon Webster, AEO for the support they have given our students throughout the program.

Our Tournament of the Minds teams competed over the weekend, representing the school exceptionally well. Congratulations to all involved, and special acknowledgment to our Language Literature Team - Brayden Collison, Lachlan Webb, Lucia Edwards, Katelyn Burkill, and Rosemary Peerless - who came away with Tournament Honours. Thank you to Ms Opferkuch, Ms Mainey, Mrs Lesley, Ms Heisley and Mrs Hamilton for supporting our students. Special thanks also to the Nowra HS P&C who provide financial assistance for our participation.

On Friday and Saturday, Nowra High students will perform 4 shows in Southern Stars Beyond the Frame at the WIN Entertainment Centre in Wollongong. Each year the show gets bigger and better, and if you haven’t had the chance to see it in the past, I highly recommend you take your family along. A group of students are attending the schools matinee on Friday with Ms Yeomans and Mr Hamilton, and I’m looking forward to seeing the show on Friday night. Best of luck to all of our performers, and thank you to Ms Bulksstra, our amazing Dance teacher, for her work supporting our students.

Have a great week!
Angela Byron
PRINCIPAL

PRINCIPAL'S MESSAGE

Calendar

Coming Events for TERM 3 - Week 7 & 8

**WEEK 7 - ALPHA**

- **Monday 24th August:**
  - Yr 7-11 History Excursion—Nicholson & Maritime Museums
  - Yr 7-10 Zone Basketball, Bomaderry Stadium

- **Tuesday 25th August:**
  - Yr 9 Careers Excursion to Albatross
  - Yr 10 Science Excursion to Shoalhaven River mangroves

- **Wednesday 26th August:**
  - Extension Committee Meeting, 3.45-4.45pm, Conference Room
  - Yr 10—Silos Talk, Multi Purpose Hall, Period 5
  - Yr 8 Maths Assessment Task

- **Thursday 27th August:**
  - Yr 7/8 & 9/10 Debating Camp at Bayswater Inn
  - Yr 9 Mathematics Assessment Task

- **Friday 28th August:**
  - Yr 7/8 & 9/10 Debating Camp at Bayswater Inn
  - Yr 11 & 12 AFL Gala Day, Artie Smith Oval
  - Southern Stars - WEC - Audience Only

**WEEK 8 - BETA**

- **Monday 31st August:**
  - Lessons continue

- **Tuesday 1st September:**
  - P & C Meeting, Staff Common Room at 7.30pm
    - All welcome

- **Wednesday 2nd September:**
  - Yr 9 Camp to Collaroy
  - Yr 10 Commerce Excursion to Nowra township
  - Yr 8 English Assessment Task 3

- **Thursday 3rd September:**
  - Year 9 Camp to Collaroy
  - State Athletics Carnival - SOPAC
  - Yr 10 Careers Excursion to Albatross

- **Friday 4th September:**
  - Year 9 Camp to Collaroy
  - State Athletics Carnival - SOPAC

**HOURS FOR THE UNIFORM SHOP**

- **THURSDAY ONLY**
  - 8.00am ~ 11.30am
  - 1.00pm ~ 5.00pm
Nowra High School wishes our students performing in

**Southern Stars 2015 Beyond the Frame**

The very best of luck for four great shows!

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<tr>
<th>Jasmine Langworthy</th>
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<td>Jasmine Rijnbeek</td>
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Expression of interest to all parents  
YWCA Brave Sessions – Fiona Lam – we need 25 parents for this to be successful and worthwhile for Fiona to visit NHS

Y-B.R.A.V.E
Be Respectful and Value Everyone

Y-B.R.A.V.E is about promoting healthy relationships and provides participants with skills to minimise harm and develop resilience. YWCA NSW is offering your organisation the opportunity to participate in a workshop on Respectful Relationships.

Y-B.R.A.V.E specifically addresses resilience, bullying, cybersafety and protective behaviours. The program focuses on issues that people face throughout their formative years and equips them with an understanding that will enable them to make informed decisions about present and future relationships.

Y-B.R.A.V.E has been delivered in high schools since 1996. The program has been delivered to over 54,000 participants. This success and the expression of interest received from the schools have encouraged YWCA NSW to deliver presentations to local public schools in the Shoalhaven area, assisting participants to gain valuable knowledge in maintaining healthy relationships leading into their future.

Y-B.R.A.V.E Outcomes
- Participants raise their awareness of respectful relationships.
- Participants increase their knowledge and understanding of rights and responsibilities in relationships.
- Participants increase their skills in recognising and assessing risk.

Y-B.R.A.V.E is presented by trained YWCA NSW facilitators. The program is aligned to the Physical Development Health and Physical Education NSW curriculum. Flexibility has been built into each module of the program in order to ensure that content is culturally relevant and age appropriate.

Y-B.R.A.V.E is funded by YWCA NSW.

Workshop Details
- Running time: 30-60 minutes
- Participants: 25 participants per workshop (maximum 30)
- YWCA NSW Contact:
  - Facilitator – Fiona Lam
  - Phone: 02 4423 8505
  - Email: fional@ywcansw.com.au
  - Fax: 02 4422 5155

VOLUNTEERS WANTED PLEASE

The School Canteen is operated by the P&C and we are in need of volunteers. Your commitment can be as little as a few hours once a term or on a regular weekly basis. If any parents or caregivers are able to assist please contact the Canteen on 44213435. As with most work places we can structure your volunteering hours to best suit you. As a volunteer in the Canteen, you would be making a very valuable contribution to the Nowra High School community.
Rehearsals for Southern Stars 2015 Beyond The Frame are in full swing with students taking part in a wide range of dance and vocal rehearsals around the state.

The buzz around the show is growing daily and tickets are selling more quickly this year than ever before so we encourage you to buy your tickets through Ticketmaster (Adult $48, Pensioner and student over 12 $38, Student/Child under 12 $27 and Family pass $140) as soon as possible to make sure you don’t miss out.

Beyond the Frame, featuring 3000 public school children, will take place over four performances at the WIN Entertainment Centre in Wollongong on Friday August 28 (10am and 7pm) and Saturday August 29 (2pm and 7pm).

To keep up with all the news about Beyond The Frame including recent media stories and picture galleries, as well as profiles of performers and teachers involved in the show, visit the Southern Stars – The Arena Spectacular Facebook site. Like us and share with your friends and family!

Our aim is to provide homeless and at risk women nationally with sanitary products to allow them a sense of dignity at a time when they need it most. Sanitary items should be a RIGHT not a privilege.

No woman should suffer the indignity of choosing between eating and buying sanitary items.

Donations of these items will be accepted at: Nowra High Schools Front Office OR Tilly Lane - Shop 3 Morrisons Arcade - 103 Junction Street, NOWRA

For more information please go to: www.sharethedignity.com.au

PARENTS PLEASE NOTE THAT NAPLAN RESULTS WILL BE SENT HOME SOMETIME THIS WEEK WITH YOUR STUDENT.

BAY AND BASIN AMATEUR SWIM CLUB
SUMMER SEASON 2015/2016

Bay and Basin Amateur Swimming Club meets each Friday night at the Bay and Basin Leisure Centre, Wool Rd, Vincentia.

We are opening for our Summer Season starting in October and would love new members to join us.

Swimmers of all abilities are welcome and your first trial night is free.

Registration fees apply if you join up and are valid for the year. 5pm for entry registrations for a 5.30pm start.

If interested please call Chelsea on 0409 493 026 or email bayandbasinasc@gmail.com for more info.
CONGRATULATIONS ON YOUR MERIT ACHIEVEMENTS

Bronze Award: Keira Turner, Emily Thomason, Katrina Sims, Dylan Thomas, Keona Cornish, Brayden Omoeboh, Lorcan Edwards-Villalta, Aidan Wallis, Blaney Jamieson and Elyzia Quin.

Silver Award: Daniel Rowe, Jack Peters, Zaid Forrester, Lachlan Dixon, Bradley Tatnell, Georgia Wright, Harrison Payne, Zac Peacock, Alex Adams, Billie Barby and Abbey McCallum.

Gold Award: Brandon Burney, Tanesha Jamieson, Alina Hager and Melanie Wolfenden.

Platinum Award: Lara Markham, Emily O’Driscoll, Elodie Miles, Blake Dole, Eliza Roth and Jessica Speer.

YEAR 11 EXAMS

Year 11 Preliminary Yearly Examinations will be held in Week 9 - 7th September and will finish on Thursday 17th September. Students are only required to attend school on the day they have an examination. All Year 11 students are required to attend school on Friday 18th September. Full school uniform must be worn. Examination timetables will be issued in Week 7.

Mr Buckley - Deputy Principal

P & C MEETING DATES FOR 2015

FOR TERM 3 - 2015

Week 8 - Tuesday 1st September

FOR TERM 4 - 2015

Week 4 - Tuesday 27th October
Week 8 - Tuesday 24th November

All welcome in the Staff Common Room at 7.30pm

UNIFORM SHOP 20% SALE — The uniform shop IS OPEN ON THURSDAY 10th September and 17th September FOR A 20% SALE

Shop stock only, No Exchanges, No Refunds, No Rainchecks, No Laybys

Woollen Jumpers are included in the sale

Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Lindi Jamieson-Brown, your local Saver Plus Worker: (02) 4254 4505 / 0427 439 234 or lindi.jamieson-brown@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with ANZ by the Smith family. The program is funded by ANZ and the Australian Government.