Nowra High students and building a sense of belonging, identity, pride and respect for full school uniform plays a significant part in maintaining the safety of students were very impressive with their dress-up costumes. The wearing of that all students were very well presented on the day and the year 12 students will be held on Thursday 18th February. Mrs Wellington reported had good weather for the day. I would like to congratulate all participants for their commitment on the day and acknowledge the hard work of Mr Lenard and the PDHPE faculty for their organisation. This is the first time for many years that we have conducted a whole school carnival due to the closure of and the role these values play in the development of caring, confident and respectful young adults.

Recently I addressed the students about Responsibility, what it looked like, what it sounded like. A few points I mentioned were: Do something before someone tells you to do it Don’t blame others Admit when you are wrong Don’t make excuses Do your work to the best of your ability

As with behaviour, students need to be taught what responsibility entails, this can then be reinforced in the classroom, the playground and at home.

Thank you to the SRC for organising for sale, on Valentine’s Day, an assortment of gifts for students to purchase as a fund raising activity. As well as raising funds it also helped in creating a very cheerful school atmosphere for the day. The next SRC activity involves a school beautification project, as well as ongoing communication with the P&C regarding the school jumper. SRC members Bianca McIver and Elecia Parrott will be representing Nowra High at the upcoming leadership event at Shoalhaven Council regarding social equality.

An information session for Year 7 2017 will be held on the afternoon on Tuesday March 1st in the Multipurpose Hall commencing at 4pm. All interested parents are welcome to attend. There will be a presentation followed by a tour of school facilities. Check this newsletter for further details.

The school swimming carnival was held last Wednesday and fortunately we had good weather for the day. I would like to congratulate all participants for their commitment on the day and acknowledge the hard work of Mr Lenard and the PDHPE faculty for their organisation. This is the first time for many years that we have conducted a whole school carnival due to the closure of the Nowra pool. Congratulations to the following Age Champions:

12 Years Girls Asha Phillips
13 Years Girls Tanayah Caple 13 Years Boys Alex O’Brien
14 Years Girls Jessica O’Donnell 14 Years Boys Jarrod James
15 Years Girls Alice Lauder 15 Years Boys Leigh Hutchinson
16 Years Girls Elecia Parrott 16 Years Boys Kaleb Phillips
17+ Girls Isabella Gallant 17+ Boys Macq Carroll

Once again Nowra High students achieved success at both the Nowra and Berry shows with cattle showing, the biggest pumpkin prize and the cookery section. Congratulations to Shamssy Elrihawi, Shanohn Sigavong and Tara Day for their cookery awards. Mr Ryan will present a rundown of the cattle awards in the next newsletter.

School photos were conducted on Tuesday and make-up photos for absent students will be held on Thursday 18th February. Mrs Wellington reported that all students were very well presented on the day and the year 12 students were very impressive with their dress-up costumes. The wearing of full school uniform plays a significant part in maintaining the safety of students and building a sense of belonging, identity, pride and respect for Nowra High school.

Mr Gerald Buckley ~ Relieving Principal
CONGRATULATIONS ON YOUR
MERIT ACHIEVEMENTS

Silver: Olivia-Kate Holland, Alex Adams, Breeanna Wilkinson, Georgia Wright, Mitchell Karhapaa, Noah Roper and James Magee.

Ruby: Jess White, Aden Spencer

Diamond Award: Joshua O’Driscoll

Year 7 Camp & Zone Swimming

Year 7 camp will be held from 24th February – 26th February 2016 at Cataract Scout Park. Zone Swimming Carnival is on 24th February at Bomaderry Pool. Any student that qualifies for Zone Swimming that is in Year 7 will need to let Miss Little know and make alternative arrangements for camp.

A reminder for parents that FINAL PAYMENT is due to the NHS front office by 19/2/2016 (Friday, Week 4).

From the Defence Mentor

A very warm welcome to all of our new Defence students at Nowra High. It is a great school and I’m sure you’ll enjoy being a part of it!

My name is Kathryn Hamilton and I am here specifically for those who come from ADF families. I will be introducing myself to all new students in the next few weeks and be your support as you progress through the years of high school.

I’m here from Tuesday-Friday every week and my office is in the room next to G8 (opposite the science labs upstairs). If you have any questions or worries at all, come and see me and I will help as much as I can!

Letters to all known new ADF families at Nowra High will be sent home this week. If you are from a Defence family (regardless of whether you are full time, reserve or have other children in the Defence Force) and you did not receive a letter, could you please let the school know? My email is Kathryn.hamilton5@det.nsw.edu.au and my phone number is 4421 4977xt 142.
Nowra Show Prize Winners

Shamssy Elrihawi  Shanonh Signavong  Tara Day

Food Technology students from Year’s 10, 11 and 12 worked very industriously on their return to school and entered the Nowra Show’s Cookery Section for the first time in the recent history of NHS.

Congratulations to Shamssy Elrihawi (YR10FT) on her Stewardess Award for plain scones, Shanonh Signavong (YR11FT) on his second prize for Anzac biscuits and Tara Day (YR12FT) on her Stewardess Award for her sandwich sponge cake.

All the students who entered should be very proud of their efforts considering the time frame constraints. Well Done!

Mrs Catherine Woods – Food Technology Teacher
Student wellbeing is a priority at Nowra High School. We aim for all students to feel safe and happy at school, and be actively engaged in their learning. Students are referred to wellbeing programs by the Learning Support Team, Wellbeing Team or Deputy Principals.

Following is a range of programs currently being implemented by Nowra High School to support our students.

**Mind Matters**
Mind Matters is an evidence-based framework focused on positive mental health. Nowra High is a Mind Matters school, with a Wellbeing Action Team who “promote a safe and positive environment that encourages a sense of belonging, to improve wellbeing for students, staff and the community”.

**Year Adviser Program (YAP)**
Year Advisers in Year 7 have one lesson per week with each class. In Years 8 and 9 Year Advisers have one period per fortnight with each class. In YAP classes Year Advisers teach a variety of lessons ranging from peer support, self esteem, cyber safety and resilience. The program is based upon the SenseAbility kit by Beyondblue, which is approved by Mind Matters.

**Peer Support**
Year 10 students in groups of two or three take a small group of Year 7 students each week and guide them through a variety of activities ranging from getting to know each other and working as a team to positive mental health and developing resilience. The Year 10 students nominate to be part of this program in Year 9 and are given two days of training towards the end of Year 9.

**Peer Mediation**
Students nominate to join the peer mediation team. They are given training and then join the peer mediation roll call. Students can self-refer to peer mediation by filling out a peer mediation slip or just writing a note about the issue, and putting it into the box at the front office. Students from the peer mediation team sit with students and mediate issues. Students from the peer mediation team have visited YAP classes and explained the process to students in Year 7 to 9. They have also spoken to Year 10 classes during their careers lesson.
Work Experience
This is a different course to the Yr 10 work experience program. This program is a Nowra High School initiative to allow students aged 15-17 the opportunity to gain insight and experience in a field of employment that they may consider as a future career. Students attend the workplace 1-2 days per week in the hope of gaining full time employment within the local community.

Financial Literacy
The Financial Literacy course consisting of two 5 hour sessions is held in the Nowra High School library. Completion of all 6 elements of this course allows the student to gain qualification of Cert. 1 in Financial Literacy. This course teaches the essentials of money management to 10-15 students from Yrs 9-11.

Defence Transition Mentor
Defence Transition Mentors are part of the Defence School Transition Aide Program, an initiative of the Defence Community Organisation. They are found in schools where there are sufficient numbers of students who have a parent serving in the Australian Defence Force. Dr. Kathryn Hamilton is the Defence Transition Mentor (DTM) at Nowra High School. She is in school from Monday to Wednesday and can be contacted through the school office or by email kathryn.hamilton5@det.nsw.edu.au. A more detailed description of this role is available on the Nowra High Web Page.

Parenting Ideas
Nowra High is a member of Michael Grose’s Parenting Ideas Program, allowing us access to a wide variety of articles and resources designed to help parents raise strong and resilient students. These articles are published in the Wellbeing Matters section of It’s News To Me.

Hands On Education
HOE is a school-based initiative where disengaged Year 8 students sign a contract where they agree to help the General Assistant with minor physical repairs around the school. The program is managed by the Year 8 Deputy Principal and aims to help students build self-confidence and self-esteem.

Seasons for Growth
This is a program which helps students deal with grief and loss. A staff member from Nowra High will deliver the program in small group sessions, usually during Sport.

In2Uni
This program aims to connect students with university students in order to open up opportunities for study at a tertiary level. It is aimed at students in Years 8 – 10.

AIME
AIME provides a dynamic educational program that gives Indigenous students the skills, opportunities, belief and confidence to finish school at the same rate as their peers. AIME has proven to dramatically improve the chances of Indigenous kids finishing school. AIME also connects students with post Year 12 opportunities, including further education and employment.
Crossroads
Crossroads is a compulsory DEC program for Year 11 students covering drug and alcohol usage, safe relationships, mental health issues and stress management. This year Crossroads will be running as a Year 11 camp.

Year Camps
At Nowra High we try to run an affordable camp each year for Years 7 and 9. We believe camps help bring year groups together and build school spirit.

YWCA
The YWCA operate a variety of wellbeing programs in conjunction with Nowra High. These include Y Quest, Y Brave and Links To Learning. In addition to this Janeene Hallett is a Student Welfare Worker from YWCA who works within the school 2 days per week. Janeene visits classes and works with students both individually and with small groups. She often works with students who are not engaged in school work or who have attendance issues. A more detailed description of Janeene’s role is available on the Nowra High website. This position is funded under the Chaplaincy program.
YWCA programs include:

Y Quest - This is a leadership program for young women. It runs one day a week for 8 weeks from the Wesley Centre in Nowra. It is for Year 9 girls only and maximum of 10 students. Participants are taught communication skills, ‘save a mate’ training and hospitality as well as covering work on cybersafety, online behaviour and sexting. They also participate in volunteer work with aged care residents.

Y Brave - Y Brave teaches students to be respectful and value diversity. The program will be delivered in YAP classes in Years 7, 8 and 9. Topics covered will include, human rights and responsibilities, resilience and cyber safety.

Links to Learning - This program is designed for students who are disengaged from their education. The program runs every Wednesday for the whole school year. It is for Year 9 students and focuses on social skills, career knowledge, study skills, life skills, enhancing self-esteem and confidence. Students will also complete various courses which will give them certificates in Coffee Making, First Aid and various others. There is an art component including an excursion to Bundanion.

Shine And Strength
This program runs for 2 periods, 1 day per week and aims to build confidence and strength to achieve personal goals, increase self-awareness, communication skills and resilience. It is limited to 6-10 female students.

Boxercise
This program runs for 2 periods per week for the whole school year for boys in Yr 7, 8 and 9. Students are transported to the Police Citizens Youth club on the Nowra High School bus where they meet with 2 police officers to participate in team challenges, boxercising and a mentoring program. The program is limited to 20 students.
Students Against Racism, Sexism and Homophobia (SARSH)
The SARSH group aims to involve students in the quest to overcome discrimination and bullying. Students research issues and produce resources to raise awareness and combat bullying.

Speak Out Against Bullying
This is Nowra High School’s Anti-Bullying Policy. It expresses a clear definition of bullying, strategies that students and the school can use to combat bullying, and sources of support for students. A Year 7 focus group works with the Head Teacher Wellbeing to raise awareness and promote the anti-bullying stance of Nowra High School.

Nowra High School Wellbeing Contacts

Mrs Kylie Newton
Head Teacher Wellbeing

Mrs Jodie Wellington
Relieving Deputy Principal
Years 7, 9, and 11

Mr Rod Loxley
Relieving Deputy Principal
Years 8, 10, 12

Year Advisers
Year 7  Ms Kleryn Little
Year 8  Mr Tim Orange
Year 9  Mr Zac Morgan
Year 10 Ms Penny Killen
Year 11 Mr Peter Ryan
Year 12 Mrs Kristen Cairncross/Mrs Lauren Clerke

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We value: Learning, Respect, Responsibility, Safety