The ongoing hot weather has certainly been challenging for students and staff in the classroom and in the playground. The students have handled the weather conditions in a very sensible and mature fashion. Last Thursday sport was cancelled for all outdoor activities. I encourage all students to carry water bottles and make good use of them during these extreme weather conditions.

Good luck to the NHS open boys cricket team currently in the top 8 of the Alan Davidson Cricket Shield. The boys play Kiraewee High on Wednesday 6th March at Glenn McGrath Oval in Caringbah. Thank you to coach Mr Keane for his continued support of the boys.

Good luck also to the following students competing in Perth at the Youth and Junior Nationals in Athletics from the 8th to 12th March. All students had to finish 1st or 2nd at State Championships or throw or run a national qualifier to make it to this competition.

Siwa Harvey-Aız Discus
Mikayla Check 200m hurdles
Annie Peace Discus and Hammer Throw
Sam Peace Discus
Alistair Clark Hurdles

The good reputation of Nowra High students was further enhanced on Wednesday 24th February when Ms Lynch took Year 9 students in English 9.1 and 9.3 on an excursion to the Sydney Jewish Museum as part of their close study of text on the ‘Diary of Anne Frank.’ The day included a guided tour of the the museum, the temporary exhibition of Anne Frank and the temporary exhibition of letters written in the Holocaust. The Museum Coordinator spoke to Ms Lynch at the end of the day to compliment our students on their conduct, knowledge and empathy towards the Holocaust. Well done to Ms Lynch and the Year 9 English students.

The 2016 National Assessment Program - Literacy and Numeracy (NAPLAN) will be conducted from Tuesday 10th to Thursday 12th May. Included with this newsletter is important information to the school about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child’s level of achievement. Each student’s level of achievement will be reported against the national minimum standard.

Positive community partnerships is an important part of the strategic direction of Nowra High School. Every Monday at 9.00am after the news on local community radio station UUU FM there is a broadcast of historical events relating to the local history of the Shoalhaven. In 2015 NHS students from 10.1 English were given the opportunity to record these events in the studio. In 2016 year 10 English students will again be given the opportunity to read aloud the history of the Shoalhaven. The broadcasts will continue throughout the year so if you are near a radio on a Monday morning - tune in.

Nowra High works in partnership with the University of Wollongong in a number of areas. Currently six university students undertaking their Master of Teaching program are involved in a Professional Immersion Program with Nowra High. This program introduces university students to the teaching profession in the second week of their course by placing them in a school to observe teachers at work, providing them with the opportunity to become used to the school environment. NHS welcomes these teachers of the future who will be in the school on a regular basis during the following 10 weeks.

Regular attendance at school is essential for students to achieve their educational best. Nowra High works in partnership with parents to provide support and encouragement to ensure regular attendance is an expectation for all students from Year 7 to Year 12. Included with this newsletter is a comprehensive outline of attendance requirements information for parents.

Mr Gerald Buckley  ~  Relieving Principal

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**PRINCIPAL’S MESSAGE**

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**Calendar**

**Coming Events for TERM 1 — Weeks 6 and 7 - 2016**

**Week 6 - BETA**

**Monday 29th February:**
- Aurora College Residential Camp

**Tuesday 1st March:**
- Excursion, Yr 10 Pass 7, Bronze Medallion
- Excursion, Yr 10.1 English, Community Radio, Arts Centre
- Information evening, Yr 6 into 7, 4pm-6pm
- Aurora College Residential Camp

**Wednesday 2nd March:**
- CHS South Coast Hockey Trial, Nowra, Ms Dart
- CHS Cricket, Quarter Finals, Caringbah, Mr Keane
- Yr 10 Careers, Shoalhaven City Council, Mr Hill
- Yr 9 Marine, Water Safety Practical Assessments, Nowra
- Aurora College Residential Camp

**Thursday 3rd March:**
- Aurora College Residential Camp

**Friday 4th March:**
- Aurora College Residential Camp

**Week 7 - ALPHA**

**Monday 7th March:**
- Yr 12 Ancient History Assessment

**Tuesday 8th March:**
- Yr 12 Biology Assessment, Task 2

**Wednesday 9th March:**
- Yr 11 Senior Science Assessment, Task 1

**Thursday 10th March:**
- Selective High School Placement Test, MPH, Mr Wong
- Zone Rugby League, Yrs 7-12, Rugby Park

**Friday 11th March:**
- Aboriginal Dance Workshop, Ulladulla High

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**HOURS FOR THE UNIFORM SHOP**

**TUESDAYS only**

8.00am - 11.30am
1.00pm - 5.00pm

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**Nowra High School - It’s News To Me**
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.

Pi Day is celebrated on March 14th (3/14) around the world!!

To celebrate Pi Day 2016, the Maths Faculty will be giving away party pies at recess on Monday 14th March to any students or staff who are able to:

1. Recite Pi to 10 decimal places: 3.1415926535
2. Recite the formula for the Circumference of a Circle: \( C = 2\pi r \)
3. Recite the formula for the Area of a Circle: \( A = \pi r^2 \)

Bomaderry Junior Rugby League Football Club

Looking for more players to join our club in the following age groups under 13, 14 & 16 Years & 10-14 year old girls to join our newly formed Girls League Tag team. Registrations are still being taken Tuesday’s - Friday’s at the Bomaderry Sporting Complex 3.30pm - 5.00pm or Register online now at http://swampies.leaguenet.com.au

Shorts, Socks and Polo Shirt are included in Fees. For more information contact the President Steve on 0403591014.

Come try Guiding Night!

Guides provide a unique girl-only environment, vital for personal and social development. It’s a safe, inclusive space where girls aged 7-14 years can be comfortable just being themselves.

When: Tuesday 1st March 2016
Time: 5:00 – 6:45pm
Where: Marriott Park Hall, Douglas Street Nowra

Got more questions?
Contact Kath Armstrong the Unit Leader 0414 243 467
<table>
<thead>
<tr>
<th><strong>SCHOOL ZONE Offences – As at 22 January 2016</strong></th>
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<tbody>
<tr>
<td>To avoid receiving a fine when you’re dropping off or picking up children from school please observe the road rules associated with signs around schools. These are a guide only and are subject to change without notice.</td>
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<tr>
<th><strong>SPEEDING OFFENCES</strong></th>
<th>Maximum Penalty</th>
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<tr>
<td>There has been an increase to the monetary fine applicable to Speeding Offences in School Zones.</td>
<td>$3740 + 7 Demerit Points</td>
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<thead>
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<th><strong>MOBILE PHONE USE</strong></th>
<th>Penalty</th>
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<tbody>
<tr>
<td>You must not drive while using a hand-held mobile phone in a school zone.</td>
<td>$425 + 4 Demerit Points</td>
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<tr>
<th><strong>CHILDREN’S CROSSINGS</strong></th>
<th>Penalty</th>
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<tbody>
<tr>
<td>Disobey hand-held stop sign at Children’s Crossing or approach Children’s Crossing too quickly to stop safely.</td>
<td>$519 + 4 Demerit Points</td>
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<tr>
<th><strong>U TURNS</strong></th>
<th>Penalty</th>
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<tr>
<td>Make a U-Turn without giving way to pedestrian or vehicle in a School Zone.</td>
<td>$531 + 4 Demerit Points</td>
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<tr>
<th><strong>NO STOPPING</strong></th>
<th>Maximum Penalty</th>
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<tr>
<td>Under no circumstances are you allowed to stop here (unless there is a medical or other emergency).</td>
<td>$319 + 2 Demerit Points</td>
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<tr>
<th><strong>NO PARKING</strong></th>
<th>Penalty</th>
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<tr>
<td>You may stop here for no more than 2 minutes, but only when engaged in picking up or dropping off passengers and you must stay within 3 metres of your vehicle. Otherwise no stopping is permitted.</td>
<td>$177 + 2 Demerit Points</td>
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<tr>
<th><strong>BUS ZONE</strong></th>
<th>Penalty</th>
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<tr>
<td>You are not allowed to stop your vehicle unless you are driving a bus.</td>
<td>$319 + 2 Demerit Points</td>
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<tr>
<th><strong>DOUBLE PARKING</strong></th>
<th>Penalty</th>
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<tbody>
<tr>
<td>You are not permitted to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.</td>
<td>$319 + 2 Demerit Points</td>
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For information about Australian Road Rules call 13 22 13 or visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)
This information was provided by Shoalhaven City Council’s Road Safety Officer. 22 February 2016
The information in this document is intended as a guide only, and is subject to change at any time without notice.
On Wednesday 10th Feb, we had our annual NHS Swimming Carnival at Nowra Aquatic Centre. It was a great day with lots of students earning points for their house. We had great weather for the carnival and some exciting races throughout the day including some very brave staff members and senior students. Thank you to all students that participated in events.
Thank you to all our wonderful senior House Captains and staff for their efforts in making the day run so smoothly and getting into the spirit. A massive thank you to Kalani Watters and Ms Regan for taking and editing the superb photos from the day.

Winning House Trophy will be awarded at the next assembly and Age Champions. Congratulations to those students that qualified for the Zone Carnival to be held Wed 24th Feb at Bomaderry Pool. We wish these swimmers the best of luck at the next level. Please ensure notes are returned by Friday 19th Feb
Year 7 Camp 2016
Cataract Scout Park

Challenge Valley & The Giant Swing
Year 7 Camp 2016
Cataract Scout Park
A huge THANK YOU to all the wonderful teachers for their hard work at Year 7 Camp.
WAMINDA’S YOUNG KOORI WOMEN’S GROUP
“Bulwul Balaang”

Where: Nowra Youth Centre
When: Every Second Wednesday starting 24th February 2016
Time: 4.00pm to 5.30pm

Come and join Waminda’s drop in group for Young koori Women aged 12—18. Have your say about issues affecting you, have a feed, a yarn or just hang out. Join in on activities such as painting, basket weaving, jewellery making and natural remedies for nails, hair and skin-care. There’s also excursions and camping, its up to you, tell us what you would like to see in your local area. Transport is available. Let your school know or contact Natalie or Maiki at Waminda 4421 7400.
FREE ONLINE SELF-HELP PROGRAM AVAILABLE FOR YOUNG PEOPLE WITH ANXIETY!

Anxiety is an extremely common problem that affects people of all ages. Although anxiety is completely normal at times, it becomes a problem when it starts to interfere with a young person’s happiness, stops them from doing things, or interferes with social, emotional and behavioural development.

The BRAVE Program is an online program for the prevention and treatment of anxiety in young people and was developed by a team of researchers from the University of Queensland, Griffith University and The University of Southern Queensland. The BRAVE Program is based on cognitive-behavioural therapy and has been running for over 14 years in Australia.

The BRAVE team have now teamed up with beyondblue to offer BRAVE as a self-directed therapy program (BRAVE Self-Help), which has been available to all Australian young people and parents since 2014.

There are several different types of anxiety, all of which have distinct signs in young people. For example, some young people with anxiety may worry about meeting new people, being away from home, performing in front of others or even about current global events. Other children and teenagers worry about very specific situations (such as schoolwork, getting injections or flying on planes) and others just seem to be worrying about something all the time. BRAVE Self-Help is suitable for children and teenagers with any of these types of anxiety or worries.

BRAVE is an innovative program that allows young people, and parents of young people, to be proactive and seek assistance through the comfort of their own home. All you need is access to a computer and the internet. The results of previous trials show that many people completing the online program show significant improvements in their anxiety and are able to overcome many of their worries.

For children and teenagers, the program includes up to 10, online sessions (that take between 30-60 minutes to complete), and 2 additional booster sessions which individuals can access if they need a refresher.

Parents can complete the program together with, or independently of, their child and this program includes up to 6 sessions plus 2 booster sessions if needed. Not everyone will need to do all sessions and participants can come back at any time for refreshers. The program is fun, interactive and can be completed at your own pace.

If you would like to access this innovative program, you can do so by visiting www.brave4you.psy.uq.edu.au or registering through the beyondblue website www.beyondbule.com.au

For more information please visit our Facebook page (https://www.facebook.com/braveforanxiety).
Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression. As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience. It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world”. Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety. This finding supports my experience that anxious parents beget anxious kids. But its not that simple. Some children are simply more prone to experiencing excessive anxiousness that others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I've parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!). I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears. It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When Should I worry?

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with everyday life.” I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers).

Helping kids be brave

Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. **Skilling towards bravery**
   Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. **Scaffolding towards bravery**
   Rather than avoidance allow kids to face their fears in stages, e.g. Let’s go to the party for an hour then I’ll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. **Be empathetic, not sympathetic**
   There is a difference. Empathy shows that you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this”.

4. **Creating opportunities for independence**
   Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery**
   Okay, you knew I was going to mention this. But if you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying clam in stressful situations). Modelling also shows them how fears of new and unknown social situations and even specific fears such as going to the dentists, can be handled positively. It’s worth noting that most kids grow out of their anxiety given attentive brave parenting. As a general parenting strategy I recommend that you take a strength-based approach (which is what I am banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.