THE RESILIENCE PROJECT

Last week, our entire student body, together with parents and other members of our community, were involved with The Resilience Project facilitated by Martin Heppell, Education Manager and Facilitator for the Resilience Project.

The sessions presented provided information in both an entertaining and thought provoking manner, focusing on resilience as a means to improving mental health.

Mental health amongst our youth is a real issue with 1 in 4 adolescents and 1 in 7 primary age students having a mental illness, with 1 in 3 girls and 1 in 5 boys suffering an anxiety disorder and 65% of these adolescents not seeking help, which tragically, can lead to serious conditions and at worst, suicide.

These statistics are unsettling and this series of seminars provided our students with simple techniques they can use to empower themselves to develop the strategies to work through the depression they may experience as a result of some form of trauma. Whilst targeted at youth, we must bear in mind that the issues surrounding mental illness transcend gender, race, socio economic status and age. What is also evident, is that this is a growing issue, with the services to support those with mental health problems, not meeting the ever-increasing demand, no more so than in rural and regional areas.

Thankfully what has changed, is that mental health is becoming increasingly destigmatised as a result of more readily available information and a resultant increased awareness. This has enabled us to take more proactive steps in identifying, discussing and supporting, in more safe environments, enabling us as a community to create the conditions necessary to enhance the resiliency of those most vulnerable, to view the world through different lenses: these being gratitude, empathy and mindfulness, all of which are easily accessible and don’t cost anything. This creates more resiliency, enabling individuals to have the necessary tools to work through their issues by themselves.

The importance of this event was reflected in the many businesses, associations and individuals in our community, through their generous donations ensuring this event was accessible to all.
I would like to acknowledge the following businesses:

**Corporate Sponsors:** Mini Jumbuk, Naracoorte Pharmacy, Soroptimist International Naracoorte, Naracoorte & District Suicide Prevention Network, Bricey’s South East Collision Repairs

**Supporting Sponsors** Murray Nankivell, Westley DiGiorgio Norcock Solicitors & Conveyancers Nepabunna Cultural Trip, Southern Australian Livestock P/L Carolynnes Cottages, DiGiorgio Family Wines, Pinkerton Palm Hamlyn & Steen, Naracoorte Toyota, Kincraig Chemmart Pharmacy

and in kind donations from the Naracoorte Lucindale Council, MGA Insurance, Smiles All Round, Ottoson Real Estate, Cappa Motor Bodies and Southern Cross Austereo.

I would also like to acknowledge the work of Nadine DiGiorgio who has been responsible for promoting and coordinating this event, on behalf of Naracoorte High School. Many hours of Nadine’s time have gone into ensuring this event was a huge success.

**KEY MESSAGES**

Together with the simplicity of things we can do to manage our own levels of anxiety and mental health, there were two key things that struck a chord for me from a school perspective:

Firstly, the emotional literacy of our youth is diminishing owing to the increased use of technology i.e. phones, Ipad etc. as a means of communication and interaction. This has created an environment where students have developed the inability to cope in social settings, unable to read body language or other social cues that are so important in any human interaction. This has the potential for students to become extremely anxious and unable to function in a social setting, leading to a reduced capacity to concentrate owing to the increased levels of anxiety.

Secondly, many of our youth rarely experience failure and do not possess the skills to deal with this. As a school and as parents, we do not like seeing our students failing and in doing so have created the conditions that enable them to experience success, without truly experiencing failure or at the very least productive struggle which is associated with true learning. This has significant implications when our students move beyond school to the workplace or further study, as the anxiety created when failure is experienced for the first time can be overwhelming, leading to significant health issues.

These sentiments align very closely with our current school priorities in relation to developing powerful resilient learners, where more and more opportunities are being provided for students to experience the productive struggle in order to solve problems, to tackle that difficult question or issue making them more resilient learners, armed with the skills necessary to engage with their work, both within and beyond the school environment.

**INTERIM REPORTS**

By now, parents would have received the interim report for their child. This is a new system we have implemented and would welcome your feedback as to its format and ease of understanding. I would like to acknowledge the work of Christine Billing and Jesse Briggs in creating these documents. Behind the scenes, this new structure will enable us to more readily identify individual students who are currently not progressing at the level expected, and be able to address any concerns more quickly and efficiently.

Regards
Kym Grant
Principal
It is Course Counselling season again at Naracoorte High School, with a big emphasis on the counselling of the Year 10 and 11 students. There have been a variety of events hosted by the school in the past few weeks, to help provide information to students regarding their future choices.

On the 19th of August, thanks to the sponsorship of the Naracoorte Rotary Club, the Year 10 students attended the Limestone Coast Rotary Career Expo in Mount Gambier where they perused information from different institutions, including Universities, TAFE and ADF. Students used the opportunity to ask questions to work out what options they have for their future career path.

Parents and students attended a SACE Information Night on the 24th of August where the intricacies of SACE were explained, as well as all of the flexible options that students can use to gain their SACE. Students and Parents took the opportunity to ask both general questions as well as questions specific to their child.

Finally, Year 10 and 11 students were given a day off to allow them to attend the Course Counselling Information Day, which was held in the School Library on the 31st of August. Students took the opportunity to explore their options for their school subjects, while teachers helped to explain the finer details of Year 11 and 12 subjects. Many students took advantage of a variety of brochures offered from different Universities and the ADF. Finally, a large portion of students spoke to the representatives from Limestone Coast Training, Group Training Employment, TAFE and the ILC, while they also used the opportunity to talk to an Apprenticeship Broker and Student Pathways Leader who also were able to provide a range of advice. The day was a success, with 18 students also taking the option to complete their Course Counselling interview during the day. Year 10 and 11 students will be completing their Course Counselling interviews during Week 7 and 8 to choose their subjects for next year.

Michelle Gasparini
Senior School Coordinator
A group of year twelve student leaders were selected to travel to Adelaide to take part in an information session about the Nuclear Fuel Cycle. Students were given the opportunity to hear from a range of speakers, including the Rear Admiral the Honourable Kevin Scarce, Madeline Richardson the CARA CEO and Premier Jay Wetherill. We also had the opportunity to hear from leading scientists about the precautions needed to be taken when storing nuclear waste.

We were told about a number of the benefits of storing nuclear waste in South Australia and the strategies being implemented to gain broad, informed community consent. The information we heard raised a great deal of questions for us as a group, and we had some vibrant discussion at our table. Unfortunately, many of our questions remain unanswered and we felt that we were not given a balanced perspective on the issue.

Following this session, our students plan to feedback to other schools within our partnership and collate a report based on the opinions of other young people in our region.

Hillary Trotter
English/HASS Coordinator
This term our Year 10 Home Economics class has been busy cooking up a storm to enter into the 2016 Flavour Forecast Student Recipe Challenge. The students needed to choose one of the following current Flavour trends to work with:

- Alternative pulse proteins
- Culinary infused sips
- Blends with benefits or
- Ancestral flavours

They were required to design their own original recipe, meeting specific criteria, practise and make their recipe, justify their choices and then reflect upon the final outcome.

The students were stretched in their culinary and problem solving skills, learning a great deal along the way. Pictured are some of their wonderful results. They should be very proud of their efforts! All the best in the competition Year 10’s!

A special thanks goes to Adrian Gale from The Chapel Studio Photography for coming in and taking professional photos of the students finished work.

Kate Gale
Home Ec Teacher
Last week the Senior School Drama class perfectly performed the production of Equus to a full house in the Williamson Hall of Naracoorte High School.
The performance Equus tells the story of a psychiatrist, named Martin Dysart who is dissatisfied and disaffected, who is faced with a unique case when a young man, Alan Strang, is brought to him for treatment. Alan, a passionate and obsessive horse lover, has blinded six horses, to the horror and surprise of his parents. In his efforts to coax Alan out of his shell and treat him, Dr. Dysart begins to unravel the complex psychological puzzle of Alan’s obsessions.
Underneath Alan’s complacent manner, Dr. Dysart discovers a fervent, passionate, almost religious power that has both the power to destroy Alan, and perhaps, to save the doctor himself.
Though the play was of high intensity it was suitably rewritten for the young actors. Principle roles were taken by Year 12 Drama students which has given them an opportunity to develop their dramatic knowledge and skills to a high level. Myles Higgs performed as Martin Dysart, Connor Harrold took on the role of Multimedia Designer, Wendy Reekie was in the important role of Costuming Designer, and Jake Caon was in charge of sound. Other major roles were taken on by the Year 10 and 11 students: Nathan Miles as Alan Strang, Jessica Dempster as Hester Solomon, Sophie Owen as Dora Strang and Aaron Hagarty as Frank Strang. Georgia Shepherd took on the role of Jill Mason six days before the performance, and shows she has considerable talent.
Thank you to family, friends and the Naracoorte High community for supporting the cast.

Aaron Hagarty
Stage 1 Drama student
Naracoorte High School is the 2016 Regional Winner in the Literacy Planet Word Mania competition. English classes at Naracoorte High School have been using a program called Literacy Planet this year to improve literacy skills in the junior years. As Regional Winner of the competition, our school has won a set of popular literacy board games, Scrabble and Articulate. These games are in the library for student use.

We have been trialling Literacy Planet in Year 8 English classes at times throughout the year. The program is engaging for students and we hope to see improvement in a range of literacy skills for these students.

We congratulate all students who have helped us to be successful in this program!

Hillary Trotter
English/HASS Coordinator

Congratulations to Kayleigh Meyers and Stacey Hayes who have received outstanding results for their AMEB piano exams.

Fantastic effort!
Early in the Term the Year 12 Outdoor Education class travelled to Deadman’s Swamp, south of Penola to complete a navigation task. This consisted of an orienteering course, which the students had studied and planned the best route to complete. This task helps develop and test the student’s navigation skills prior to their Self Reliant camp.

In Week 6 the Year 12 Outdoor Education class, along with students from Lucindale Area School left Naracoorte on Sunday for Renmark, where they would complete their self-reliant camp. The Self-Reliant camp required the students to complete all the planning and running of the camp themselves, with minimal input from teachers. Students chose Chowilla Game Reserve, just north of Renmark, for their trip due to its extensive network of creeks, which would make for some challenging navigation and paddling. The students are responsible for navigation and general group management, as teachers only check in with students a few times a day, as well as constant UHF Radio communication. The route students chose to follow proved to be quite adventurous and challenging, requiring some effort to drag canoes over or around obstacles. The navigation proved to be particularly difficult as Chowilla is currently in a regulated flood period to ensure the environment remains healthy. This meant that there were several creeks and watercourses present, which were not marked on the students maps and several campsites were under water. Despite these setbacks the students showed very strong skills and worked well as a team, ensuring a successful and enjoyable trip.

Nick Lang
Outdoor Education Teacher
In Week 4 the Year 10 Outdoor Education class travelled to Nelson to complete a three day bushwalk along the Glenelg River. Prior to the camp the students had completed a range of planning tasks during lessons, to ensure they were well prepared. This included creating menu plans, equipment lists, a basic route plan and learning about minimal impact camping and navigation techniques. During the camp their planning was put into action when they prepared their own meals each day and took turns leading the group. Students enjoyed the experience, with highlights including the cross country walk and views along the cliff tops. The camp gives students a taste of what Outdoor Education is about with many more opportunities in Year 11 and 12.

Nick Lang
Outdoor Education Teacher
**NARACORTE HIGH SCHOOL**
**CANTEEN ROSTER**
**TERM 3 2016**

*URGENT - Help Needed*

**TERM 3**

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<td>Winsome McHugh</td>
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<td>FRIDAY SEP 16th</td>
<td>Sonya Bates</td>
<td>0403 251 729</td>
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<td>Maria Beck</td>
<td>0402 704 570</td>
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<td>WEDNESDAY SEP 28th</td>
<td>Melissa Zenari</td>
<td>0427 655 188</td>
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**CANTEEN DUTY ROSTER TIMES**

Normal Shift
Mon–Fri 9.30am–2.15pm

Your attendance and punctuality, 9.30 am until 2.15pm, would be appreciated. Should you find it impossible to attend on the day rostered, please try to change with another parent. Failing this, contact Deb at the Canteen on 87622604.

Please park in the Staff Car Park at the end of the Senior School Building and sign in at the Front Office.

**DEB GILL, CANTEEN MANAGER**

****THE CANTEEN HAS MANY VACANT SPACES TO FILL AND WE WOULD APPRECIATE PARENT HELP. IF YOU CANNOT ATTEND YOUR ALLOTTED TIME PLEASE SWAP WITH SOMEONE ELSE ****
Organise your friends, co-workers, school or sports club to enter a team

**SEASON:** Monday nights starting October 17th with Grand Final 12th of December 2016.

**WHEN & WHERE:** 6pm-9pm at the Naracoorte Netball Courts

**COST:** $40 per team each game.

**UMPIRES:** We are seeking experienced umpires to be paid $15 per game. Games are modified with 8 minute quarters.

**FOCUS:** It is a fun, social competition with all proceeds going towards the enhancement of the Naracoorte High School Health and Physical Education facilities & Knockout Sport uniforms.

**NOMINATIONS CLOSE MONDAY 26TH SEPTEMBER**
**LATE ENTRIES WILL NOT BE ACCEPTED**
**MAXIMUM OF 12 TEAMS**

**CONTACT:** To receive a nomination form or register interest in umpiring contact Nick Lang via email @ Nick.Lang534@schools.sa.edu.au or call NHS on 8762 1333 to collect from the office.
Practical Parenting & Wellbeing Workshops

COST: $60 per person, per workshop (discount offered if participating in 3 or more)

VENUE: Smiles All Round, 79 Smith St, Naracoorte

BOOKINGS 0430 022 705

ESSENTIAL: admin@smiles-all-round.com.au

Managing Anxiety and Bouncing Back when things go wrong
Tues 27 Sept, 7-9pm
Practical tips for parents in helping our kids manage their anxiety.

Why does my Child do that?
Part 1: Tues 4 Oct, 7-9pm
Part 2: Tues 11 Oct, 7-9pm
Tips on managing and understanding children’s behaviour, aimed at parents of 2-11 year olds.

Teaching our Kids Emotions
Tues 18 Oct, 7-9pm
Tips for helping our young ones to understand and manage emotions. Aimed at parents of 2-8 year olds.

DIY Guide to Managing Stress
Tues 25 Oct, 7-9pm
Practical strategies for adults, because looking after yourself is not an optional extra.

PRESENTED BY:
Lana-Joy Durik
LOCAL PSYCHOLOGIST

Helping parents to support their child’s learning and development

Friday 16th September
12.15 pm – 3.30pm
Dress Circle - Main Corner
1 Bay Road, Mount Gambier

This half day event will be delivered by Andrew Fuller and will provide educators and parents with:

- Strategies to strengthen relationships to make connections and have a voice to advocate for children
- Support tools to best empower children to learn at every age and stage.

About the speaker - Andrew Fuller
A clinical psychologist, researcher and author of a number of books for parents and teachers, Andrew works nationally and internationally with schools and communities to improve the wellbeing of children, young people and their families.

Limited spaces are available.
To register please contact Caroline Hill
Student Engagement & Community Partnerships Coordinator
t (08) 87245 337 m 0457841818 e caroline.hill2@sa.gov.au
RSVP 14th September 2016.

This event supports the principles of the City of Mount Gambier’s Charter for Children
Naracoorte Regional Art Gallery
Childrens Workshops

GOING BATTY @ THE GALLERY
AND THINGS THAT GO BUMP IN THE NIGHT

TUESDAY 4TH OCTOBER 2016
3 SESSIONS - 10AM, 11:30AM, 2PM
$20 PER CHILD

91 ormerod street, Naracoorte
naracoortegallery@gmail.com
Phone 08 87 623390 Mobile 0478 609 868

Opening Hours – Wed to Fri 10am to 4pm, Sat & Sun 10am to 3pm
Face to Face classes are being offered at the Mount Gambier, Millicent or Naracoorte Campus starting Semester 2, 2016.

For further information:
Rene Poulish
TAFE SA Mount Gambier Campus
P: 8735 1510

Find your path today
Students – are you interested in gaining qualifications in the Civil Construction Industry?  
5 day Taste of the Civil Construction Industry course is priced at $1000 (instead of the normal price of $1750).
The course includes Roller ticket, work zone traffic management ticket, white card and basic scaffolding unit. The students need to be 16 years or older, however they are able to do the course when they are 15. They just won’t receive their tickets until they turn 16.
If interested please contact Andrea Henschke at the Independent Learning Centre.

Welding Course

At Naracoorte Campus-
Nationally Accredited Competencies:
Fabricate & Repair Metal Structures (AHCINF204A) &
Use Hand Tools (MEM18001C)

Tuesday evenings, commencing 18 Oct.
Limited positions, Enquiries to Lynnley Selig, ph 87628309
**Small Regional Funding available to eligible participants
($50 incidental/materials fee will apply)

$350 fee will apply to non eligible participants

Next Term’s Year 8 immunisation date has changed from Thursday, 20th October to Tuesday, 18th October.
YEAR 12 EXAM TIMETABLE

NOVEMBER

7TH ENGLISH STUDIES EXAM
8TH NUTRITION EXAM
    PHYSICS EXAM
10TH MATHS APPLICATIONS EXAM
    MATHS STUDIES EXAM
11TH LEGAL STUDIES EXAM
14TH BIOLOGY EXAM
15TH MODERN HISTORY EXAM
    ACCOUNTING EXAM
16TH CHEMISTRY EXAM
17TH PHYSICAL EDUCATION EXAM
18TH SPECIALIST MATHEMATICS EXAM