



Naracoorte High School Newsletter

ISSUE #5

AUGUST, 2024

P. 8762 1333 | E. dl.0786.info@schools.sa.edu.au | www.narahs.sa.edu.au



Country kids in the City!

Students represent Naracoorte High School at the 2024 SACE Learner Profiles Symposium

Five of our senior students had the opportunity to represent Naracoorte High School at the SACE Capabilities & Learner Profiles Symposium held at the Adelaide Convention Centre last week. Well done to Eliza Bull, Remi Brown, Eli Flint, Tash Moore and Alice McKenzie who did a wonderful job contributing to the program on behalf of our school.

Hear what Eliza Bull had to say about her experience:

On Wednesday the 31st of July we attended a SACE learner profiles conference at the Adelaide Convention Centre. To start the day off, we listened to a panel consisting of members from both SACE and SASTA about why the grading system needs to change and

WHAT'S INSIDE?



SCHOOL CAPTAIN TO COWBOY!



STATEWIDE SPORTS WRAP



CONSTRUCTION TEAM COLLABORATION



Government
of South Australia
Department for Education



SACE Symposium



the importance of marking against capabilities as well as an A-E grade.

We also got the chance to give our input on what we, as students, wanted to be included in this program moving forward through activities and feedback sessions run by the SACE board. These sessions were not only fun for us to participate in, but informative for the SACE board to gain feedback on things that we would find beneficial as they are trying to bring in a new system.

Furthermore, we got to interact with other students and schools to see what approach they had taken and how that worked for them.

The big take home message for us was keep trying until you figure out what you want to do.

Eliza Bull
Year 12 Student



Important Information



Event Dates

TERM THREE.

August

7th	7-9 Girls Football
9th	Student Free Day
12th	Pathways to a Pay Packet
16th	Bullying, No Way Day
19th-23rd	Week 5: Book Week
22nd	Book Week Dress Up
22nd	9/10 Basketball
26th-30th	Snow Trip
28th	7/8 Statewide Netball Finals
29th	10-12 Table Tennis
29th-2nd	Adelaide Show Steers

September

3rd-6th	Adelaide Show Sheep
9th	Student Free Day
10th-11th	Year 12 Outdoor Ed Camp
20th	Year 10 Immersion Day
27th	Last day of Term #3 Early dismissal @ 2.20pm



Important Info!

Student Free Days

Friday 9th August Week 3, Term 3
Monday 9th September Week 8, Term 3

Reminder!

Year 10 Pathways Camp: Payment for the Pathways Camp held in Term 4 is now overdue.

If your invoice is still outstanding, please contact the front office ASAP to arrange payment.

We acknowledge the traditional custodians the Meintangk/Moandik people whose land we gather on today for they hold the memories, traditions and culture of Aboriginal people.

We pay our respects to ancestors and elders past, present and emerging and respect their continuing connection to land, waters and community. May we continue to walk, feel, hear, touch and learn through this land as they have for thousands of years.



Construction Team

Primary School Cubby House Collaboration Complete!



Our Year 12 Construction Teams have completed their collaboration with both Naracoorte Primary & Naracoorte South Primary Schools and have proudly handed over their new Cubby Houses!

Over the course of Term 1 and Term 2, our Year 12 Construction Team spent time with the NPS and NSPS students planning, designing, building and decorating a cubby house for each school.

On the last day of Term 2 we handed over the cubby houses to each of the schools and they were met with lots of excitement by the primary school students.

Thank you to Andrew Mott for your assistance in transporting the cubby houses and thank you to our sponsors Timberlink, for their generous support of this project.





Statewide Netball Wrap up

On Monday, August 5th, the Year 9/10 Girls Netball Team travelled to Mount Gambier to compete in the South East Zone Netball Competition at the Wulanda Recreation Centre.

They faced Bordertown in the first game, only narrowly losing by a few goals. In their next match against a strong Kingston team, they fell short, and then lined up for their final game of the minor rounds against a tough Grant High losing only by 4 goals.

In the crossover finals, they secured a win against St Martins. Overall, the girls had a great day playing netball, trying out new positions, and maintaining a positive attitude! A great opportunity for club netballers to play together as one.

In week 1 of this Term, the 7/8 and 11/12 teams also travelled to Walunda for their SE Zone Statewide Netball Carnivals.

The 11/12 girls improved over the course of the day winning 2 out of their 4 matches to finish 5th overall.

The 7/8 girls had a great day and played some brilliant netball to win their crossover final and secure a place in the Division 2 Finals.

A big thank you to our umpires Eliza Bull, Rach Mahney and Nadia Sears, our coaches and our students team managers who helped out across all three carnivals.

The 7/8 girls will head to Adelaide next week to compete in the finals, we wish them all the very best and can't wait to hear how they go!



7/8 Statewide Football Wrap up

In Week 2, Naracoorte High competed in Round 1 of the Year 7/8 Statewide Knockout Football competition held at the Naracoorte Football Club.

Presented with ideal conditions, NHS narrowly lost our first match to Bordertown by 19 points in a hard fought contest. In their second game for the day, NHS was successful in beating Kingston by 12 goals.

Best players on the day were Billy White, Sid Ebert, Max Lush, Paddy Mueller and Thomas Malone.

Thanks to Damon Grigg and Lachie McKenzie for coaching the boys and sports trainer, Donald Spratt.





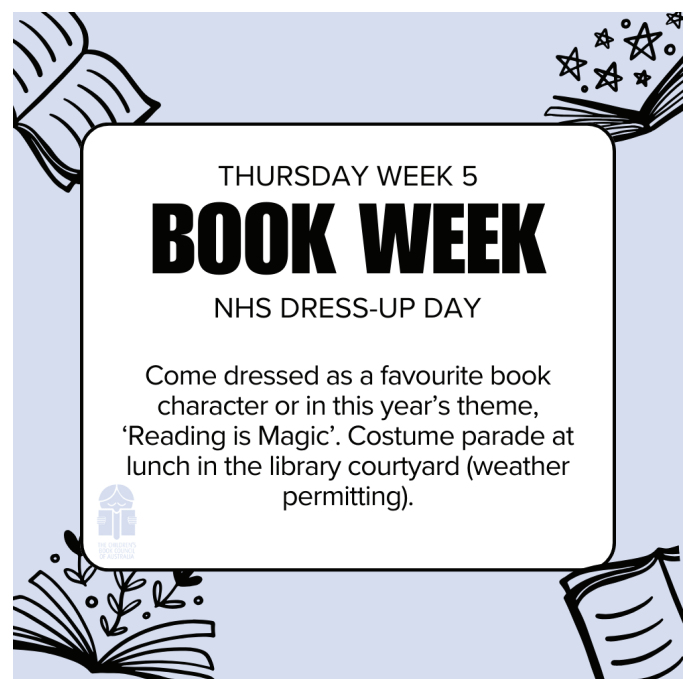
Book Week is fast approaching and for the first time we are participating in a week of fun events!

Week 5 sees a range of bookish activities taking place including bookish craft, book clubs and the most important event of the week **Book Week dress up and costume parade** (please see the posters for more details).

This year's Book Week theme is 'Reading is Magic' however students and staff are encouraged to dress up as their favourite book character or to match the theme.

The Page Turners book club are facilitating a book drive for the month of August: please donate any unwanted used or new children's picture books for us to bundle and pass onto local kindergartens and daycare centres. All donations to the NHS front office

Gemma Borg
English Key Teacher





THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA

BOOK DRIVE

**The month
of August**

**DROP
BOOKS TO
FRONT
OFFICE**

We are seeking donations of new
and used children's picture
books to pass onto local daycares
and kindys

Reading is Magic
Celebrating Children's Book week
Gemma.Files987@schools.sa.edu.au



From School Captain to Cowboy!

One of our school captains, Henry Boord, has scratched the itch, he has always wanted to ride a bull, and when the opportunity arose he jumped at the chance to give it a crack!

Back in March, Henry attended the Goroke Apex Club Rodeo. He entered the 1st division junior bull ride.

Having never done anything remotely like this before, his nerves and excitement were extremely high.

Under the watchful eye and guidance of professional Bull Rider, Matt Roulston, Henry was kitted up in borrowed safety gear.

As he walked to the chute, you could see his nerves, and excitement grow.

As the crowd watched on, the announcer from Woodall Rodeo Promotions, introduced Henry. All eyes were watching, Henry lowered onto the bull, hand strapped in tightly, and with a nod of the head, the shoot gate opened, the bull instantly bucking. Henry holding on with one hand, the other above his head.

1... 2...3...4... seconds went by, the bull bucking the best he could to dislodge the cowboy on his back. With a tight twist, the bull dislodged Henry and they parted ways...wow, what a ride!

Congratulations Henry, you did a fantastic job!



School Captain's Report



An update from our School Captains...

The conclusion of Term 2 saw the second dress up day of 2024 – 'Pyjama Day.' Students had the opportunity to wear their favourite pyjamas to school for an extra layer of comfort and warmth. It was great to see so many students, and staff, rugged up, especially after a particularly cold start to the morning.

Last Friday, Henry, Lachie, and Mia had the opportunity to livestream the 'Winter Conversation: Environmental Leadership,' which was presented by Her Excellency the Honourable Frances Adamson AC, Governor of South Australia. Joined by 2024 SA Australian of the Year, and 2024 SA Young South Australian of the Year, Tim Jarvis AM, and Tiahni Adamson, respectively, we got to learn about environmental advocacy and how South Australia is addressing climate change.

Currently, the SGC group are working with the Wellbeing team in preparation for the National Week of Bullying, being held from 12th – 16th August.

The entire week is a national week of action, with purple being the awareness colour. On the Friday, we look forward to hosting a free sausage sizzle, as well as activities and music for staff and students to join in with.

Students are encouraged to wear a touch of purple throughout week 4 and conclude the week by dressing up in as much purple as possible!

Henry, Lachie & Mia
School Captains

House Captain's Report



An update from Murdoch...

At the end of Term 2, the House Captains, as a collective, ran a colouring in competition. Congratulations to Lucy and Jayla who entered the competition from Murdoch and Gemma Occeleshaw who was the winner from Murdoch.

We have some exciting things planned for term 3, including an Olympics for the Year 7 and 8s to participate in, with the chance to win house points and an art competition to create some designs for the bins.

In addition to this, as a House Captain group, we have decided to try and create more house spirit around the school. One of the suggestions was giving a small gift on students' birthdays. From Murdoch, students will receive a small chocolate from their year level representatives.

Amelia, Eliza & Matlida
Murdoch House Captains



Naracoorte High introduces a new mental health service at our school

We welcome Alex Miles to our team, working as a School Mental Health Practitioner (SMHP). She will be onsite seeing students Thursdays and Fridays.



Hi I'm Alex, I'm a qualified Social Worker and have a number of experiences working with young people and mental health. I have a background in both youth work and case management.

I completed my social work degree in Adelaide and spent time working in Department for Child Protection in residential care settings.

I spent 2 years working in the APY Lands as a Case Manager at the local school in Mimili. The past 18 months I have been working as the Mental Health Practitioner at Penola High and surrounding primary schools. I am trained in Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Narrative therapy and mindfulness strategies. I am passionate about de-stigmatising mental health and helping young people improve their wellbeing.

I'm very excited to meet everyone here at Naracoorte so if you see me around, please come and say hello.

I can provide support by:

- Assessing student mental health needs and concerns
- Supporting students to develop skills and strategies to manage distress
- Contributing to referral and case management processes for students with more complex mental health presentations
- Developing the mental health literacy of our communities such as school presentations and groups
- Supporting referrals and linking to external support services as required

How does the service work?

The School Mental Health Service (SMHS) is a free early intervention service. It provides short term (6-8 sessions) for students experiencing mild to moderate emerging mental health concerns.

Alex will work alongside students and their families to identify difficulties, determine goals and complete a Wellbeing and Safety plan. This information is then used to plan future sessions.

There is often a large focus on skill building and providing helpful information to support students to develop coping strategies and assist students and families to understand their current situation.

If you would like more information or are interested in a referral please contact Jess Hicks, School Social Worker at Naracoorte High on (08) 8762 1333



SGC INVITES ALL STUDENTS TO WEAR

A TOUCH OF PURPLE

THROUGHOUT WEEK 4 IN SUPPORT OF...

BULLYING NO WAY

NATIONAL WEEK OF ACTION AUGUST 12TH - 16TH, 2024

INCLUDING A "PURPLE" DRESS UP DAY ON FRIDAY 16TH

WITH A FREE SAUSAGE SIZZLE @ LUNCH +
FUN ACTIVITIES HELD IN THE COURTYARD

EVERYONE

BELONGS

Bullying No Way
National week of action

12-16 August 2024

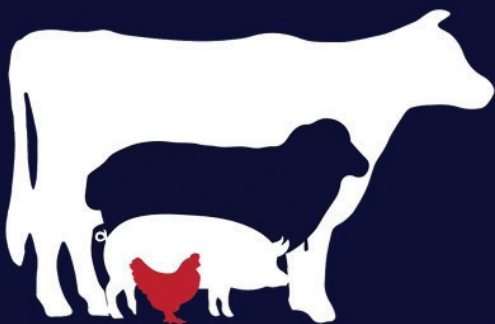


**BREEDERS, PARENTS, STUDENTS, TEACHERS, &
MEMBERS OF THE COMMUNITY, YOU'RE
INVITED TO THE**

NARACOOORTE HIGH AG OPEN DAY MONDAY 12TH AUGUST 4-5.30PM



Meet our Adelaide Show teams
Inspect steers and wethers being
prepared for The Royal Adelaide Show



**RSVP TO EMMA PHILLIPS
(08) 8762 1333
emma.bellgrove422@schools.sa.edu.au**



Following the event join us at the award winning Pathways to a Pay Packet Career Expo in the Hall



AWARD WINNING CAREER EXPO & INFORMATION EVENING

Naracoorte High School

Pathways Pay to a Packet!

Monday 12th August, 2024

6.00pm - 9.00pm @ Naracoorte High School

COFFEE VAN ON SITE, BBQ & SWEET TREATS AVAILABLE TO PURCHASE



THANK YOU TO ALL OF THE PARTICIPATING BUSINESSES AND ORGANISATIONS



Library & Resource Centre

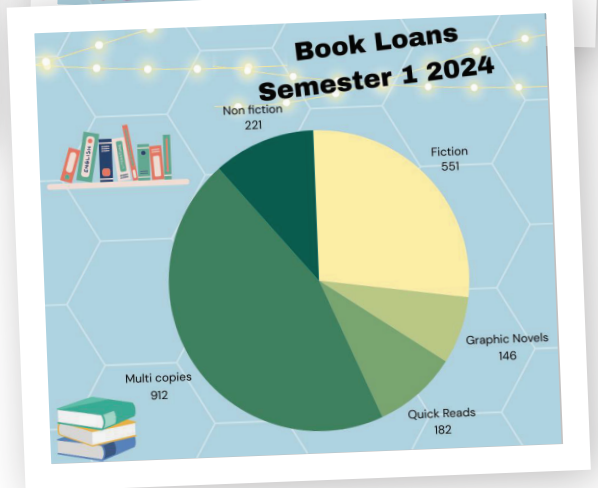
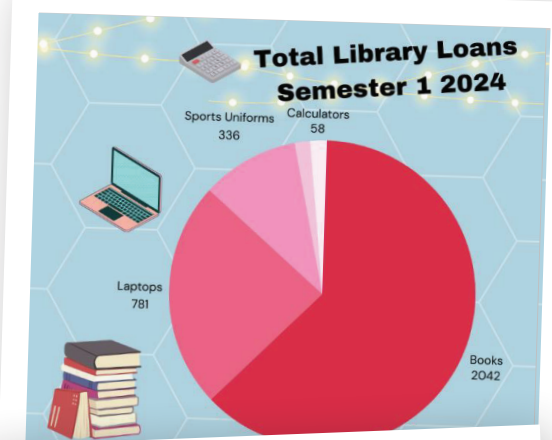


Olympics Display

Semester 1 recap...

A total of 3270 items were borrowed from the library during Semester 1 2024. A total of 164 items remain overdue from semester 1, including 22 from Term 1.

Please ask your students to check at home and to return any overdue items. Please note, invoices for Term 1 unreturned items will be sent out soon.



PREMIER'S READING Challenge

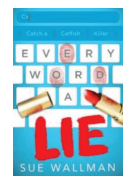
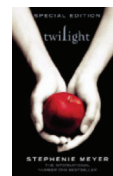
Less than five weeks are left of this year's challenge. If your student needs help finding a few more books to get them finished, they can visit the library and speak to library staff or to their English Teacher for recommendations or maybe try one of the popular books listed above.

Any personally owned books or books loaned from other libraries that have been read this year can also be included. The challenge finishes on Friday September 6th 2024. Happy reading!

Anita Miles
Library Manager

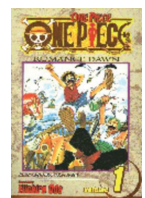
Top Fiction Semester 1

- Twilight
- Every word a lie
- One of us is next
- The Recruit
- One of us is lying



Top Graphic Novels Semester 1

- Romance dawn
- The twisted ones
- Magical Boy
- The silver eyes
- The fourth closet



Tash Dann McIntyre

Better known as: Miss Dann

Current Role at NHS: HASS Teacher

If I wasn't a Teacher I would be: A receptionist/ administrator or a professional netball coach

In my spare time you will find me: At netball

Favourite Sports team: Melbourne Vixens

Hidden Talent: I can list all the English monarchs in order

Dream Holiday Destination: Scotland

Fun Facts:

1. My favourite book is the Boy in the Striped Pyjamas.
2. My favourite meal is a Caesar salad with garlic prawns.
3. I love collecting snow globes from places I've traveled to.

Favourite Quote:

"THE ONLY TRUE WISDOM IS IN KNOWING YOU KNOW NOTHING." - SOCRATES



Staff Profile



Alex Miles

Better known as: "Who's that new person".....
For now or Alex???

Current Role at NHS: Mental Health Practitioner

If I wasn't working in mental health I would be:
A scuba diving instructor - Looks fun!

In my spare time you will find me: Playing netball or helping my partner build a tiny home

Favourite Sports team: Any obscure Aussie Olympic sports - have you seen the Curling?!

Hidden Talent: Roustabouting

Dream Holiday Destination: Galapagos Islands to see the Tortoises

Fun Facts:

1. When I was 10 I broke my nose doing a back flip into a pool
2. I lived in the middle of Australia for 2 years working at a remote school
3. I was a student at Naracoorte High once upon a time

Favourite Quote:

"YOU CAN'T GO BACK AND CHANGE THE BEGINNING,
BUT YOU CAN START WHERE YOU ARE AND CHANGE THE ENDING."
- CS LEWIS



Staff Profile





Fundraising News



Fundraising Events!

Naracoorte High School's Fundraising Committee presents our 2024 Fundraising Events:

Term 3

Crazy Sock Fundraiser

Term 4

Trash and Treasure Market Sunday, 17th November

Term 2 – Winter Warmer Raffle

Many thanks to all who bought/sold tickets in our Term 2 Winter Warmer Raffle. We sold a total of 604 tickets which meant \$1208 raised for Naracoorte High School.

Special thanks and acknowledgements go to the following Businesses who supported our raffle by donating prizes – Naracoorte Betta, D'Lush Beauty, Tender Cuts – please support these businesses who support our school.

Thank you to the individuals who supported our raffle by donating prizes – Sueanne Brodie, Simone Mueller, Jesse Briggs, Kelly Pope, Liz Schroder and Bel Beggs.

Well done to our highest ticket sellers – Mel Ludwig who sold 8 books (80 tickets = \$160) and Kelly Pope who sold 9 books (90 tickets = \$180) – smashing work ladies!

Prize Winners:

1st Prize – Harrison Brodie: trailer load of wood

2nd Prize – Tracy Ebert: 6 bottles of red wine

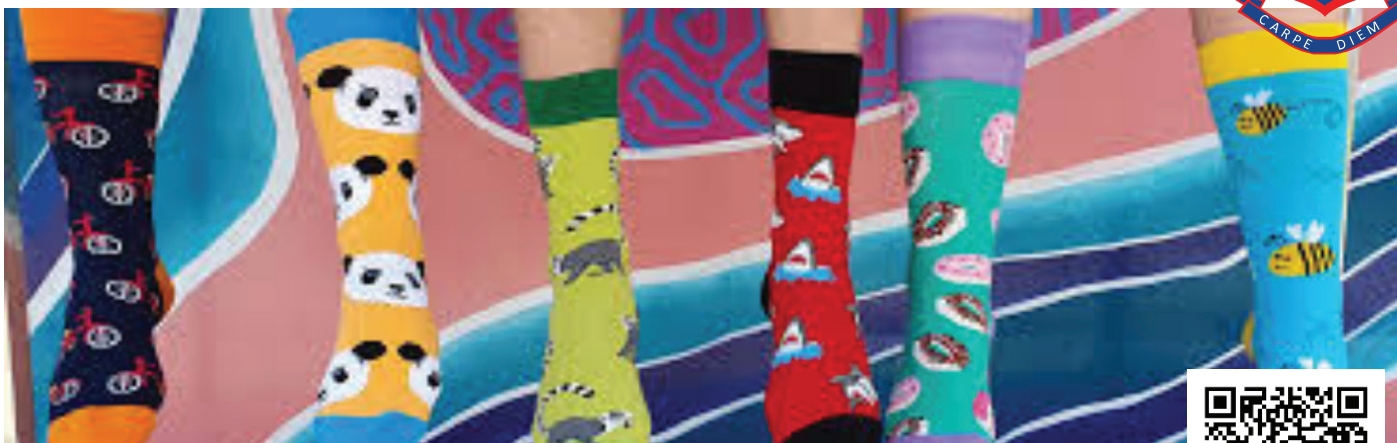
3rd Prize – Stephen Harvey: doTERRA Skin Care Collection

4th Prize – Anita Brinkworth: Breville Toastie machine

5th Prize – Kimmy Marshall: 45 min. facial treatment

6th Prize – Mandy Fox: Sunbeam therapeutic heat pad

7th Prize – Jonathon Sobel: Meat tray



www.sockablefundraising.com.au/collections/shop-socks?ref=NARACOORTEHIGH SCHOOL



Term 3 – Sockable Fundraiser

The Fundraising committee are running a sock fundraiser for Term 3 with Sockable. The fundraiser is live now and will run through to Wednesday, 4th September (Week 7). This will culminate in a Crazy Sock Week where students can wear their purchased socks during Week 10. Socks are always needed and would make a great stocking filler for Christmas.

Sock prices are \$7 per children's socks and \$8 per adult pair of socks. \$2 from each pair of socks sold goes towards Naracoorte High School, with bonuses being available depending on how many pairs are sold in

total. All socks will be delivered to the high school (so there is no delivery cost to individuals) and will be distributed by our Fundraising Committee team. Please get behind this Term 3 fundraiser.

Sock Size	Foot Length (cm)	Kids	Women	Men
Extra Small	17 - 19	9-12, 5-8 yrs		
Small	20 - 22	13-3, 6-9 yrs		
Medium	23 - 25	2-8, 10+ yrs	5 - 8	3 - 6
Large	25 - 28		8 - 13	6 - 11
Extra Large	28 - 31			11 - 14

Term 4 – Pre-loved Market Day

Need to do a spring clean of your treasured goods? Can't be bothered waiting around for people to pick up items you have posted on Buy, Swap, Sell pages? We have the solution for you!

Our major fundraiser for the year is our Pre-loved Market where sellers will purchase a site for just \$20 to sell any unwanted clothes, books, toys, household goods, etc.

We are looking to also have lucky dips and a range of other activities for children. As such, we are seeking donations of small toys, lollies, chocolate, food etc for the lucky dips. If you are able to donate anything at all, please send an email to Bel Beggs at bel.beggs921@schools.sa.edu.au.

Alternatively, the Front Office will have a donation box that you can donate items in.

More information to come about the Pre-loved Market in the next newsletter and on social media.

Bel Beggs

Fundraising Committee Chairperson



Sockable
Fundraising®

**Orders close on Wednesday,
4th September (Week 7)**

Crazy Sock Week - Week 10

<https://www.sockablefundraising.com.au/collections/shop-socks?ref=NARACOORTEHIGH SCHOOL>



**You buy cool
socks.
We raise funds!**






MHFA FOR NON-SUICIDAL SELF-INJURY

DO YOU KNOW HOW TO HELP SOMEONE ENGAGING IN NON-SUICIDAL SELF-INJURY?

LOCATION: Naracoorte Hotel, 73 Ormerod Street, Naracoorte. SA
DATE: 9am - 1 pm, Thursday 10th October 2024
PRICE: \$0 funded by Women's Wellness Group
MHFA INSTRUCTOR(S): Joan Oldfield

CONTACT NUMBER: please use email below
EMAIL: arnodean@hotmail.com - Julia Arnold
ADDITIONAL INFORMATION: Places limited to 20 participants
 Please use email to book in.

MHFA FOR NON-SUICIDAL SELF-INJURY

This course gives participants an opportunity to learn how to help someone who is engaging in self-injury. It teaches:

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

www.mhfa.com.au



Growing Resilient Kids Program

Facilitators
Gez Walter & Ellie Stokes

Smiles ALL ROUND

We are offering our parent and child program which has been developed by our Senior Psychologist. This program is aimed at up-skilling primary school aged children in the following areas:

- Learning the brain science behind emotions.
- Learning about the purpose of anxiety and stress (it's not all bad!).
- Increasing understanding of how feelings (e.g., anxiety, stress) impact our thoughts and body (physiology).
- Learning ways to recognise, accept and/or manage unpleasant thoughts and feelings.
- Learning ways to improve coping abilities and ways to persist through challenging moments and feelings (e.g., anxiety, overwhelm, frustration, disappointment).

For students aged between 8 to 12 years
 Final acceptance to the program will be determined by the Smiles All Round team.

Commences - Term 3, Tuesday 13th August to 10th September (4-5pm)





Smiles All Round HQ
223 Smith Street, Naracoorte

\$500 per family - 1 caregiver & 1 child

Register your interest by 31st July via admin@smilesallround.com.au

For more information:
 ☎ 0430 022 705
 ✉ admin@smilesallround.com.au

UPPER SOUTH EAST POST SCHOOL PLANNING INFORMATION SESSION 3:30pm – 5:00pm @ Naracoorte High School Library – 28th August 2024

Purpose of Info Session			
<ul style="list-style-type: none"> • Provide general information regarding local service providers who can support school leavers. • Provide an opportunity for families/students to book appointments to discuss individual needs & circumstances 			
PART 1 - NDIS			
3:30 4:00		NDIS Limestone Coast Local Area Coordinators	Eligibility Australian Citizens living in Australia who have a disability caused by a permanent impairment, who are between 9 & 65 years and who need disability-specific supports to compete daily life activities.
PART 2 - Employment Agencies			
DES Programs – an employment service that helps people with disability find work and keep a job. Clients may need support to find a job with either occasional or on-going support required.			
SLES Programs - a NDIS Funded service for participants in their final intended year of school & is funded under Capacity Building to give the participants an opportunity to gain meaningful open employment			
		Organisation / Name / Address	Supports Available / Eligibility
4:00pm		AXIS Employment – DES Provider Karryn Owen Manager Lee Green Assistant Manager 40 Helen Street Mount Gambier Tel 8723 1615 Mountgambier@caei.com.au	Support for Eligible School Leavers wishing to make the transition from school to employment as smooth as possible Community AXIS Enterprises Inc. (CAEI) is a not for profit organisation based in Victoria and South East South Australia and trading as AXIS Employment and AXIS Worx. For over 30 years our organisation has successfully delivered government funded disability services to people with disability in the Grampians region.
4:10pm		Are-Able – DES & SLES Provider Jenny Brown 16A James Street Mount Gambier Tel 8707 9920 And Centrelink office Naracoorte jennybrown@areable.org.au	Individual & small group sessions with a focus on developing general work skills, organising industry visits, & arranging work experience placements to help participants identify meaningful ongoing employment opportunities. Are-Able (formerly WDEA Works) started in 1989 as a service to help clients with a disability enter the workforce.
4:20pm		WISE Employment DES Provider Leigh Russell – Business Manager 5 Percy Street Mount Gambier Tel 7723 2200	Since 1992, as one of Australia's leading not-for-profit employment services providers, we've helped hundreds of thousands of job seekers to find work with inclusive employers who recognise and value diversity. Getting the right job opens up opportunities. We can point you in the right direction and support you along the way. Our service is tailored to meet individual needs.
4.30pm – 5.00pm PART 3 – Questions and Answers +Time to make appointments with Individual DES/SLES Agencies and / or connect with NDIS staff			



Term #3 Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	July. 22	23	24	25 7/8 & 11/12 Knockout Netball	26
WEEK 2	19 Year 7 Parent Info Night	30	31	Aug. 01	02
WEEK 3	05 9/10 Knockout Netball	06	07 7-9 Girls Football	08	09 Student Free Day
WEEK 4	12 Pathways to a Pay Packet	13	14	15	16 Bullying No Way Day
WEEK 5	19	20	21	22 Book Week Dress Up 9/10 Knockout Basketball	23
BOOK WEEK					
WEEK 6	26	27	28 7/8 Statewide Netball Finals	29 10-12 Table Tennis	30
ADELAIDE SHOW STEERS					
YEAR 10/11/12 SNOW TRIP					
WEEK 7	Sept. 02	03	04	05	06
SHOW STEERS		ADELAIDE SHOW SHEEP			
WEEK 8	09 Student Free Day	10	11	12	13
YEAR 12 OUTDOOR ED CAMP					
WEEK 9	16	17	18	19	20 Year 10 Immersion Day
WEEK 10	23	24	25	26	27 Last Day of Term #3