



## From the Principal ...

“We make a living by what we get, we make a life by what we give.” – Winston Churchill

Thank you for the support you have shown the school as we move through these unprecedented times. As the current conditions surrounding the COVID-19 pandemic evolves, we are continuing our commitment to ensuring we offer a safe education to all students.

The quick response we have received from the Department in relation to site cleaning has been fantastic. Cleaning services have increased by an extra hour to all our hard-working facility hygiene crew. This includes more regular and thorough cleaning of door handles, lift buttons and wiping down common areas, such as meeting room tables, administration areas and tables in libraries. This has been added to the regular cleaning time to minimise disruption.

As parents and carers are increasingly making the choice to keep their children at home, we have been working hard to ensure as little disruption to learning continuity as possible. We have provided all students in Years 9 -12 with access to all classroom material through Microsoft Teams. I would encourage you to speak to your child and get them to give you a tour of what teachers are providing.

If you don't have internet at home or are having trouble with Teams' materials, I would ask you to contact your students' teacher by telephone or email. This will give us the opportunity to provide technical support or hard copies of materials.

Last week Year 8 students were provided with hard copies of classroom materials for all subjects. These are designed to guarantee students have enough subject resources to see them through the term if they are attending school or self isolating. If your child is in Year 8 and has not received these materials, you are able to obtain a copy at the school, or if you would prefer, they can be downloaded from the Sentral Parent Portal. Each individual subject has been labelled. You can access this content by logging onto the Parent portal -> clicking 'School Resources' -> clicking Year 8 School Work. If you are looking for more materials to support your children in self isolation, the Department has provided an online collection of education materials, that has been developed by Department curriculum managers and expert teachers. The new online curriculum portal, Our Learning SA is live and can be found at <http://www.education.sa.gov.au/OurLearningSA>.

We would like to congratulate Olivia Neagle who was runner up in the District Lions Youth of the Year Regional finals at Millicent High School earlier this month. Unfortunately, the State final has been postponed until further notice.

## SCHOOL DIARY DATES

### TERM 1

April

7<sup>th</sup>-9<sup>th</sup> STUDENT FREE DAYS

9<sup>th</sup> End of Term 1

10<sup>th</sup> GOOD FRIDAY

13<sup>th</sup> EASTER MONDAY

### TERM 2

27<sup>th</sup> Term 2 commences

June

4<sup>th</sup> University visits  
Yr 10 & 11 SACE  
Information evening

15<sup>th</sup> Whole School  
Teen Resilience  
presentation



## HATS

**ALL STUDENTS must wear hats when outdoors when the UV Index is above 3.**  
NHS hats are available for \$9.00 from the Front Office.

Please email all newsletter items to:  
[dl.0786.info@schools.sa.edu.au](mailto:dl.0786.info@schools.sa.edu.au)



Well done to the students participating in our flexible unit and thinking outside the box. In these challenging times, they have been problem solving to work around the current obstacles regarding visiting Longridge as part of the Life Skills programs. Students have been writing letters and making videos to keep communication open with the Longridge residents which is helping their SACE completion, but more importantly, helping avoid loneliness and isolation for our communities most vulnerable. That's two thumbs up from me.

*Regards,  
John Harris, Principal*



**World Health  
Organization**

## Helping children cope with stress during the 2019-nCoV outbreak



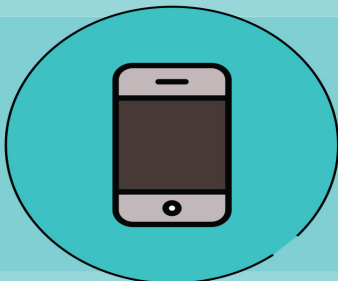
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



# INTRODUCING OUR NEW STAFF.....



Hi, I am Bhumika Soni and I have moved to Naracoorte from Adelaide to teach Maths and Science. I am teaching Year 8 Maths, Year 8 Science and Year 9 Maths. Before coming to Naracoorte I worked as a relief teacher. This is my first teaching position. I grew up in India, so it is lovely to see and get involved in a new community. I look forward to working with my students and colleagues and meeting parents this year.

## Ambrose Competition

On 13th of March, three of our boys set out to the Attamurra Golf Club in Mt Gambier to participate in the 'Come and try' Ambrose Competition. The trip began early in the morning with a pleasant drive to Mount Gambier, however the weather began to darken as the boys approached the Golf Club. At the Club they participated in an introduction to golf coaching session where they learnt how to hit with a driver, iron, and a putter. Being the first time playing golf for two of the boys the experience was worthwhile and prepared them for the competition to come.

The competition was done as an Ambrose competition which allowed the boys to play together as a team. Each of them would hit the ball and then they would choose their best shot to continue from. The boys played remarkably well throughout the wind and the rain drawing 2nd place with a score of 40. The boys left with a new appreciation for golf and the feeling of a game well played.

*Douglas Fraser*  
Teacher



# Yr 11 PE Surf Camp

Over the term the Year 11's have been studying how Biomechanics play an important role with Surfing. Prior to camp the students undertook a range of practical tasks to assess the concepts of how Biomechanics can effect/enhance your surfing skills. These ranged from paddling techniques, practicing balance and stability concepts to mimicking the "pop" phase on the board. The students then researched how this has an impact on their success. Whilst on camp (Week 7) they applied their research and understanding of these concepts to the "real" task. The task was a personal journey of improvement through the application of Biomechanics.



Day 1 of Surf camp the student's collected raw data via GoPro videos of their performance skills. From here the students had to identify two areas for improvement.

Day 2 the students were able to seek feedback from the surf instructors of how they could improve these specific aspects. This was a great opportunity for student driven learning and gave them the opportunity through data analysis to reflect on performance.

Day 2 saw much improvement and a lot of excitement from the class as they were seeing vast improvement with their skills.

Day 3 was an opportunity to challenge some biomechanical concepts and to have some fun! They made the most of this and thoroughly enjoyed playing a tag game of surfing where they were marked on wave riding, balance skills and creativity in teams. Well done Lucy Walker who won best wave rider by using her "power play".

*Karen Justin  
PE Teacher*









# NATIONAL DAY OF ACTION

In such uncertain times it was fantastic to see a myriad of colours filling Naracoorte High School on Monday 23rd March. Staff and students united as part of the nationwide movement promoting the actions we take every day to take a stand against bullying. Naracoorte High School is one of over 5000 Australian schools which is officially registered as a National Day of Action (NDA) school.

All students were given #Bullying No Way bag tags and staff and students were asked to write a pledge against bullying on flower sculptures which will have been placed around the school grounds this week. The day was a huge success with many staff and students wearing fluoro colours and orange ribbons in recognition.

The National Day of Action against Bullying and Violence provides schools with the chance to focus on bullying prevention and the role that we can play to create safer communities for children and young people.

Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) for advice and useful information.



Let's take a stand together every day to say #bullyingnoway.





# Library Resource Centre

The Library has adapted to social distancing with the removal of some of the chairs and a reduction on desktop computers that can be used. Laptop cleaning has also been increased and book covers are now being cleaned on every book return. Hand sanitiser is also available for all students using the Library.



Students can now borrow more books from the Library, if they wish to do so, as loan limits on all fiction and non fiction books have been increased. We still encourage students to return books that they have finished, as soon as they can, to ensure that popular books are available for other students.

Students can now search the Library catalogue from any online device by going to:  
<http://bookmark.central.sa.edu.au/NHSlibrary.htm>

## **PREMIER'S READING** Challenge

Students can take part in this years Premier's Reading Challenge from home. If students do not have their Premier's Reading Challenge Record from school, a new copy can be downloaded from the Premier's Reading Challenge website :

<http://www.premiersreadingchallenge.sa.edu.au/prc/pages/home>

Year 8 and 9 students for 2020 no longer need to read four books from the Premier's Reading Challenge book list, if they do not have access to them. See the following page for more details.

# Library Resource Centre



Dear Parents and students

The Premier's Reading Challenge plays an important role in promoting the love of reading and this year more than any other, students will find joy, continuity and comfort in books! With your continued support, our students will keep reading and participating in the Challenge!

In order to make the Premier's Reading Challenge achievable for all in this extraordinary year, we will be doing the following:

**Rules** – students will still need to read 12 books by September. However, they can be ALL FREE CHOICE. We understand that it may be difficult to get to libraries so any book students choose to read will be accepted – whether on the Premier's Reading Challenge booklist or not.

**Collecting reading records** – students will still need to submit their records. We will accept a scanned copy via email to this address:  
anita.miles220@schools.sa.edu.au

**Awards** – we have been informed that awards will be sent to our school in November as in previous years.

If you are in search of reading materials, our school will support reading via our Library by: increasing borrower loan limits and by providing external search access to our catalogue via <http://bookmark.central.sa.edu.au/NHSLibrary.htm>

Please consider [SA Public Libraries](#) are free to join and they provide access to the OverDrive service, where there are thousands of eBook titles (and Audiobook titles) using the very user-friendly [libby](#) App. This collection has more than 4,000 different children and young people's titles and includes many Premier's Reading Challenge books.

Good luck with the Premier's Reading Challenge this year and please contact us should you need any support.

Regards

Premier's Reading Challenge coordinator  
Anita Miles, Library Manager





# Women's Wellness Clinic



## Country Health Connect Naracoorte

**20<sup>th</sup> April 2020**  
Women's Health Nurse  
Available

### Services provided include

- Cervical Screening
- STI Screening - limited
- Women's Health information and education for gynaecological concerns such as:
  - Contraception
  - Periods
  - Menopause
  - Breast Health

Clinical Services are available by appointment only

Please note charges for Cervical Screening may apply for some women please discuss with the Women's Health Nurse for further details.

To make an appointment, please contact Naracoorte Country Health Connect 8762 8160



**COUNTRY  
HEALTH  
CONNECT**

Call us on 1800 944 912

[www.countryhealthconnect.sa.gov.au](http://www.countryhealthconnect.sa.gov.au)

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**Government  
of South Australia**  
SA Health



# Why Soap Works

At the molecular level, soap breaks things apart. At the level of society, it helps hold everything together.

By Ferris Jabr

March 13, 2020

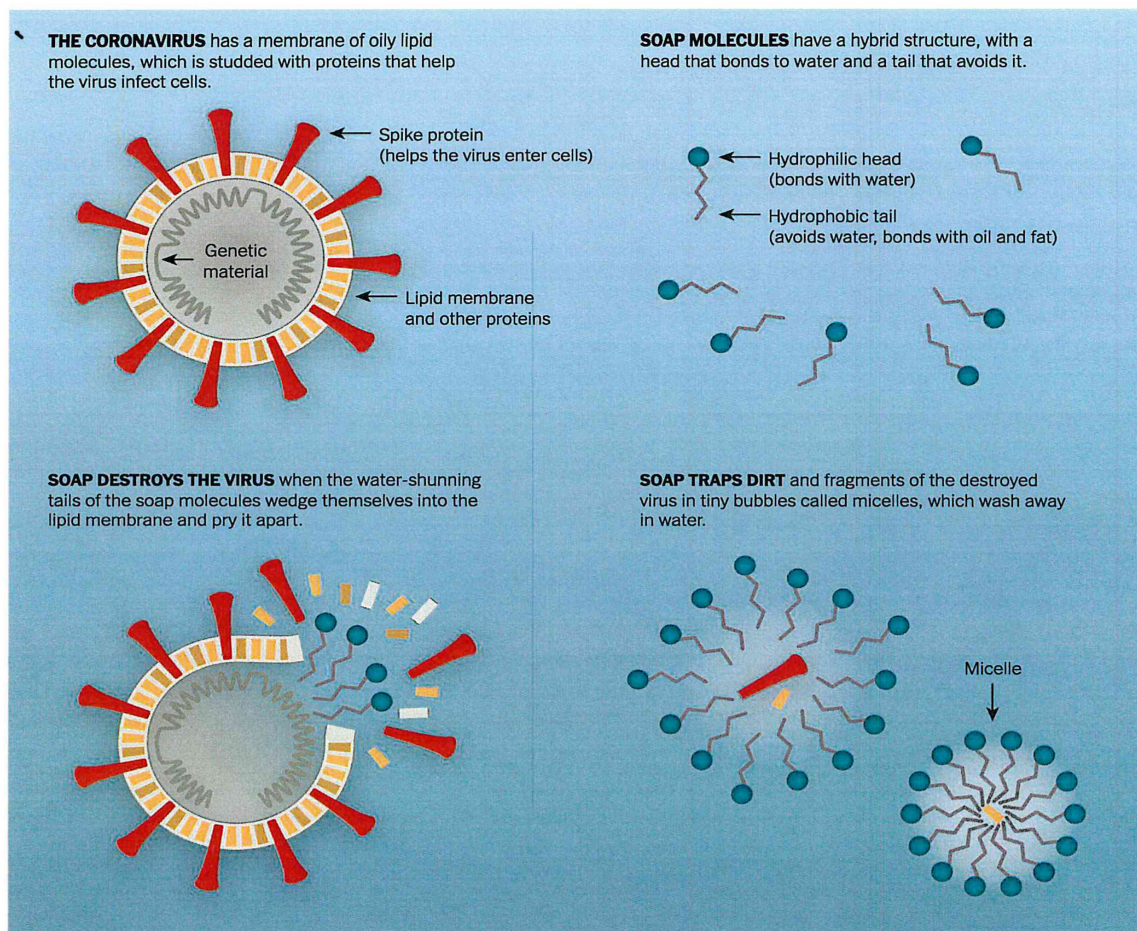
It probably began with an accident thousands of years ago. According to one legend, rain washed the fat and ash from frequent animal sacrifices into a nearby river, where they formed a lather with a remarkable ability to clean skin and clothes. Perhaps the inspiration had a vegetal origin in the frothy solutions produced by boiling or mashing certain plants. However it happened, the ancient discovery of soap altered human history. Although our ancestors could not have foreseen it, soap would ultimately become one of our most effective defenses against invisible pathogens.

People typically think of soap as gentle and soothing, but from the perspective of microorganisms, it is often extremely destructive. A drop of ordinary soap diluted in water is sufficient to rupture and kill many types of bacteria and viruses, including the new coronavirus that is currently circling the globe. The secret to soap's impressive might is its hybrid structure.

Soap is made of pin-shaped molecules, each of which has a hydrophilic head — it readily bonds with water — and a hydrophobic tail, which shuns water and prefers to link up with oils and fats. These molecules, when suspended in water, alternately float about as solitary units, interact with other molecules in the solution and assemble themselves into little bubbles called micelles, with heads pointing outward and tails tucked inside.

Some bacteria and viruses have lipid membranes that resemble double-layered micelles with two bands of hydrophobic tails sandwiched between two rings of hydrophilic heads. These membranes are studded with important proteins that allow viruses to infect cells and perform vital tasks that keep bacteria alive. Pathogens wrapped in lipid membranes include coronaviruses, H.I.V., the viruses that cause hepatitis B and C, herpes, Ebola, Zika, dengue, and numerous bacteria that attack the intestines and respiratory tract.

When you wash your hands with soap and water, you surround any microorganisms on your skin with soap molecules. The hydrophobic tails of the free-floating soap molecules attempt to evade water; in the process, they wedge themselves into the lipid envelopes of certain microbes and viruses, prying them apart.





In tandem, some soap molecules disrupt the chemical bonds that allow bacteria, viruses and grime to stick to surfaces, lifting them off the skin. Micelles can also form around particles of dirt and fragments of viruses and bacteria, suspending them in floating cages. When you rinse your hands, all the microorganisms that have been damaged, trapped and killed by soap molecules are washed away.

On the whole, hand sanitizers are not as reliable as soap. Sanitizers with at least 60 percent ethanol do act similarly, defeating bacteria and viruses by destabilizing their lipid membranes. But they cannot easily remove microorganisms from the skin. There are also viruses that do not depend on lipid membranes to infect cells, as well as bacteria that protect their delicate membranes with sturdy shields of protein and sugar. Examples include bacteria that can cause meningitis, pneumonia, diarrhea and skin infections, as well as the hepatitis A virus, poliovirus, rhinoviruses and adenoviruses (frequent causes of the common cold).

These more resilient microbes are generally less susceptible to the chemical onslaught of ethanol and soap. But vigorous scrubbing with soap and water can still expunge these microbes from the skin, which is partly why hand-washing is more effective than sanitizer. Alcohol-based sanitizer is a good backup when soap and water are not accessible.

In an age of robotic surgery and gene therapy, it is all the more wondrous that a bit of soap in water, an ancient and fundamentally unaltered recipe, remains one of our most valuable medical interventions. Throughout the course of a day, we pick up all sorts of viruses and microorganisms from the objects and people in the environment. When we absentmindedly touch our eyes, nose and mouth — a habit, one study suggests, that recurs as often as every two and a half minutes — we offer potentially dangerous microbes a portal to our internal organs.

As a foundation of everyday hygiene, hand-washing was broadly adopted relatively recently. In the 1840s Dr. Ignaz Semmelweis, a Hungarian physician, discovered that if doctors washed their hands, far fewer women died after childbirth. At the time, microbes were not widely recognized as vectors of disease, and many doctors ridiculed the notion that a lack of personal cleanliness could be responsible for their patients' deaths. Ostracized by his colleagues, Dr. Semmelweis was eventually committed to an asylum, where he was severely beaten by guards and died from infected wounds.

Florence Nightingale, the English nurse and statistician, also promoted hand-washing in the mid-1800s, but it was not until the 1980s that the Centers for Disease Control and Prevention issued the world's first nationally endorsed hand hygiene guidelines.

Washing with soap and water is one of the key public health practices that can significantly slow the rate of a pandemic and limit the number of infections, preventing a disastrous overburdening of hospitals and clinics. But the technique works only if everyone washes their hands frequently and thoroughly: Work up a good lather, scrub your palms and the back of your hands, interlace your fingers, rub your fingertips against your palms, and twist a soapy fist around your thumbs.

Or as the Canadian health officer Bonnie Henry said recently, "Wash your hands like you've been chopping jalapeños and you need to change your contacts." Even people who are relatively young and healthy should regularly wash their hands, especially during a pandemic, because they can spread the disease to those who are more vulnerable.

Soap is more than a personal protectant; when used properly, it becomes part of a communal safety net. At the molecular level, soap works by breaking things apart, but at the level of society, it helps hold everything together. Remember this the next time you have the impulse to bypass the sink: Other people's lives are in your hands.

*This article was provided from the New York Times*

