



Naracoorte High School Newsletter

Issue #2

March, 2023

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

SCHOOL EVENT DATES TERM #1

>> MARCH

- 14th–17th Year 10/11/12 Outdoor Ed Canoe Camp
- 20th–27th Flexible Industry Pathways
- 21st Harmony Day
- 22nd Governing Council
- 24th Interschool Athletics

>> APRIL

- 4th Adelaide Athletics
- 7th Good Friday
- 10th Easter Monday
- 14th Pathways Immersion Day
- 14th Last Day of Term #1

SCHOOL EVENT DATES TERM #2

>> MAY

- 1st First Day for Term #2
- 3rd Year 7, 8 & 10 Immunisations

From Our Principal...

Dear Families,

Governing Council

Governing Council held its Annual General Meeting on Wednesday March 9.

We thank our outgoing members Robert Bull, Tammy Cane, Sarah Edwards, Peter Ireland and Andrew Shepherd for their service to the school community. Special thanks to Andrew Shepherd for his time and commitment as Chairperson of Governing Council during his tenure.

We welcome new members: parent representatives Amy Bates and Ryan Lush; community representative Monique Crossling and staff representatives Bel Beggs and Emma Phillips. We thank continuing members: parent representatives Liz Schroder, Sueanne Brodie, Melanie Ludwig, Andrea Henschke, Andrew Frick, Ginny Harvie and community representative Will Malone.

Following the AGM council resolved its office bearers for 2023 as follows:

Chairperson – Liz Schroder

Vice Chairperson – Andrew Frick

Secretary – Andrea Henschke

Treasurer – Melinda Ludwig

Our 2023 council has established the following sub-committees:

- Agriculture
- Buildings & Grounds
- Canteen
- Finance
- Fundraising

If you would like to join a sub-committee please contact Andrea at the school on 8762 1333.



Government
of South Australia
Department for Education





From Our Principal

Reporting Cycle

School reports are an important tool for communicating student achievement and progress to young people and their parents/caregivers. At Naracoorte High School we value opportunities to share with families what students have learnt, what they need to learn next and how teachers, students and parents / caregivers can work together on the next steps to support growth.

Stoplights

The Term 1 Stop Light reports have been published and are able to be accessed within the Sentral Parent Portal. Stop Lights are a mechanism for identifying how students are progressing in their learning and provide an indicator of achievement within course work to date. For Term 1 the interim assessment was completed by teachers during Week 6 and following 5 weeks of course work.

Parents/caregivers are encouraged to view Stop Lights before booking into 3-Way Interviews.

3-Way Interviews

During Week 8, we will be holding 3-Way Interviews for parents/caregivers and students to discuss learning progress with subject teachers. Students are encouraged to attend these interviews. The teachers will be available between 4:00pm and 7:00pm on Tuesday 21st March and Wednesday 22nd. All interviews will be conducted in Williamson Hall.

Interviews are an important part of the reporting cycle and are valuable for students, parents, care-givers and teachers. We encourage all parents and care-givers to take advantage of this opportunity to meet with teachers and gain an accurate and objective assessment of student's engagement, progress and access descriptive reporting about student achievement.

A to E Report

A summary report of student achievement will be posted within Sentral at the end of Term 2. This will include A to E grades for all subjects studied within the academic period for semester one, including term only subjects studied in Term 1 and Term 2. The report provides an A to E grade against the Australian Curriculum achievement standards for all 8 learning areas in Year 7 -10 and for all SACE Subjects. The 'C' grade is the reference point indicating a satisfactory level of achievement.

Students' with personalised learning goals will receive a report in-line with the agreed modified assessments documented within their One Plan.

From Our Principal



Vaping Information

The Department for Education in partnership with SA Health have developed a suite of resources including fact sheets to educate people about e-cigarettes and vaping.

E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens, USB memory sticks or watches.

Key Vaping Facts

Many e-cigarettes contain nicotine despite being labelled as not. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.

E-cigarettes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.

Young people who vape are 3 times as likely to take up smoking cigarettes.

The laws around selling E-Cigarettes

It's illegal to sell or supply e-cigarettes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media.

There are a number of retailers who sell e-cigarettes to young people. This is a crime.

Talk to your child about Vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Parenting SA provides a Parent Easy Guide on talking with children and young people about drugs and alcohol – visit parenting.sa.gov.au.

Get the evidence and facts about vaping at www.sahealth.sa.gov.au/vaping.

Find out more about how we manage alcohol, tobacco and other drugs in schools at www.education.sa.gov.au/vaping

LYNETTE CORLETT
Principal



THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes (e-cigarettes) or 'vapes' available.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes.

This is not true. E-cigarettes are not safe. Spotting e-cigarettes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of e-cigarettes is a first step to help protect young people from the risks of vaping.

COMMON E-CIGARETTES



Disposable e-cigarettes are the most common types used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these e-cigarettes contain nicotine, despite often not being labelled as containing nicotine.



E-cigarettes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

WHERE TO GO FOR MORE INFORMATION

To find out more about the health risks of vaping, visit www.sahealth.sa.gov.au/vaping



Government
of South Australia

SA Health

This information has been adapted from NSW Health for SA Health and the SA Department for Education

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, known as 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of e-cigarettes available and they can be difficult to spot.

The main ingredient in e-cigarettes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. E-cigarettes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes. This is not true. **E-cigarettes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



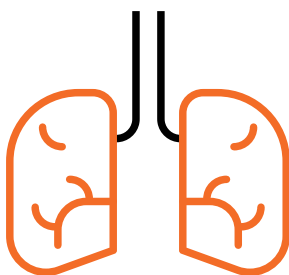
Many e-cigarettes contain nicotine making them **very addictive**



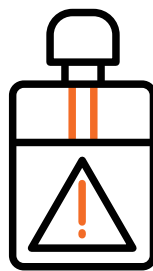
The nicotine in 1 e-cigarette can
= 50
cigarettes



Young people who vape are **3 times** as likely to take up smoking



Vaping has been linked to **serious lung disease**



E-cigarettes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray

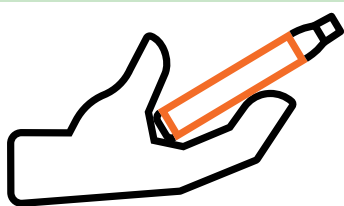


E-cigarettes come in a variety of designs and styles and can be **easy to conceal**

E-CIGARETTES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubblegum, vanilla and mint) and colourful packaging used for e-cigarettes make them appealing to young people. **Many e-cigarettes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. E-cigarettes are a new way to get young people addicted to nicotine, which is often difficult to quit.

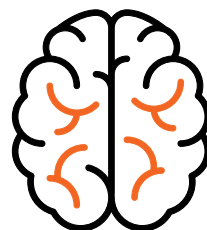


HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. A survey of 13 to 19 year olds by South Australia's Commissioner for Children and Young People found that 2 in 3 young people had tried vaping, with almost 1 in 4 describing themselves as a regular vaper. The survey also indicated that it is **easy to get an e-cigarette** at a shop or online. People also often get these products from their friends or peers.

The consequences of vaping are starting to emerge and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in e-cigarettes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

Often, e-cigarettes have nicotine despite being labelled as not.

RISKS TO PHYSICAL AND MENTAL HEALTH

E-cigarettes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **E-cigarettes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in e-cigarettes and the vapour is not water. E-cigarettes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

E-cigarettes have even been known to explode causing serious burns.



SELLING E-CIGARETTES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell or supply any e-cigarette to anyone under 18 years of age.

Many young people purchase their e-cigarettes from friends and contacts using social media.

There are a number of retailers who sell e-cigarettes to young people. This is a crime.



IS YOUR CHILD VAPING?

You may not know your child is vaping as e-cigarettes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Signs that your child might be vaping include the symptoms of nicotine addiction, such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them.

Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and e-cigarette-free yourself.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled. Most e-cigarettes contain nicotine – they just don't put it on the pack.

Remember that nicotine is a poison. Given the poor labelling, it is safest to assume that all e-cigarettes contain nicotine and to keep them out of the reach of small children.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As e-cigarette use is increasing, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

Parenting SA provides a Parent Easy Guide on Young People, Alcohol and Drugs on their website: parenting.sa.gov.au.



WHERE TO GO FOR MORE INFORMATION

To find out more about the health risks of vaping, visit www.sahealth.sa.gov.au/vaping



Government
of South Australia

SA Health



Walpaara Anpa Award

Congratulations Destin Cornford on winning the Department for Infrastructure & Transport 2022 Walpaara Anpa Award!

The Department for Infrastructure and Transport has a commitment to support young people to reach their full potential and encourage them to continue to provide leadership to their fellow students, and ultimately contribute to building stronger families and communities.

This award is presented to year 10 students who demonstrate a commitment to their education through regular attendance and consistent academic achievement, demonstrate leadership qualities and have strong aspirations to complete their schooling and progress into further study or employment.

Walpaara Anpa Award recipients are awarded a DELL Laptop pack, including a backpack, keyboard & wireless mouse.

Well done Destin!

CAROLYNN CROUCH
Aboriginal Education Officer



IMPORTANT REMINDER

EXPLAINING STUDENT ABSENCES

As per DE requirements all student absences need to be explained. Any absences 5 days or more requires an exemption form. These need to be approved by the year level coordinator, so please allow adequate time for this to be processed. Please contact the school to explain your student's unexplained absences.

This can be done in the following ways:

- >> Skoolbag App
- >> dl.0786.absence@schools.sa.edu.au
- >> Sentral Parent Portal
- >> Telephone 8762 1333

Please note the first session of the day begins at 8.45am, students need to ensure they are arriving by 8.40am to start the day on time.



Naracoorte High School

Sports Day Results

2023 NEW RECORDS

EVENT	NEW RECORD HOLDER	DISTANCE/TIME	PREVIOUS RECORD HOLDER	DISTANCE/TIME	YEAR SET
U/15 Male Long Jump	H. Clark	5.70m	B. Owen	5.45m	1999
U/15 Male Triple Jump	H. Clark	12.83m	S. Bell	11.99m	2004
U/15 Male 200m	H. Clark	24.48	S. Bell	25.02	2004
U/15 Male High Jump	H. Clark	1.78m	S. Cowburn	1.73m	1990
U/13 Male Shotput	R. Woolley	11.54m	A. Charlick	9.88m	2022
U/13 Male Javelin	H. Brodie	19.71m	Z. Doyle	17.77m	2022
U/13 Male Long Jump	R. Woolley	4.82m	T. Walker	4.02m	2022
U/13 Female Shot Put	P. Ryan	7.80m	H. Edwards	7.23m	2022
U/13 Male Discus	R. Woolley	28.13m	A. Charlick	25.77m	2022
U/13 Male High Jump	R. Woolley	1.53m	T. Walker	1.45m	2022
U/13 Male 100m	R. Woolley	13.51	T. Walker	14.46	2022

2023 CUP WINNERS

AGE GROUP	SPONSOR	WINNER	PTS	RUNNER UP	PTS	3RD PLACE	PTS
U/13 Female	The Grant Family	E. Ward	24	G. Midwinter	22	M. Bellman	20
U/13 Male	Rotary Club of Naracoorte	R. Woolley	30	H. Koch	22	L. Moss	17
U/14 Female	NHS Governing Council	P. Rasheed	30	A. Orton	24	H. Edwards	20
U/14 Male	NHS Governing Council	M. Crossling	27	A. Charlick	24	T. Walker	20
U/15 Female	NHS Governing Council	C. Copping	30	K. Rata	28	G. Mahney	19
U/15 Male	NHS Governing Council	H. Clark	30	W. Ellis	23	C. Atkinson	20
U/16 Female	Hansen Design & Print	M. Grady	29	L. Midwinter	28	C. Stewart	24
U/16 Male	H.T Rowe Memorial Trophy	Z. Boston & R. McMullan			29	C. Brodie	21
Open Female	Rotary Club of Naracoorte	A. Frick	27	E. Barker	26	N. Moore	22
Open Male	Joe & Kay Hole	S. Shepherd	29	B. East	26	M. Maney	20

2023 PERPETUAL TROPHY WINNERS

AGE GROUP	EVENT	AWARD/SPONSOR	WINNER
Open Female	1500m	Edwards Family Perpetual Trophy	M. Grady
Open Male	1500m	F. Drew Memorial Perpetual Trophy	M. Maney
Open Female	800m	Naracoorte Sportspower Perpetual Trophy	P. Rasheed
Open Male	800m	Jack Farmer Perpetual Trophy	M. Maney
Open Female	100m	Edwards Family Perpetual Trophy	L. Pape
Open Male	100m	Nick McBride MP Perpetual Trophy	B. East

2023 HOUSE WINNER

1st Murdoch	2nd Flynn	3rd Carter
864 Points	780 Points	737 Points



Sports Day 2023

Winning House – Murdoch



Perpetual Trophy Winners



Sports Day 2023



Age Group Champions





Flexible Industry Pathways

Flexible Industry Pathways is underway in 2023!

In Week 5 we had Laurie Cella from TAFE SA delivering week 1 of the FIP (Flexible Industry Pathways) Multitrades Program, where students from Naracoorte High and Kingston Community School gain experience in and receive Cert 2 in Construction Pathways.

Naracoorte High Students include:

Jawad Hassani, Ruby Sambell, Samara Roberton, Dawson Fox, Jasper Vannarath & Bailey Aitken.

TOM RECHNER Pathways



This term our Year 8's have been investigating and making judgements on how the characteristics of properties and materials are combined with force, motion and energy to create design solutions.

This task involved students designing, producing and testing wood spinners, made from sustainably sourced and recycled materials.

The task involved students producing orthographic drawings of their design, then using the Design & technology workshop to safely produce their intended design. When designing, students considered functionality as well as aesthetics and constraints unique to each individual student (some of our year 8s have huge hands!). When producing, students encountered difficulties that require full use of their problem-solving abilities and tested their design thinking to its full potential.

Of course, we had a friendly competition, with categories for longest spinning top, best design and most professionally finished. Students developed their own set of constraints that made competition fair for all involved, which included the dreaded TUBE OF DOOM (we all agreed that longer pulling strings would unfairly advantage some students).

Students had 3 attempts to spin their top for the longest and we finished the day with the ultimate Beyblade battle.

Our winners on the day were:

1st - Mitchell Kluske

2nd - Dylan Mitchell

3rd - Henry Orton

Best Design - Digby Fletcher

Most Professional Finish - Dylan Flint

In 2023, our year 8s will all participate in 1 term of Design & Technology - Materials, we will keep a year-long leader board for overall longest spinners!



TOM RECHNER
Design & Technology



House Captain's Report

A word from our Flynn House Captains, Lachie & Lily!

A big congratulations to all our members in Flynn on your efforts and participation on sports day.

We didn't get the choccies this year but we will have to settle with second place for now. Congratulations to Henry, Eliza and the Murdoch team on a great win.

We would like to give a special mention to certain Flynn members who had an outstanding day winning their age group champions, including Sid Shepherd, Paige Rasheed, Riley McMullan, Chloe Copping and Will Ellis who was runner up. Well done to our open perpetual trophy winners, Matt Maney (800m & 1500m), Lily Pape (100m) and Paige Rasheed (800m). Congratulations to all record breakers and trophy winners in the other teams.

We would also like to thank the Teachers who ran and set up the day, the students who helped lead on standards day, school captains and the house captains of Carter and Murdoch for being at school early to set up for a great day.

LACHIE M^CKENZIE & LILY PAPE

Flynn House Captains



CANTEEN ONLINE ORDERING AVAILABLE!

The school canteen is accepting online orders. Download the Flexischools App to start ordering!

Orders must be placed by 9.30am each day.

 flexischools

PREPARING FOR A BUSHFIRE



Help us keep your child safe this fire danger season:



Make a bushfire survival plan and practice with your family.



Provide your school or preschool with your up-to-date contact details.



Review who is authorised to collect your child on your behalf.



Advise your school or preschool if your family's personal bushfire survival plan will impact school attendance.



Like the CFS, SES and SAPOL Facebook pages.



Call the emergency information hotline 1800 000 279 for information if the school or preschool is threatened by a bushfire.



Identify your local radio station that broadcasts emergency information.



Read and save the 'Bushfire and your child's school or preschool' brochure.

To access the Bushfire and your child's school or preschool brochure, search 'bushfire information' on the Department for Education website: www.education.sa.gov.au



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Library Resource Centre

What's been happening in the Library & Resource Centre!

The library jigsaw puzzle has been very popular so far this term with many students having a go at locating pieces during their recess or lunch time. Three puzzles have been completed so far, Flags of the World, Solar System and World Map. The students are finding the present one a little more tricky in testing their spatial awareness and problem solving skills.



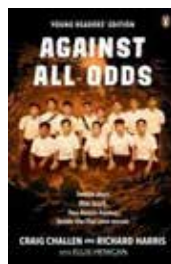
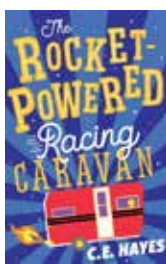
Chess is also proving popular during recess & lunch breaks!

The present library display is asking for student opinion on the wording used in Roald Dahl's books.

ANITA MILES
Library Manager



New Books!





Naracoorte High School **Pathways** Pay to a **Packet!**

Our Award Winning Pathways to a Pay Packet Career Expo & Information night is back in 2023!

Monday 7th August from 6.00pm – 9.00pm at Naracoorte High School

If you would like to be involved in this years event, please contact Tammy Cane on tammy.cane985@schools.sa.edu.au as soon as possible for further details & to secure your place

CHICKENS FOR SALE

**Ag will have Chickens
available in Term 2**

To register your expression
of interest please contact the
Front Office on 8762 1333



Naracoorte High School

School Magazine

Pre-orders are now available for collection!

We also have a small quantity still available for purchase at the Front Office

\$22
each.



Community News & Events

Upcoming EVENTS

NARACOORTE VIDEOGAMES CLUB

21ST APRIL
4-7PM 9 FOSTER STREET

16TH JUNE
4-7PM 9 FOSTER STREET

18TH AUGUST
4-7PM 9 FOSTER STREET

20TH OCTOBER
4-7PM 9 FOSTER STREET

15TH DECEMBER
4-7PM 9 FOSTER STREET

ALL AGES WELCOME. FREE FOOD AND DRINKS. GOLD COIN DONATION. FULLY POLICE CHECKED SUPERVISION

NVGGAMING.CARRD.CO

P: LUKE GODDARD: 0417896760

WANTED JUNIOR STAFF

FOR THE BUSHMANS ARMS HOTEL

WE ARE HIRING JUNIOR WAIT STAFF!

WE ARE LOOKING FOR AN ENTHUSIASTIC WORKER
TO JOIN OUR TEAM!

MUST BE AVAILABLE WEEKENDS.
HELPING RUN MEALS, CLEAN TABLE & ASSISTING
WITH OUR KITCHEN CREW!

EMAIL RESUME TO ADMIN@BUSHMANSARMSHOTEL.COM.AU OR
POP IN AND CHAT TO ZAC OR PAULINE

Term #1 Calendar



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30/1 Year 12 Retreat @ Robe	31/1 Year 12 Retreat @ Robe	1/2	2/2	3/2
WEEK 2	6/2	7/2	8/2	9/2	10/2
WEEK 3	13/2	14/2 Year 12 Ag Day	15/2	16/2 Interschool Swimming	17/2
WEEK 4	20/2 Lion's Youth of the Year	21/2	22/2 Year 10/11 Surf Camp	23/2 School Photos	24/2
WEEK 5	27/2 Standards Day FIP Multitrades	28/2	1/3 Year 10/11/12 Outdoor Ed Camp @ Cocky Lake	2/3 NAPLAN Practice Test	3/3
WEEK 6	6/3	7/3	8/3 Governing Council AGM	9/3 Sports Day	10/3 STUDENT FREE DAY
WEEK 7	13/3 PUBLIC HOLIDAY	14/3 Year 10/11/12 Outdoor Ed Canoe Camp	15/3 NAPLAN	16/3	17/3
WEEK 8	20/3 NAPLAN FIP Multitrades	21/3 Harmony Day	22/3 Governing Council Ramadan Starts	23/3	24/3 Interschool Athletics
WEEK 9	27/3 NAPLAN	28/3	29/3	30/3	31/3
WEEK 10	3/4	4/4	5/4	6/4	7/4 GOOD FRIDAY PUBLIC HOLIDAY
WEEK 11	10/4 EASTER MONDAY PUBLIC HOLIDAY	11/4	12/4	13/4	14/4 Pathway's Immersion Day END OF TERM #1

PLEASE NOTE: Proposed dates are subject to change.



Community News & Events

Youth Week Art & Craft

For ages 12 to 25



PAINT A CANVAS

Wednesday 29th March
at 4pm - 5pm

Paint a masterpiece and we
will hang them in the
Wonambi Gallery for the
remainder of youth week.

CRAFT TABLE

Monday 27th and Tuesday 28th
Come and create with our Makers
Table!

N Naracoorte
Library + Town Hall



Let's chat bats

Come and chat with local bat expert Nicole Bail in the Bat
Observation Centre, witness the spectacular event of
bats in their natural habitat.

Friday,
31 March 2023
5.30pm

@ Naracoorte Caves

SAUSAGE
SIZZLE

FREE
EVENT

To register please visit



Naracoorte
Caves

LANDSCAPE
SOUTH AUSTRALIA
LIMESTONE COAST

JUNIOR COLTS FOOTBALL TRAINING

THURSDAY NIGHTS 5PM AT IB EDWARDS OVAL ALL WELCOME



KYBYBOLITE TIGERS

FOR MORE INFORMATION CONTACT ROBERT
BULL: 0428 621 715



Are your contact details up to date?

Please advise the school of any changes
by contacting the front office on 8762 1333



YOUTH WEEK 2023

JOIN US AT THE LIBRARY FOR A



THURSDAY 30TH MARCH
6PM START

SEE LIBRARY STAFF TO BOOK
MUST BE BETWEEN 10 AND 25 YEARS OLD TO ENTER