



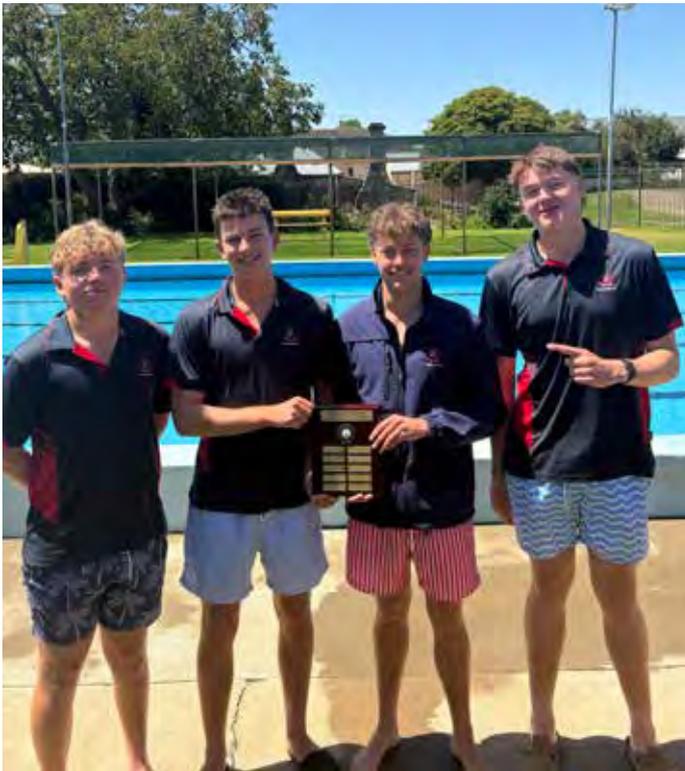
NEWSLETTER



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

Splashing Success in the Pool!

What a picture perfect day it was at the Penola Pool, for the annual small schools Interschool Swimming Carnival!



Our 18 swimmers gave their absolute best, and they should all be incredibly proud of their performances in and out of the pool.

There were plenty of highlights throughout the day. A special congratulations to Mia McCarthy for breaking the Open Girls Breaststroke record – an outstanding achievement! Our teams also enjoyed fantastic success, with the 13 Boys winning the Age Group Shield, the 14 Girls named joint winners of the Age Group Shield, and the Open Boys also finishing as joint winners of their Age Group Shield.

And of course, a memorable moment goes to Jack Barker, who kept everyone entertained by starting his butterfly race with freestyle!

A massive thank you to all students who stepped out of their comfort zones to compete. Your courage, team spirit, and determination made it a fantastic day for everyone involved. Well done, team!

WHAT'S INSIDE?



FACILITY UPGRADES



LIBRARY NEWS



YEAR 12 SURF CAMP



INTERSCHOOL SWIMMING CARNIVAL



Key Dates.



Term One.

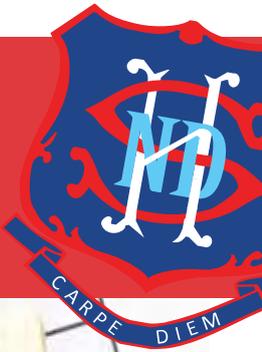
February

- 25th Governing Council AGM
- 26th 1500m Athletics Events
- 27th Senior Formal

March

- 2nd NHS Athletics Carnival
- 9th Public Holiday
- 11th–23rd NAPLAN Testing
- 16th–20th Learning Conferences
- 18th Interschool Athletics Carnival
Governing Council
- 23rd NEXUS & Twilight Tours
- 25th–27th Year 10 Outdoor Ed Camp
- 31st Adelaide Athletics

Important Reminders



Immunisations

Year 7 and Year 10 Immunisations will be held on the following dates:

Year 7 and 10 Immunisations -
Tuesday 12th May (Week 3, Term 2)

Year 10 Immunisations 2nd Visit -
Tuesday 4th August (Week 3, Term 3)

Preliminary information has been sent to all relevant families via EdSmart this week.

Please take the time to read through this important information and contact Student Services with any queries.

NARACOORTE HIGH SCHOOL GOVERNING COUNCIL

Annual General Meeting

WEDNESDAY 25TH FEBRUARY, 2026

IN THE HIGH SCHOOL LIBRARY AT 6.30PM

All Parents are cordially invited to attend

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.

NARACOORTE



HIGH SCHOOL

EXPLAINING STUDENT ABSENCES

As per DE requirements **ALL** student absences need to be explained. Any absences 5 days or more, requires an exemption form.

Exemptions 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 (including late arrivals to school).

This can be done in the following ways:

- >> Via text message to Student Services 0421 616 782
- >> Sentral Parent Portal
- >> dl.0786.absence@schools.sa.edu.au
- >> Telephone 8762 1333

IMPORTANT REMINDER

The first session of the school day begins at 8.45am.
Please ensure you're students are arriving by 8.40am
to start the day on time.



NARACOORTE HIGH SCHOOL

2026 ATHLETICS CARNIVAL

>> MONDAY 2ND MARCH



E-Scooter Use Policy



To uphold legal requirements and promote safety, the following expectations apply:

- 1. Students under 16 years of age are not permitted to bring e-scooters onto school grounds.**

This includes riding, walking, or storing e-scooters on site.

- 2. No student of any age is permitted to ride an e-scooter on school grounds.**

If an e-scooter is transported onto the site by an older student (where legally permitted off-site), it must be walked and not ridden at any time while on school property.

Naracoorte High School

2025 School Magazine



Orders are still open for the 2025 School Magazine!

The cost for the magazine is \$25.00 and can be ordered via the link below:

<https://forms.office.com/r/1cUs6MnL0N>

PLEASE NOTE: The 2025 School Magazine will be available in Term 1, 2026. Payment is to be made on collection. Please contact the front office with any

STAFF SPOTLIGHT

featuring...

SAM RODGERS

BETTER KNOWN AS: Buck

CURRENT ROLE AT NHS: Science, maths and 8HG teacher

IF I WASN'T WORKING AT NHS I WOULD BE:

Running a golf YouTube channel

OUTSIDE OF SCHOOL, YOU WILL FIND ME: At the golf course

FAVOURITE BOOK, MOVIE OR TV SHOW: Breaking Bad

HIDDEN TALENT: My heart rate can sustain 190bpm for 8 hours

FUN FACT ABOUT ME: I'm 6 foot 5

BEST PIECE OF ADVICE I'VE EVER BEEN GIVEN:

'You must stop at the top, pause and let the backswing breathe'
(a metaphor for life)

IF MY LIFE HAD A THEME SONG, IT WOULD BE...

'Don't worry be happy' by Bobby McFerrin





Year 12 Surf Camp



Students from the Year 12 Integrated Learning Sports Studies and Outdoor Education classes have returned from an action-packed three-day Surf Camp filled with challenge, growth and unforgettable memories.

Day 1 saw the group travel to Middleton for their first surf session. Students impressed instructors with both their skills and surf knowledge, confidently taking to the water – for some, experiencing the ocean for the very first time. The day concluded with delicious tacos prepared by the allocated dinner group and a relaxing evening together in preparation for the adventures ahead.

With a large swell rolling in on Day 2, plans were adjusted and students swapped surfing for a morning

kayaking session along the Hindmarsh River. In the afternoon, they embraced the challenge of big seas while boogie boarding before exploring Granite Island. The evening featured a shared BBQ and valuable reflection time, as students discussed their experiences and consolidated their learning in preparation for upcoming assignments.

Day 3 brought a 6-metre swell and testing surf conditions, leading to another energetic boogie boarding session back at Middleton before the journey home.

Throughout the camp, students demonstrated resilience, teamwork and a willingness to step outside their comfort zones. They should be incredibly proud of their efforts and achievements. Year 12 is about making lasting memories – and this outstanding group certainly made the most of every opportunity.





Facility Upgrades



Ag Eco Shelter



Hall Flooring Upgrade

Facility Upgrades



Music & Photography Room





LIFE IS FULL OF DRAMA

Join the NHS Drama Club

Every **Wednesday Lunch Time**
during Semester 1 in **L03**

The stage is yours!

Speak to Miss Lizzy Stewart for more information.

First Nations Storytelling through Dance



DANCE WORKSHOP

Outreach Program

The Australian Ballet's choreographic workshops are designed for secondary school students, igniting their creativity and immersing them into the world of ballet and dance. The program is delivered by The Australian Ballet Education and Outreach Team who are specialist dance educators and professional dancers. The school incursion includes a series of workshops and a live performance for your school.

WORKSHOP DATES

19TH & 20TH MAY 2026

PERFORMANCE:

21ST MAY 2026

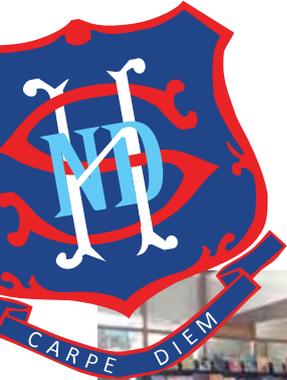
INCLUDES:

- A LIVE PROFESSIONAL PERFORMANCE FROM THE AUSTRALIAN ROYAL BALLET.
- PARENTS OF PARTICIPATING STUDENTS WILL BE INVITED TO ATTEND THE END PERFORMANCES.

PERFORMING ARTS



Contact
Lizzy Stewart
for more info



Library News



Welcome to our new Year 7 students and their families!

On the first day of term Year 7 students were given the opportunity to explore the Library during orientation sessions. They learnt how to search for resources, how to locate items on the shelves, what is available to them at recess and lunchtimes as well as the general library rules.

They library has also been busy with the allocation of class textbooks. Students are reminded that they are expected to look after any textbooks / library resources that they borrow, and we appreciate parent support in reinforcing this at home.

We still have a number of books that have not been returned from last year. Parents will be notified if their student still has books outstanding from 2025. Please have a good check at home as invoices will be issued for any books that are not returned.

Thank you for your cooperation.

Lunchtime in the Library!

Students have been enjoying the library's air conditioning and the recess and lunchtime activities, including cards, chess and other board games, plus colouring sheets, puzzles and also our new creative Lego.

Library Lover's Weeks

Library Lover's Day, which this year falls on Saturday 14th February, is being celebrated across weeks 3 and 4. Students have the opportunity to borrow a book without seeing it, knowing only a few lines taken from the back cover. Students can also add what they love about our school library to the interactive display.

Premier's Reading Challenge!

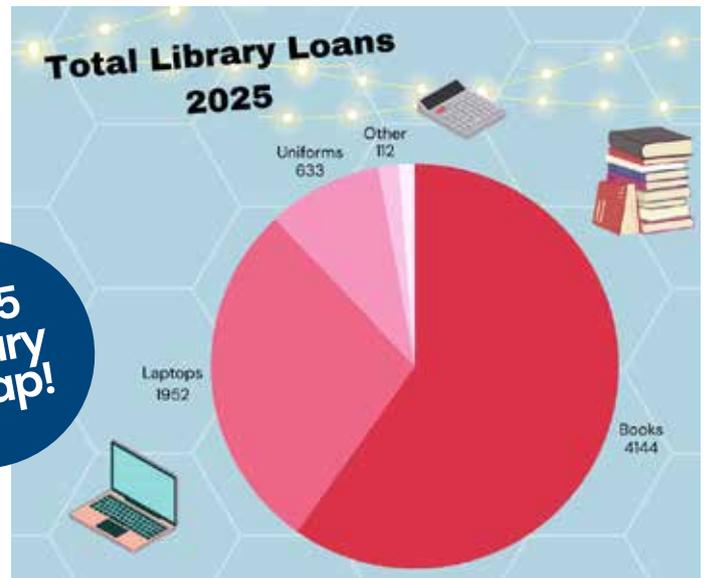
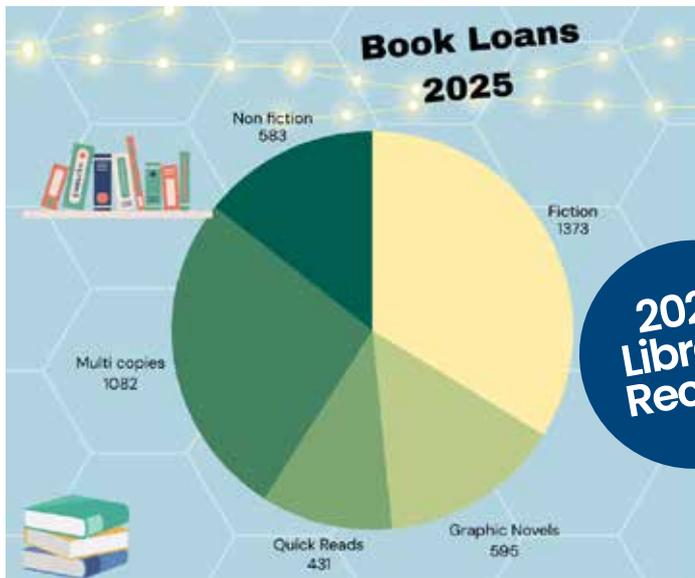
The Premier's Reading Challenge is a literacy engagement program that was introduced by the Premier in 2004 to encourage students to read more books and enjoy reading, as well as improve literacy levels.

The Challenge requires students to read 12 books between the beginning of the school year and early September. Our students are invited to join the challenge.

Books read as class texts can be included as well as those read at home. Every student that completes the challenge will receive 5 house points. If students read more than 12 books, during the challenge, they can complete the continuation sheet (available from the library) and our top reader from each year level will receive an additional certificate and an additional 5 house points.

Information on the Premier's Reading Challenge can be found at: www.premiersreadingchallenge.sa.edu.au/parents-families/

Library News



2025 Library Recap!



NHS BOOK CLUB

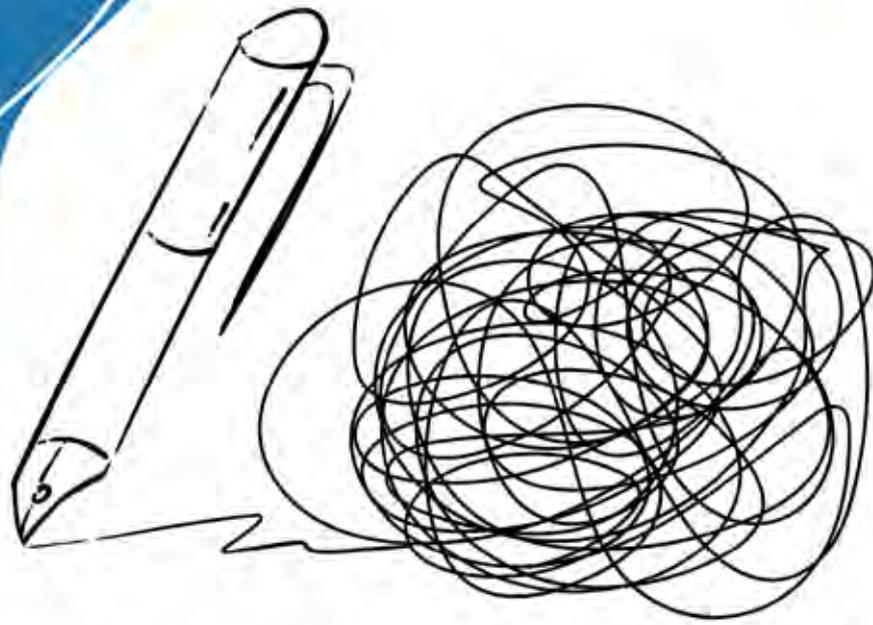
gemma.files987@schools.sa.edu.au

If you love reading and want to chat to like minded students, come join....

Page Turners

All year levels welcome to join!

Meetings will be held during lunch times, sharing our love of reading in a relaxed environment.



LITTLE INKLINGS

PEN AND PAPER CLUB

Want a space to do:

Creative Writing

Drawing and Sketching

Journaling

or anything else using pen and paper?

D24, Wednesday lunchtimes Weeks 1, 3, 5, 7, 9

See Mrs Borg for more details

STAFF SPOTLIGHT

featuring...

JACOB MURRAY



BETTER KNOWN AS: Muzzdog / Mr Muzzdog

CURRENT ROLE AT NHS: ICT Support

IF I WASN'T WORKING AT NHS I WOULD BE: Working an office job close to Melbourne maybe...

OUTSIDE OF SCHOOL, YOU WILL FIND ME: Playing Video games and writing short stories

FAVOURITE BOOK, MOVIE OR TV SHOW: favourite book is Honor Guard by Dan Abnett

HIDDEN TALENT: I am good at putting together Lego and Warhammer figures

FUN FACT ABOUT ME: My first concert I attended was Bring Me the Horizon and it was awesome!

BEST PIECE OF ADVICE I'VE EVER BEEN GIVEN: Don't change yourself for others, find people who appreciate you for you!

IF MY LIFE HAD A THEME SONG, IT WOULD BE...
'Too Sweet' by Hozier



Join us for our

END OF SEMESTER

ARTS

SHOWCASE

performance



Includes a Student Art Exhibiton

And Live Music & Drama Performances



**24th
JUNE
6 - 7PM**

**Performances by
Year 7 & 8 ARTS
Students
NHS Williamson Hall**

NARACOORTE HIGH SCHOOL

BREKKY PROGRAM



START YOUR SCHOOL DAY RIGHT WITH THE NHS BREKKY PROGRAM!

Located at the Food Tech Locker Area
Monday – Friday from 8.00am – 8.30am
Toast, juice & milo available

Ordering from the School Canteen has never been easier!

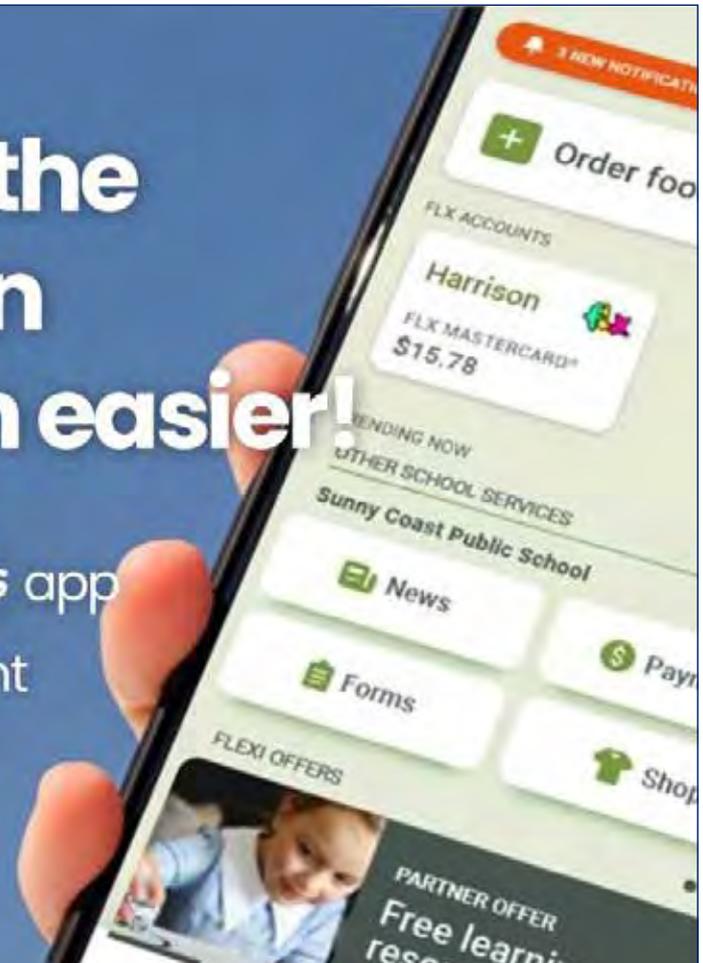
1. Download the *flexischools* app



2. Create an account

3. Place your order

It's that simple!





Canteen Pricelist

Sandwiches \$8.00 Rolls/Wraps \$9.00

CHOOSE 4 FILLINGS & ANY CONDIMENTS FROM THE FOLLOWING OPTIONS:

Ham, Chicken, Corned Beef, Chicken Tender, Tuna, Egg, Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion, Gerkins, Cheese (shredded or sliced)

Extra Fillings .50c each

BREAD: White or Wholemeal

Salad Bowl \$10.00

CHOOSE 5 FILLINGS OPTIONS FROM ABOVE

Hot Food RECESS ONLY

EGG & BACON MUFFIN with Cheese \$6.00

Hot Food AVAILABLE ALL DAY

YUMMY DRUMMY ROLL \$6.00

LASAGNE (Veg/GF) \$8.00

GARLIC BREAD \$3.00

WEDGES with sweet chilli & sour cream * \$6.00

POPCORN CHICKEN (10 pieces) \$3.50

DEVIL WING DINGS \$3.50

STEAMED DIM SIMS (pack of 2) \$2.00

CHICKEN STRIPS \$3.50

CHICKEN TENDERS \$3.50

POTATO CAKES \$1.50

VEGGIE BURGER \$8.00

TACO BOWL \$9.00

corn chips, taco mince, lettuce, tomato, cucumber, cheese, sour cream, guacamole

YIROS BOWL \$10.00

chicken or lamb, lettuce, tomato, cucumber, cheese, red onion, garlic sauce

CHICKEN GRAVY ROLL \$6.00

HAM & CHEESE CROISSANT \$6.00

SAUCE SACHET \$0.30

Ice Creams

ZOOPER DOOPER \$1.00

PADDLE POP \$2.50

DIXIE CUP \$2.00

FROZEN YOGHURT CUPS \$3.00

Snacks

COOKIES \$3.50

SLICES \$3.00

BROWNIES \$3.00

SUN FACES (5) \$2.00

RASPBERRY TWISTS (5) \$2.00

YOGHURT STRAPS (5) \$2.00

MINI WONDER BARS (10) \$2.00

CHIPS (various) \$3.00

KILLER PYTHONS \$1.00

JELLY CUP \$1.00

Drinks

OAK/NIPPY'S FLAVOURED MILK \$4.00

NIPPY'S FRUIT JUICE 350ml \$4.00

WATER \$2.00

NIPPY'S SPARKLING WATER \$4.00

ICED TEA \$4.00

ZYMILL MILK \$4.00

Soup (TERM 2 & TERM 3 ONLY) \$7.00

Daily Specials

Monday

BUTTER CHICKEN \$8.00

NAAN BREAD \$1.00

Tuesday

CHEESE BURGER \$8.00

Wednesday

Hot Dog Day!

HOT DOG \$5.00

HOT DOG & CHEESE \$5.50

HOT DOG WITH THE LOT \$7.00

Thursday

CHICKEN BURGER \$8.00

Friday

Pie Day!

PIES \$6.00

SAUSAGE ROLLS \$6.00

* These items are sometimes unavailable due to shortages



COMMUNITY BASED

English as a Second Language (ESL) Program

For community members wanting to improve their functional English.

18+ and IELTS Test Preparation

Weekly program will run every Tuesday
at 5.30pm from 3rd February 2026

Venue: Naracoorte High School –
(Classrooms on the left as you drive in)



Facilitated by Naracoorte High School Staff

Community Events



48 ARMY CADET UNIT

AUSTRALIAN ARMY CADETS

Who: Teenagers aged 12 - 16

Where: 86 Shepherdson Road, Mount Gambier

When: 6:30pm- 9:30pm Fridays
During School Term

CONTACT

Kayley Kemp 0468 537 924,

Email: 48ACU@armycadets.gov.au



SERVICE COURAGE RESPECT INTEGRITY EXCELLENCE

Adelaide University

RESEARCH PARTICIPANTS NEEDED

Evaluation of an educational campaign for people living with chronic pain in the Limestone Coast and Western Victoria

The aim of this study, EQUIPP: Longitudinal online survey evaluation of public health pain education campaign, is to engage with locals to evaluate a chronic pain-targeted educational intervention that is specific to local community. This research is for adults, with chronic pain (persistent or recurring for 3 months or longer), who live and/or work in the following regional towns: Mount Gambier, Naracoorte, Millicent, Hamilton, Ansett, Stansell and Morphett.

Further information about the study can be found below, using the QR code by contacting the Project Manager:

Time required:	Survey completed four times over 18 months (every 6 months). Some participants may also be invited to a separate follow-up interview (optional).
Where:	Online
Reimbursement:	You will receive a reimbursement for your time completing such survey.
Recruiting until:	15 March 2026
Contact:	EQUIPP Project Manager Dr Louise Wiles Email: EQUIPP@unisa.edu.au Telephone: +61 476 221 032

This study has been approved by The University of South Australia's Human Research Ethics Committee (approval 2014/1)

E: EQUIPP@unisa.edu.au T: +61 476 221 032									
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Growing Resilient Kids Workshop

This is a practical solution focused workshop for parents, caregivers, grandparents, educational staff who connect with young people.

This 2-hour workshop focuses on:

- The brain science behind emotions.
- Understanding and working with feelings.
- 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 feelings.
- Practical tips and strategies for supporting young people to cope and persist through challenging moments and feelings (e.g., anxiety, overwhelm, frustration, disappointment) within the home and educational settings.

Tuesday 3rd March 2026
10.00am-Midday
Young children welcome

Cost: \$40

Location: Naracoorte Town Hall Supper Room

Register via: Sticky Tickets
<https://www.stickytickets.com.au/VSS316>
Or via QR code

Presenter:
Gez Walter
Educator & Counsellor

www.smilesallround.com.au



TERM #1 CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week #1	Jan. 26 Public Holiday	27 First Day Term 1	28	29	30
		YEAR 12 RETREAT			
Week #2	Feb. 02	03	04 NHS Meet & Greet Night	05	06
Week #3	09	10	11	12	13 Interschool Swim Carnival
		YEAR 11/12 SURF CAMP			
Week #4	16	17 School Photos	18	19	20
Week #5	23	24	25 Governing Council AGM	26 1500m Athletics Events	27 Senior Formal
Week #6	Mar. 02 Athletics Carnival	03	04	05	06 Stoplight Reports Released
Week #7	09 Public Holiday	10	11	12	13
		NAPLAN TESTING			
Week #8	16	17	18 Interschool Athletics	19	20
	LEARNING CONFERENCES				
	NAPLAN TESTING				
Week #9	23 NEXUS & Twilight Tours	24	25	26	27
	NAPLAN			YEAR 10 OUTDOOR ED CAMP	
Week #10	30	31 Adelaide Athletics	01	02	03 Good Friday Public Holiday
Week #11	Apr. 06 Easter Monday Public Holiday	07	08	09	10 Last Day Term 1