Narooma High School Cross Country Organisation 2015

Wednesday 25 March 2015

Your student’s day has been turned upside down!
The Cross Country program of events is outlined below

Where: The cross country will be held on the block of land on the southern side of the school
When: 9.05am till 11.05am (see tables below)
Who: The event is compulsory for students in years 7 – 10 and open to competitors in years 11 and 12. If your child has a valid reason for not participating a note will be required.
Uniform: All students will be required to wear full sports uniform and running shoes
Food: Students need to provide their own food and 2 litres of water for hydration on the day
Safety: A hat and sunscreen will be required to assist with your child’s sun safety.
We also recommend that if your child suffers from asthma that they carry their personal inhaler with them during the race.
Supervision: Narooma High teaching staff will provide supervision for the event
Cost: Free of charge
Spectators: Parents and family are welcome. Please sign in at the front office as a visitor.
Zone: The first 10 in each age group will qualify for the Zone Cross Country in Wolumla on the 8th May 2015.

The day structure for the school cross country is outlined below:

| Day structure for Cross Country | 1) 8.55 - 9.05 | Roll call as normal |
|                               | 2) 9.05 - 9.25 | Assembly (The focus of the assembly will be to organise the cross country) |
|                               | 3) 9.25 -11.05 | Periods 5 and 6 (This would normally be the timetabled 9/10 sport session in the afternoon. In lieu of sport, the cross country will be run in age groups. |
|                               | 4) 11.05 - 11.25 | Recess |
|                               | 5) 11.25 -12.40 | Periods 3 and 4 |
|                               | 6) 12.40 -1.20 | Lunch |
|                               | 7) 1.20 -3.00 | Periods 1 and 2 |

All students need to bring appropriate sports uniform and school equipment to suit this organisational change

The Cross Country Program is as follows:

<table>
<thead>
<tr>
<th>Session One (begins at 9.15am)</th>
<th>Session Two (begins at Approximately 10.15am)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event 1) 12 years boys 3000m</td>
<td>Event 7) 17 years boys 6000m</td>
</tr>
<tr>
<td>Event 2) 12 years girls 3000m</td>
<td>Event 8) 17 years girls 4000m</td>
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<tr>
<td>Event 3) 13 years boys 3000m</td>
<td>Event 9) 14 years boys 4000m</td>
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<tr>
<td>Event 4) 13 years girls 3000m</td>
<td>Event 10) 14 years girls 4000m</td>
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<tr>
<td>Event 5) 16 years boys 6000m</td>
<td>Event 11) 15 years boys 4000m</td>
</tr>
<tr>
<td>Event 6) 16 years girls 4000m</td>
<td>Event 12) 15 years girls 4000m</td>
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</tbody>
</table>

Melissa Café
PDHPE Faculty
DAVISON SHIELD CRICKET
On Friday 20th February, Narooma High played Moruya High in the first round of the Open Boys Statewide Cricket Knockout competition. Moruya won the toss and decided to bowl and Narooma were soon in trouble losing 3 early wickets for only 3 runs. Ryan Sweeney and Hayden Lang steadied the ship for the next 10 overs, putting on a valuable 20 odd runs but another late order collapse saw the home side all out for 63 runs off 23 overs. In reply Moruya managed the run chase easily without the loss of a wicket to score 0 for 66 of 10 overs and progress to the second round. Best of the bowlers for NHS were Seb Hannebery 0 for 10 off 3 overs and Hayden Lang 0 for 8 off 2 overs. Congratulations to Moruya and good luck to our boys next year.

K Preston

BE PART OF THE 100,000 POPPY TARGET
Narooma High School students are invited to make poppies for the Wall of Poppies Project. All poppies made at school or at home will be taken by students and donated at the Stitches & Craft Show excursion in Sydney on the 6th March. Patterns if required can be found at https://5000poppies.wordpress.com/poppy-patterns/


YOUTH FRONTIERS MENTORING PROGRAM
The Youth Frontiers Mentoring Program will build young people’s skills and community connectedness. Each student will be allocated an adult mentor to support them to achieve their goals and deliver a civic project or event from one of the following categories.

- Community Harmony (anti-racism)
- Youth Mental Health
- Sporting or Recreation Achievement
- Empowering Young Women
- Centenary of ANZAC
- Environmental Conservation

The Youth Frontiers Mentoring Program aims to increase youth involvement with the community. To achieve this, participating students from years 8 and 9 will create and carry out a community project or event that is based around one of the above themes in 2015.

To be considered for a place in the program, you must be in year 8 or 9 and return the completed form to your school by Friday 20 March 2015.

For more details contact:
Steve Picton Executive Officer
South Coast Workplace Learning Incorporated Ph: 02 4474 5134
E: Steven@scwl.org.au
W: www.scwl.org.au

PARENT PORTAL - REPORTING ABSENCES
Parents are reminded that you can now use the Parent Portal to explain your student’s absences. When you log into the portal click on the ‘Absences’ button. Tick beside the absence then click on ‘explain absence’. Please keep explanations brief (eg. sick, dentist appointment etc.). This will then update your students’ attendance record and you will no longer need to provide a note.
Please do not use the absence explanation field to add messages to the office about upcoming absences or early leaver requirements. A phone call or note is still required for advance notice of upcoming absences.

EUROBODALLA RELAY FOR LIFE
Please join us at our annual Relay for Life as we fight back against cancer, remember those we have lost and celebrate those who have survived their fight. There is loads of entertainment including Zorb balls, bands, dancing, discos, dress-up competitions, flash mobs and much more in our ‘Mexican Fiesta’ themed event being held March 14th and 15th at Mackay Park, Batemans Bay. Register now at:

UNIFORM SHOP HOURS
The Uniform Shop will be open at NHS every Tuesday from 10.45am to 1.45pm.

UPCOMING EVENTS
Wednesday 4 March – Friday 6 March
Year 7 Camp – Bournda

Thursday 12 March
School Photos
Indigenous Trainee Chefs
wanted by Melbourne’s Top Restaurants

Would you like to train with one of Australia’s Top Chefs in a leading Melbourne restaurant that supports Indigenous culture?

You don’t need to be great in the kitchen yet, however, you do need a fantastic attitude, be willing to work hospitality hours and undertake a unique qualification offered by the National Indigenous Culinary Institute and William Angliss Institute.

The Indigenous Trainee Chef program is a three year course that pays Indigenous people while you train and gain excellent experience in top Melbourne restaurants. You could be working with top chefs like:

Neil Perry  Matt Moran  Guillaume Brahimi

How to apply:
Ten Trainee Chefs will be selected through a four week competitive selection process in March 2015. You will have the chance to show the top chefs that you have what it takes to work in their restaurants.

Successful applicants will begin the Trainee Chef program in April 2015.

Send your application to: niciprogramsvic@angliss.edu.au

Applications should include a resume telling us about yourself including your work experience, why you’d like this opportunity and why you think you would be a great Trainee Chef. Please include details of referees and your contact details. Applications close 22nd FEB 2015. Interviews will be held during the week of the 23th to the 26th of February.

Contact: Jon Belling (WAI Coordinator) on (03) 9606 2469 or Cain Slater (NICI Coordinator) on 0414 696 025 if you’d like to know more.