EXAMS
An update on dates for each year level. See Page 2.

YEAR 12 ASSEMBLY & CELEBRATIONS
A moment in Nossal history. See page 2 for more details.

SPEECH NIGHT 2013
See page 3 for more details.

IMPORTANT OCTOBER/NOVEMBER DATES
- Oct 23 - 29: Year 12 SWOT Vac
- Oct 29: FareShare Excursion
- Oct 30 - Nov 22: Year 12 Final Exams
- Nov 5: Public Holiday - Melbourne Cup
- Nov 13 - 15: Year 9 Exams
- Nov 18 - 22: Year 10 & 11 Exams
- Nov 18 - 21: Year 9 Roses Gap Camp
- Nov 22: Year 12 Valedictory Dinner
- Nov 25: Speech Night

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Dear Nossal Community,

Term 4 has increasingly become the most demanding and hectic for staff and students, compounded this year by the addition of the Year 9 Roses Gap camp – moved from Term 1.

Exams
As our first full Year 12 cohort enter the SWOT Vac period, some of the final VCE (oral language) exams have already taken place. The first full Year 12 exam (English) will occur on October 30 and the last exam will be on November 22. Year 9 exams will take place from Wednesday November 13 to Friday November 15 and Year 10/11 exams will occur between Monday November 18 and Friday November 22. The exam periods for Year 9-11 are followed by an exam feedback program and two days of 2014 preparatory work. The final assembly for Years 10 and 11 is on November 29; and for Year 9 on December 13.

Year 9 Camp
We have made some changes to the camp this year and will take the full cohort of 208 to Roses Gap for 4 days from November 18 to November 21. For 2014 the camp will return to early Term 1 as part of the transition program.

Monash and Cory Challenges
These will take place for all Year 9 during the week of December 2 to December 6. Having the home ground advantage this year, I hope that we are able to regain the Terry Bennett Cup after being beaten by Suzanne Cory HS last year.

A busy time for all
It is an intense and compressed time for staff and students, with much exam preparation, assessment and feedback to fit in around a number of key events.

Many Nossal staff members are also VCAA assessors which means that they take on the added responsibility of marking VCE exams from across the state. This is excellent professional learning for them and of great benefit to the school and the large number is a tribute to the calibre of Nossal staff, but does significantly increase their workload at one of the busiest times of the year.

Holiday Requests
I have received a number of requests and notifications from families who will be travelling overseas before the end of the school program. I understand that due to illness and family issues this is unavoidable at times, but please try to plan so that the students do not miss any of the significant events. School exams cannot be rescheduled to accommodate individual absences.

Art/Technology/Music Display
The opening of the Annual Nossal Art/Technology display was held on Monday evening before a disappointingly small audience. This was followed by a fantastic concert from our Unit 2 VCE students who each performed their assessment pieces. The level of musical talent was extraordinary and I commend the students and their teachers for what they have achieved. I hope that parents and students take the opportunity to view the art and food works on display this week – they too are outstanding. Particular thanks to Mr Stella, Mrs Cilia and Mrs Ansalde for their excellent work.

Leadership Camp
My thanks to Mr Haworth, Miss Veale, Miss Chapple and Mr Hu who along with 48 of our student leaders braved some unseasonal weather, but had a great time on the Bogong leadership camp last week.

Year 12 Final Assembly and Celebrations
We were all hugely entertained and moved by the whole school assembly organised by our Year 12 students early this week. They will have a number of farewell functions and it will be very hard to see them leave as they have been such a vital part of the school's creation. The assembly was a fitting (and very entertaining) tribute to the Nossal ethos and the relationships that have developed during the past 4 years. A number of us were moved to tears and we will miss them all (well – nearly all…..).

This was followed the next day by a breakfast BBQ cooked by the staff, a range of weird and wonderful costumes, some house and class challenges, the obligatory shirt signing and a “colour run” on the soccer pitch which left us all with new technicolour clothes and hair. The students arranged for jumping castles and another BBQ for lunch and had a great time celebrating their “final day” of secondary schooling. I arrived at 7.15 am to find a rather strange car parked in my space … a very creative classic car made of hay bales and various other unexpected components …it was very impressive….thanks Ryan, although I was hoping you’d leave me a couple of bales for the veggie garden!

I commend them all for what was a wonderful celebration and an uplifting demonstration of how well they have bonded with
each other and their teachers.

**Speech Night**
I hope parents have made plans to attend our 2013 Speech Night at Robert Blackwood Hall, Monash Clayton, on Monday November 25 at 7pm. This is a compulsory event for all students and I would love to see all our parents in attendance to help us celebrate the achievements of our first full school complement and to farewell our first graduating class.

**Valedictory Dinner**
Tickets are now on sale at the school office for our first Valedictory Dinner. I hope to see all staff, Year 12 students and their families at Etihad Stadium on November 22 to make presentations, reminisce, celebrate the successes and acknowledge the work of our pioneering graduating class of 2013. Tickets are on sale until November 13 and all Year 12 students will need to pick up their ticket that was allocated in their school fees by this date.

**Congratulations** to Amanda Huynh of Year 12 who placed 8th in the state athletics championships in the 1500 metre event on Tuesday. A particularly noteworthy performance as the event took place late on the day of her Year 12 celebrations, following a big BBQ breakfast and lunch. I believe there were several costumed Year 12 supporters cheering her on as well.

**Australian Mathematics Competition**
Nossal has a very strong mathematics program and some outstanding student mathematicians. We had excellent results in the annual maths competition this year. 344 students participated in the competition with 277 receiving a performance award. There were 13 Proficiency Certificates; 168 Credits; 85 Distinctions; 10 High Distinctions and 1 Prize. The Prizes are awarded to students who achieve in the top 0.3% in Australia and I was not surprised, but we should all be highly impressed by Riley Baird's exceptional talents in this area. Another notable performer was Nathan Jones who achieved the “Prudence Award” for achieving the most consecutive correct answers. Riley, Nathan, Ms Ooi and myself have been invited to the awards ceremony in November. Congratulations to all who took part and to Ms Ooi and the Maths team.

**Australian Science Olympiad**
We also have exceptional science students and two of them have been selected to join 70 of the most talented science students in Australia to attend the 2013 Australian Science Olympiad at Monash in January 2014. There they will undertake an intensive residential program; the equivalent of first year university studies in biology, chemistry or physics. 13 will then be selected to represent Australia in the International Science Olympiad and will compete against 80 other countries. A remarkable achievement – we can be very proud of Fiona Chen and Kim Long Le and hope to see them winning through to the international competition. Thank you to Mrs Latham and the Science team.

**School Captains 2014**
Congratulations to the Year 11 tutorial leaders who were elected last week. They are now eligible for nomination as 2014 School Captains. Voting for this will take place next week and will be announced at Speech Night. Good luck to all nominees.
Year 9 Bogong Leadership Camp

Many thanks to all leadership camp students and Miss Veale, Miss Chapple and Mr Hu as they joined me during last week’s Year 9 Leadership Camp. The weather was very cold and windy but all students and staff rose to the challenges. Temperatures ranged from -4C to 30C within the same week! Activities included Rogaining, Orienteering, Pioneering and Environmental Studies. The contribution of the entire team added to the success of the camp.

Leadership Camp at Bogong Outdoor Education Centre was an amazing opportunity that 48 students in year 9 were involved in. This camp pushed our limits, not only physically with many kilometres of walking but mentally and emotionally; in our groups we had to pull together and work through challenges. Throughout the camp we learnt about leadership and the different kinds of leader you can be. We also learnt about what kind of leader we are and worked on improving other aspects of leadership. Bogong not only worked on leadership but teamwork as well. Along with leadership we learnt about how every person in a group can be a leader. Overall we all learnt a lot about ourselves on the camp and hopefully experienced something new as well. Ruhi 9N

2014 School Captain nominations

This Friday our nominees for School Captain will present their speeches to the whole school. Voting will follow to decide our School Captains for 2014. This year’s nominees for School Captain include: Will Campbell, Jynx Khairnar, Victor Le, Tash Anderson, Lauren Coutlemanis, Dimithi Kasthirirathne, Subi Ramesh and Shawn Tomy. Best Wishes and good luck to all nominees.

Students on Teacher Selection Panels

Student voice is highly regarded at Nossal. This week a group of nominated students will undergo Merit and Equity Training. This program is designed to provide students with the skills and confidence to participate in an advisory capacity on Teacher Selection Panels. I wish to commend students on their interest and commitment to this program.

Follow your dreams…. A message to our Year 12 students

As our Year 12 students finish their course work and prepare for exams it is very important to remember that if you have worked hard to achieve your best, you should be very proud of yourself. It is important to be your best, not necessarily be the best! Your ATAR should not define you as a person. It is important to remember that there are many pathways that exist, so should you not achieve your desired ATAR result, many options are still open to you.

Your determination, drive and resilience will hold you in good stead for the challenges of life. Your journey through High School is just about complete, but your next journey is just beginning. This next stage of your life will be such a massive change for you. The world is out there waiting for you to discover it. Whatever you do, do it well. Never leave yourself wondering ‘what if’. Even your mistakes can become triumphs because you learn so much from them. Always give everything your absolute best so you can realise your full potential.

We know you leave here with the passion to succeed. No matter which direction your lives take you, remember there is something new to learn every day, either about yourselves or the world around you. Never give up on your dreams, hopes or passions. If you are determined, committed and passionate about something, keep striving. Follow your dreams. A lifelong love of learning makes everyday a new adventure and that is the gift we hope we have given to you here at Nossal High School.

Good luck and best wishes to all our Year 12 students!
Study Tips for Peak Performance

Tuning the brain for peak performance - Part 2

Parents, support your son or daughter by encouraging them to use these next six or seven tips for peak brain performance.

- **Sip water** - **but not from a plastic bottle** - every 20 minutes to keep the brain hydrated.
- **Exercise regularly:** three 30-minute sessions of mild aerobic exercise per week is the minimum.
- Don't study late at night. Late at night is not good 'brain' time. Go to sleep. Study early in the morning if you have to.
- Stressed out? Try **One moment's meditation** (on YouTube), an anti-stress technique that takes five minutes to learn and one minute to do.
- **Feed your brain** with brain foods before SACs, tests and exams: carbohydrates, eggs (not fried), yoghurt, oily fish (sardines, salmon), blueberries (highly recommended), avocado (anti-oxidant), a mix of nuts, seeds and dark chocolate.
- **Relationships.** Don't break up until the exams are over. Heartache prevents proper brain function.
- **Learn to juggle.** It stimulates brain interconnectivity like nothing else known to man.

Just in case you missed the brain tips in the previous newsletter, here they are in summary: get eight hours sleep a night; chew gum while studying; study in 50 minute doses with 15 minutes off in between; group study works (information sticks); stay away from pessimists; ask for help; and embrace mistakes and learn from them.

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Australian Science Olympiad Winners

A number of students from Years 10 and 11 have been awarded medals and certificates based on their performance in the 2013 Australian Science Olympiad Exams. Designed to challenge top performers, over 3000 students from schools across Australia sat the two hour exam in August.

These challenging exams in biology, chemistry and physics are the first stage of the selection process for the Australian team competing at the International Science Olympiads. This competition is designed to encourage students to study science and consider science as a career.

Congratulations to the following medal and certificate winners:

- Fiona Chen – High Distinction, Gold Medal winner in Biology
- Kim Long Le – High Distinction, Gold Medal winner in Biology and Distinction for Chemistry
- Nahreen Mostofa – High Distinction, Bronze Medal winner in Biology
- Alex Nguyen – Distinction for Biology
- Victoria Vu – Distinction for Biology
- George Lim – Distinction for Chemistry and Credit for Physics
- Jason Zhou – Distinction for both Chemistry and Physics
- Nidhin Benny – Distinction for both Chemistry and Physics
- Shreya Suresh – Distinction for Chemistry
- Chrismeen Fernando – Credit for Biology
- Emily Dao – Credit for Biology
- Grace Ho – Credit for Biology
- Mariam Abdulle – Credit for Biology
- Dheepthi Jambu – Credit for Chemistry
- Nicholas Hunt – Credit for both Chemistry and Physics
- Paras Bhutiani – Credit for Chemistry
- Theodore Julian – Credit for Chemistry and Participation in Physics
- Anthony Salib – Participation in Physics
- Kevin Yu – Participation in Physics

Fiona Chen and Kim Long Le have also both been offered and accepted places at the Biology Olympiad Summer School at Monash University, Clayton in January 2014. From this, they may then be selected to represent Australia at the International Biology Olympiad in Bali next July. Well done and congratulations to all of these students. These are incredibly difficult exams and we are very proud of their efforts.
Callum Evans and Lillian Charman have been selected to participate in the National Youth Science Forum, 2014. Callum will be going to Session C in Canberra, while Lillian will be going to Session B in Perth. As part of this program, there was an orientation meeting on Sunday October 20 at Monash University, Churchill Campus. The day included presentations by the 9820 Rotary District Governor Tim Moore, NYSF Director and NYSF staff, who are past students of the program and were able to give us an insight into what our experience will be like. In addition, a Scientific Presentation on ‘Nanotechnology’ was delivered by Associate Professor Martin Lowe of Swinburne University, focussing on the use of pulsed laser technology in the slowing of particles, leading to the ability to see chemical reactions in real time. This was followed by a lunch for students, parents and rotarians. It was a fantastic opportunity to meet other students from our district and the Rotarians, especially those from our sponsoring Rotary Club, Berwick. The day was much enjoyed by all and we are both looking forward to our respective forums.

A number of students from Years 9 and 10 entered the annual Science Talent Search run by the Science Teachers’ Association of Victoria. Five of these students have been awarded bursaries and certificates based on their submission across different categories. This is a tremendous result!

Students are given the opportunity to submit a piece of work that meets guidelines and present their work to a panel on a judging day in August. The theme for this year’s contest was “A Century of Australian Science”, with a few of our students choosing to consider the work of Sir Gustav Nossal in their submission. The competition aims to stimulate interest in science, promote the direct involvement of students in the processes of science and communication, and to give the wider community the opportunity to see the quality of work being achieved by students in science. Students who have been awarded prizes are invited to attend the presentation at La Trobe University in November.

Congratulations to the following bursary and certificate winners:

Bridgette Van Diepen – “So it began, The Start of An Australian Science Legend” (Creative Writing) – Major Bursary
Anthea Wanigaratne – “A Eureka Moment for Australian Science” (Posters/Scientific Wall Charts) – Major Bursary
Aedan Kertesi – “A Bicentenary of Australian Science” (Creative Writing) - Minor Bursary
Ethan Ward – “Wi-fi: An Illustrated History” – (Posters/Scientific Wall Charts) – Certificate of Merit

Well done and congratulations to all of these students and all of the students that submitted work. It is a tremendous effort to enter the competition and Nossal are proud of their efforts.

Tanks for sale!

**For Sale**

**Large Aquarium**

36cm (w) x 46cm (d) x 122cm (L) with glass divider into 1/3 & 2/3’s and cupboard stand

Only $100 (ono) pick up from school

See Mary or Kathy in the Science Lab at Nossal

**Medium Aquarium**

13cm (w) x 38cm (d) x 61cm (L) with white wooden stand

Only $50 (ono) pick up from school
Osaka Tour for Nossal Students

Edward Chhim & Tien Nguyen
Nossal Students

In September we travelled with Kambrya College to Osaka. It gave us an opportunity to meet up with their sister school, Sakuranomiya High School. We each also had a host family that took responsibility for us during our 4 days in Osaka.

During our time at the school, we had a typical Japanese school day. The activities that we did included: calligraphy, school tour, homeroom, tea ceremony and other Japanese school related topics along with a tour of Osaka with our new friends.

The students had a homestay with a Japanese family. From my personal experience, it was extremely fun and was the best part of the trip. I am grateful to my family for giving me this opportunity to understand life in Japan. In Osaka, we also visited the Pokémon Centre and a chance for shopping. For many of us, this was the most fascinating moment as it was filled with a variety of soft toys, games, accessories, etc. The Japanese cuisine includes a wide variety of delicious food. Ramen and Bento boxes were extremely popular in Japan.

For the rest of the trip, we witnessed many of the Japanese tourist sites and historical artefacts. The attraction sites we visited included: Osaka castle, Deer park (in Nara), Hiroshima Peace Park, Nijo Castle (in Kyoto), Golden Temple (in Kyoto), Enryaku-Ji Temple (in Kyoto) and many more. They were interesting and gave each of us great insight into their history. Nossal High School is recommended to hold many more of these culture trips in near future as it not only teaches students about culture, but provides a chance for the students to bond with each other.

Course Timeline for 2014

Ms Jenny Callahan

We are currently working on the 2014 timetable. A number of students have enquired about subject changes and these cannot be done at the moment. We need to adjust the published timeline so that the dates for course confirmation and change are now:

Monday November 11                  Students notified of 2014 courses

From Monday November 11 to Monday November 18 students will be able to apply to change courses for 2014. At this stage changes will be considered subject to availability of space in the appropriate class(es).

The other dates for commencement, Unit 3 & 4 results and final adjustments will remain as per the senior school handbook.

Book Drive for students in Bangladesh

Mrs Kamla Reddy

Our IRC is collecting old text books on behalf of a parent who wants to donate these books to a needy school in Bangladesh to help financially disadvantaged students who show perseverance and potential.

If you have old textbooks that are not needed by our students here, then the IRC will graciously accept them for the Bangladesh school. Old VCE textbooks in subjects such as Chemistry, Physics, Biology, Psychology and Mathematics are preferable together with other subjects with global focus.

Please drop them off at the IRC.
Exam Supervisor Volunteers Wanted

Mr Roger Page &
Ms Sue Harrap

We are seeking volunteers for a full day (with break times) to assist us in the supervision of exams

Dates:
Wednesday November 13 to Friday November 15, 2013
Monday November 18 to Friday November 22, 2013

Who can do it?
Anyone with a current Working With Children's Check
Application forms are available at Post Offices and they are free for volunteers

What do volunteer supervisors do?
- Work with the coordinating teacher to supervise exams to ensure that students comply with exam requirements
- Patrol amongst the rows of students sitting exams
- Assist students with questions and escort them to the toilet
- Collect exam papers at the end
- We run training sessions for new volunteers

How do you sign up?
- Email Tracey Di Lollo at dilollo.tracey.t@edumail.vic.gov.au your details including your phone number and the day(s) that you are available
- Phone the school for more details on 87624600
- Someone will contact you closer to the date to confirm the times you have been allocated to supervision

What do volunteers get for offering their time?
- Food during meal breaks throughout the day.
- A letter of thanks
- The opportunity to see and understand the pressures on our students
- Experience in and understanding of VCAA exam conditions, rules and processes
- A good feeling 😊

When you sign up for supervision we are relying on you to fulfil your commitment. Thank you.