March 07, 2014

Year 9 Orientation Camp - Alexandra Adventure Park

Orchestral and Ensemble Music Camp
Students returned from camp Friday March 7

IMPORTANT UPCOMING DATES

Mar 07 School Council voting OPENS today
Mar 11 Japan Tour Meeting in THS 1:45pm
Mar 11-14 Year 9 Orientation Camp MNOP
Alexandra Adventure Park
Mar 13 Select Entry Joint Curriculum Day
Mar 14 Year 12 Formal payments due today
Mar 18-21 Year 9 Orientation Camp QRST
Alexandra Adventure Park
Mar 19 School Council voting CLOSES today
Mar 21 School Council declaration of poll
Mar 28 Alumni Night 6-8pm Meath Auditorium
Mar 29 Term 1 Working Bee 9am—1pm
Apr 1 House Athletics
Apr 3 Parent/Teacher interviews
Apr 4 Parent/Teacher interviews

2014 SCHOOL TERM DATES

Term 1 January 29- April 4
Term 2 April 22– June 27
Term 3 July 14– September 19
Term 4 Oct 6– Yr lvl dependant

MONASH SCHOLARS

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WHOLE SCHOOL SWIMMING CARNIVAL

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GOVERNMENT APPROVED SCHOOL
Dear Parents,

Recent Events

Congratulations to all involved in the recent annual House Swimming Carnival; it was an excellent, enjoyable and positive day (as always) with much House spirit evident, and some impressive swimming performances. It is wonderful to see so many students participating and the strength of our house competitions is the friendly rivalry, competition and most importantly the involvement of most House members. Generally the House competitions are very well supported and the Houses which have the greatest participation levels (not necessarily the strongest individual competitors) are often victorious. Much of the credit for the House spirit goes to the House Leaders (staff) and House Captains (students) but in particular to all who participate whether it be swimming, organising, assisting, or simply dressing up and supporting their house.

I acknowledge the excellent work of Mr Lee Tilley who has recently taken on the Sports and Competitions leadership role at the school, and who was strongly supported by Ms Veale and the PE team in particular.

We are looking forward to the House Athletics competition that will take place at Casey Fields on April 1.

Congratulations also to Mr Leigh Candy and Mr Lee Tilley for their work in building and promoting the numerous Nossal Co-curricular Programs and Events. They hosted a very comprehensive sign up program last week and many students have enrolled in a range of events and activities, from “one off” events to ongoing out of hours clubs or sports. I was very pleased to see that quite a number of these activities have been instigated and will be organised by the students. I encourage them all to take a leading role in both participation and organisation. We know from our colleagues at Melbourne High School and Mac. Rob. that a strong and diverse co-curricular program is an essential element in their long term success; their highest performing students have been actively involved in a wide range of co-curricular activities alongside their academic studies. We also know that these activities are excellent preparation for the future, provide a “circuit breaker” during the year, and in the future are often the memories and experiences that are most treasured.

Thank you to Mr Rule, Ms Veale, Mr Stella, and Ms Taylor for their involvement in the recent Surf Camp at Phillip island. They experienced some of the coldest weather we have had for many months!

The music students have attended an intensive music camp this week, and the Year 9 camps to Alexandra take place next week and the one after, so term one is a very busy time for us all.

Select Entry Joint Curriculum Day

Among her many other duties Ms Harrap has been the main organiser (along with the Assistant Principals and Business Managers from Suzanne Cory High School, Melbourne High School and Mac. Rob.) of our second annual joint professional learning day to be hosted at Nossal on Thursday March 13. All staff from the four schools will gather together to hear from expert presenters, share learnings and develop programs and further opportunities to work together, collectively and individually. It is a huge organisational task, the program is excellent, and I sincerely thank Ms Harrap for her excellent leadership of this event.

Monash Scholars

I congratulate Natalie Grimmett, Anthea Wanigaratne and Sarah Yin of Year 10 for their nomination to the Monash Scholars program. Involvement in this program is offered to a limited number of Year 10 students around the state each year and will provide the nominees with direct access to Monash staff, specialist vocational and extension programs, and additional course selection information and assistance during the next three years of their time at Nossal.

Nossal Alumni – “The Old Nossalonians.”

The term “alumni” comes from Latin meaning "a pupil," lit. "foster son," vestigial present passive participle of alere "to nourish"

With the graduation of our first Year 12 group we are about to formalise our first Alumni and have already inducted some key foundation members as Life Members in recognition of their significant contribution to the foundation of our school — notably Dr Toni Meath, Professor Phillip Steele, Mr Gavin Swayn, Dr Bruce Verity, Ms Toni McKern and Dr Judie Mitchell.

Our first formal function will take place on May 28 at the school where we will be reunited with the class of 2013, and will elect office bearers and hear of their first experiences of university.

School Council Elections

My thanks to the parents and staff who have nominated for a position on school Council. As the number of nominations in both categories exceeds the number of vacancies we will now run an election process. On Friday all parents will receive voting slip via their children (all parents are eligible to vote for the parent representatives) and I strongly encourage you to take the time to read the nominee profiles and submit a vote for the candidates that you would like to represent you on the new Nossal School Council.
Applications for Entry to Nossal in 2015

Students wishing to sit the entry exam for Year 9 2015 in any of the four selective schools need to enrol online before May 16. Testing will take place on June 14.

Students seeking a place into Year 10 or 11 will soon be able to apply to sit an entry exam here at Nossal. Please keep an eye on the website for details. Testing is planned for the afternoon of June 12, and a waiting list will be established should any vacancies arise in Years 10 or 11 for 2015.

UMAT and Coaching

Late last year I received a copy of a research summary from Associate Professor Barbara Griffin from the Department of Psychology at Macquarie University in New South Wales. She has completed research into the effects of commercial coaching in relation to UMAT (the Undergraduate Medical and Health Sciences Admissions Test) a prerequisite for entry into most undergraduate medical degrees.

Her findings were interesting, and suggest that there may be no advantage, and in some cases students may be disadvantaged, by being coached for the UMAT.

I have spoken with Barbara and she is happy for us to publish the summary of her findings.

It is available on the Nossal website under “Resources.”

Assistance Required for Exam Supervision

At Nossal we run a structured exam program for all levels and model the VCE exam structure from Year 9. Formal VCE exams at Unit 3 and 4 (Year 12) level require independent exam supervisors who have no close relationship with anyone undertaking teaching, tutoring or organising Unit 3 and 4 studies. Supervisors at other levels have no such restriction and many of our parents have acted as volunteer supervisors in the past – in fact we require a number of new exam supervisors as many of our volunteers have children now undertaking Unit3/4 studies.

Exams take place later in the year mainly during school hours for varying periods of up to 3 hours and are overseen by the school and/or a Chief Examiner.

The supervision is not difficult and we will train you regarding formal exam conditions and expectations. A current working with children check is required.

We are seeking a reliable team of volunteer supervisors to assist us, some of whom will also be paid by VCAA for the supervision of formal unit 3 & 4 exams later in the year.

Year 9 parents would be most welcome as you may be eligible to supervise for at least two years.

If you would be willing to take on this important role (or know someone who may be interested in doing so) please contact me on 87624600 or roger.page@nossalhs.vic.edu.au

Roger Page

Assistant Principal News

New Nossalonians: the Foundation Assembly

On Monday 17th February, we had another history making day at Nossal High School. We were delighted to formally welcome the 2014 Year Nine cohort and the new students in Year 10 and 11, as well as the new staff to the Nossal community at our 2014 Foundation Assembly. Once again our patron, Sir Gustav Nossal joined us to personally greet each student and staff member and present them with a Nossal badge. Lady Nossal and other distinguished guests from the local council and Monash University, and parents and friends of the school, including some of the 2013 Graduates also attended.

The Foundation Assembly is an annual highlight at Nossal High School. It symbolises an official welcome to the Nossal Community for students, staff and parents; on this day they become Nossalonians. The badge the students and staff receive on this day is distinctive and will become more and more recognised in the broader community as a symbol of honour. We trust our community members will wear it with pride.
Morrisby Report- Year 10

Recently, Year 10 students sat a three hour exam *The Morrisby Report*. This is a useful tool used to assess capacity and potential in many areas. This tool can inform and enlighten students and parents in relation to potential future career paths that they may have not considered. Thanks to Ms Rackham our Careers Practitioner for her work in organising this program. Mr Barry Darnell will be available during the Parent/Teacher interviews to analyse the results of the reports. Barry’s presentations will be repeated over the two days of interviews. Students and parents may select one session Thursday 3rd April at either 4pm or at 7pm, or on Friday the 4th April at 11am.

Year 9 Camp- Alexandra Adventure Resort

The much anticipated Year 9 Camp to Alexandra Adventure Resort is almost here. Thank you to Mrs Loel and Ms Veale for their meticulous planning, organisation and work in providing this wonderful learning and social opportunity of our students. Ms Harrap and I look forward to attending camp two for a day or two. Unfortunately, due to our commitments during the Select Entry Professional Development Day neither of us will be available to attend the first camp with MNOP.

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<tr>
<th>MNOP Camp 11th-14 March (staffing)</th>
<th>QRST Camp 17th-21st March (staffing)</th>
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<td>9M – Mr Clark</td>
<td>9Q – Ms Schroor</td>
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<td>9N – Ms Bonham</td>
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<td>9O – Ms Fankhauser</td>
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<td>Mrs Loel</td>
<td>Shelley Veale</td>
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Student access to Nossal during the Select Entry Professional Learning Day - Thursday 13th March.

This Professional Learning Day is a pupil free day, as staff from across the four select entry schools will come attend Nossal to engage in high level professional development. Thanks to our student volunteers for your assistance. Unfortunately, the library and other spaces will not be available for student use, as we will have over 400 staff at the school on that day.
Car Parking

Recently, I requested the co-operation of parents in relation to no standing in the Bus Zone. This area is for pick up and drop off only and is not designed for lengthy parking. Thanks to the many parents who have responded positively to this request. Currently we have a student who requires the use of crutches and at times a wheelchair, and as such the disabled car park is frequently used by her family. Please be considerate and do not park in the disabled car park unless you have a permit. Thank you.

Parent /Teacher/student Interviews - Thursday 3rd and Friday 4th April

Please note feedback to parents regarding your child’s academic progress will be able via our Interim Reports and also during our parent/ teacher interviews to be held on the 3rd and 4th April. Information about booking a preferred interview time on either date will be sent out shortly. Mr Barry Darnell will also be available to provide feedback and analysis of the Morrisby Report for Year 10 parents and students.

Year 9 Meet and Greet

Thank you to many parents of Year 9 students who attended our Meet and Greet information evening. It was great to meet families and I hear how so many students are settling well. Thanks to Ms Veale for presenting the camp information and to Ms D’Mello for organising the guest speaker from Awards Victoria who provided information about participation in the Duke Of Edinburgh Award.

Aviation - introductory flights with the Tooradin Flying School.

Recently, Nossal students had the opportunity to experience an introductory flight at Tooradin Airfield, this is AJ ready for take off and then in full flight. From the smile on her face as well as comments from her mum, “she loved it!”

Mr Wayne Haworth Assistant Principal

Senior Boys Cricket

We played Gleneagles Secondary College on Friday 28th of February at Sweeney Reserve. Our start was delayed as a few students had to sit their Specialist Maths SAC, but once we arrived we proceeded to win the toss and fielded. The opposition was strong; early on their run rate was very good. Fortunately we tightened our bowling and by the end of their overs. Gleneagles scored a very competitive 4/109. Chamara was the best of our bowlers taking 2/11 from his 4 overs and at one stage was on a hat trick. Brayden Humphries and Billy Temby opened the batting and made a steady start before Billy was out when the score was 25. We lost a few more wickets and at one stage were 4/74. At this time Himesha joined Brayden and they got us home in the 19th over. Brayden batted beautifully and compiled a great innings of 62 not out, whilst Himesha (DJ) contributed a handy 11 not out. Ryan Lowe had a good match too with 1/23 and a solid batting partnership with Brayden. It was another good win for the boys and the game was played in excellent spirit by both schools.

On Tuesday 4th March we played KooWeeRup Secondary College and we won again! Batting first, KooWeeRup made 96 and we just managed to make the runs in the last over. It was a very close finish and once again the boys represented the school fantastically well. Also, in what has become a common theme, the opposition played the game in great spirit and with great sportsmanship. The next game will be held on Monday, March 17, 2014.

Ian Pegram, Senior Cricket Coach
On the 20th of February, Ms. Warner’s Commerce class travelled to FareShare as part of our focus on Ethical Consumption. FareShare is a local initiative dedicated to reducing food waste by gathering discarded, but still fresh food and preparing it for charities and those in need.

We helped by preparing and packaging food, and learnt about safety techniques. A highlight of the day was the egg-cellent puns made during the making of the egg and bacon quiches, which we later got to eat.

After we finished our work, Tammi Jonas, an ethical pork farmer, came to talk to us about humane farming practices and corporate social responsibility.

Travis Ng 10Q
The 2014 Swimming Carnival was a crowd pleaser. The crowd was Nossal and we all participated in the day to make the event a successful and memorable one. We can single out the great achievements of our swimmers and we certainly do celebrate their individual and team efforts. However, the whole school is to be congratulated on its participation and attitude on the day. Whilst we aim to be a high achieving academic school we also celebrate our many sporting achievements. Both require a mindset that aims to achieve our best by giving the best effort we can in all that we do. Enjoyment can be found in the process as was seen by the cheerfulness of the participants on the day. It was a pleasure to be involved in the carnival. Being involved meant that we all participated in a winning culture that says being involved and doing your best gives you a chance of being first. The winners on the day are to be congratulated and are as follows:

1st Place, Pegasus 2452 points = 500 house points

2nd place, Phoenix 2300 points = 400 house points

3rd place, Garuda 2008 points = 300 house points

4th place, Griffin 1956 points = 200 house points

Well done to all members of team Nossal
VCE PE Surf Camp

We have just returned from the VCE PE Surf Camp at sunny Phillip Island, having spent 3 beautiful days in the sand and surf.Oops – that was last year! This year we experienced some very challenging conditions, but our students were fantastic and certainly ‘up for it’. Each day involved a surf lesson at Smith’s Beach and a variety of other activities from which it was hard to pick a favourite. Some liked the penguins while others enjoyed the surfing. We managed to fit in a beautiful hike, ‘Amaze n things’, sliding down sand dunes, rock pools, and pizza eating!

In the midst of having all this fun we were also reflecting on the type of skills we were learning, how the coaching impacted on this, and what type of practice would bring about the greatest improvement. I’m not sure which they will remember most!

As always it was a pleasure to spend time with the students and their cooperation, and enthusiasm were exemplary.

Student Wellbeing

FREE two-day workshops and information sessions for parents and carers of students on the autism spectrum

Gain:
- a greater understanding of the impact of autism at school and at home
- knowledge of how to develop effective parent, school and teacher partnerships
- specific strategies on how to:
  - advocate for the child
  - support the child’s participation at school
  - develop an awareness of ongoing learning needs
- opportunities to share strategies with others
- opportunities to discuss a range of topics relevant to students with an ASD and their families.

Choose from:
Cardinia Cultural Centre, Lakeside Boulevard, Pakenham
Tuesday 18 and Wednesday 19 March
or
Ramada Encore Dandenong, 50-52 McCrae Street, Dandenong
Thursday 20 and Friday 21 March 2014

Online registrations until 15 March @ www.positivепartnerships.com.au
Sleep hygiene

Recent research found that the average Australian senior high school student had at least four electronic gadgets in their bedroom.

Mobile phones and tablets are important study tools, but—and it’s a big but—the downside is that texting, gaming and social networking into the early hours of the morning are the major enemy of regular and healthy sleep.

The rule for students of all ages during the school week should be ‘screens down’ one hour before sleep. That includes television screens. The brain needs an hour to wind down before the bedroom light is turned off.

Preferably parents will negotiate a ‘screens-down’ arrangement with their son or daughter. If a negotiated settlement isn’t possible, tough love might be the order of the day.

Set a time to turn off, and stick to it. The main cause of teenage insomnia is the failure to establish regular sleep patterns.

To read more about good sleep hygiene, go to http://nossalhs.vic.edu.au/wp-content/uploads/2014/02/Sleep.pdf