2014 SCHOOL TERM DATES

Term 2  April 22– June 27
Term 3  July 14 – September 19
Term 4  Oct 6 – Year Level Dependant

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Important Upcoming Dates

Jun 27  Last day of Term 2, finish at 1:40pm
Jun 30  Grease Holiday Rehearsal 10:00-2:00pm in Lecture Theatre
Jul 11  Grease Holiday Rehearsal 10:00-2:00pm in Lecture Theatre
Jul 2   Rotary Function @ Holm Park Reserve Pavilion, Beaconsfield 6:00-8:45pm
Jul 9   Yr12 Winter Formal-Brighton International 7:00-11:00pm
Jul 14  Term 3 Begins
Jul 14  Yr9 Drama-Romeo & Juliet Performance, 2 sessions-9:00-10:00am & 10:00-11:00am
Jul 18  Yr11 Chemistry Monash Murder Mystery excursion
Jul 21  Women’s Educational Breakfast 8:00-10:00am
Jul 21  Research Skills Day at the Victorian State Library
Jul 24  FareShare excursion
Jul 25  Encountering Conflict-Life of Galileo Performance, 2 sessions-9:00-10:00am & 10:00-11:00am
Jul 28  U4 Biology Genetics Workshop LAT at the University of Melbourne
Jul 30  U4 Biology Genetics Workshop LAB at the University of Melbourne

SAVE THE DATES

Wings to the Mind
Saturday 16th August, 7:00 pm  NHS Lecture Theatre
*All Students, Parents and Families welcome*
Tickets available – www.trybooking.com/FGQZ

NOSSAL HIGH SCHOOL HOUSE MUSIC NIGHT,
(Student attendance Compulsory)
Wednesday 27th August, 6:30 pm
Robert Blackwood Hall, Monash University Clayton
* All Parents and Families welcome *
Tickets will be available on Try Booking More information soon.

NOSSAL HIGH SCHOOL ANNUAL YEAR 12
VALEDICTORY DINNER,
Thursday 20th November, 6:30 pm
Victory Room, Etihad Stadium
* Year 12 Students, Parents and Families *
Tickets available—www.trybooking.com/FEDX

NOSSAL HIGH SCHOOL ANNUAL SPEECH NIGHT,
(Student attendance Compulsory)
Tuesday 2nd December, 7:00pm
Robert Blackwood Hall, Monash University Clayton
* All parents welcome *
Tickets free of charge

Sir Gustav Nossal Boulevard, Monash University, 100 Clyde Road, Berwick VIC 3806
PO. Box 1036, Narre Warren VIC 3805
Phone: 03 8762 4600  Email: nossal.hs@edumail.vic.gov.au
www.nossalhs.vic.edu.au
Dear Parents,

**Maningrida Cultural Exchange**

I pay tribute to Ms Warner, Ms Ansalde and the 11 wonderful Nossal students who I was honoured to accompany to Maningrida in Arnhem Land (Northern Territory) last week. It was a stunning and unique experience and will, I hope, be the first of many such exchanges and links between Nossal and Maningrida College. My perceptions and understandings of the aboriginal culture were greatly expanded and challenged during the time there, and as an educator and principal, I was fascinated by the different challenges and issues their school faces in dealing with a remote, indigenous community and the delivery of a "white, western" education system alongside the traditional aboriginal cultural learnings and rituals. The two are not always compatible, as evidenced by many of the more confronting (to me) aspects of the community, but looking beyond the initial visual impressions we were overwhelmed by the breadth, complexity and richness of the local community and their pride and commitment to their rituals, families and their home country. We were very warmly welcomed, learnt much and had many unforgettable experiences – we lived “on-country” for three days, eating buffalo, mud crab and barramundi – freshly caught and cooked over the coals of the fire in the traditional manner. We had some close encounters with crocodiles - fortunately not too close, although Bridgette was nearly knocked over by a small one that the rangers thought they may be able to catch for us to show us how strong they were. They were right – very strong and very fast – the croc was not playing their game at all, shrugged them off and ploughed through the crowd of students (who got out of the way very quickly) to make his escape. The Maningrida students were delightful; showing us how to catch and cook enormous mud crabs, spear fish, and collect fresh oysters on the reef – a better than gourmet meal in a Melbourne restaurant – and absolutely fresh and untainted. I must make mention of Will Height who was determined to become an expert with the fishing spears and spent many hours learning how to catch crabs and spear fish. His interest, dedication and enthusiasm were appreciated by all and he received special mention and gifts from the rangers for his infectious interest and persistence. I bought some impressive traditional aboriginal artworks for the school and we presented Maningrida with some Nossal mementos to cement the relationship. As always, the Nossal students were marvellous ambassadors for us, and were a joy to travel with. They didn’t complain about my snoring (much) and were active and positive participants in everything. Some were a little perturbed by the pit toilets in the bush and were able to exercise considerable bowel control rather than experience the olfactory delights of such facilities, and the small aeroplane (“the Pencil”) that took us from Darwin to Maningrida did not rank highly on their preference lists. A very big thank you to Ms Warner and Ms Ansalde for their organisation and hard work in making this program possible. Our challenge now will be to ensure that we can continue the relationship, and support the Maningrida community in an exchange to Nossal in 2015. We have many excellent photographs, and even better memories, and the students will provide more eloquent and perceptive reports and impressions of their experiences.
Coming Events

I urge all members of the Nossal community to actively support whatever school events and activities they can.

- The PFA is working very hard to organise a Nossal trivia night which should be great fun for all participants, but they need your help, firstly in attending, and secondly in donating prizes and the like.
- We will be hosting a piano master class and concert by a world class pianist in August — and hope to have the auditorium overflowing with audience members.
- We still have quite a few raffle tickets to sell and if your family has yet to purchase tickets — please ask your son or daughter whether they have received any. I am very keen for us to sell all our allocated tickets this year, and for someone from the Nossal community to win the CAR. (remember that every cent we raise through tickets sales is returned directly to the school thanks to the generosity of the Rotary Club of Emerald and Ferntree Gully Nissan)
- Coming up in Term 3 will be the much anticipated student musical “Grease,” and the hotly contested and always entertaining House Music Night.

As term three ends I commend the staff and students for their hard work, dedication and professionalism over the past few weeks. This part of the year is one of the most challenging and exhausting, as mid year assessments are completed, formal reports are written and semester two studies begin. It is a very demanding time for teachers (and students) and many will need the holidays to rest and recuperate. I reiterate the need to do exactly that — to remember the holiday homework guidelines and remind staff in particular of the Michael Carr-Gregg presentation and his strongly evidenced recommendations about how to perform at optimum levels by looking after your own health and wellbeing first. Please take the time to regroup and re-energise.

The office and school will be closed until Monday July 14.

Roger Page
Congratulations to Students:

As I read the end of semester reports I note that the vast majority of students have worked extremely hard and shown pleasing learning progress throughout the last semester. **Well done and thankyou** to students for a successful year so far. Please pay particular attention to the recommendations of your teachers so that learning growth can continue throughout the remainder of the year.

Semester reports will be mailed home to parents at the end of this week.

**Holiday homework and rest expectations:**

The school holidays are fast approaching and this is an opportune time to remind parents and students that holidays are a time for resting, catching up on sleep and taking a break from continual school work. The students need this break for them to maintain good physical and mental health throughout the remainder of the year.

Nossal High School has holiday homework guidelines in place to ensure that students are able to rest and recover their energy ready to face the next term.

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Time per subject</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 9</td>
<td>45 minutes</td>
<td>6 hours</td>
</tr>
<tr>
<td>Year 10</td>
<td>1.5 hours</td>
<td>9 hours</td>
</tr>
<tr>
<td>Units 1 &amp; 2</td>
<td>2 hours</td>
<td>12 hours</td>
</tr>
<tr>
<td>Units 3 &amp; 4</td>
<td>3 hours</td>
<td>15 hours</td>
</tr>
</tbody>
</table>

This ensures that students are able to spend some time consolidating the work that has been completed throughout the term, complete a small amount of preparation for the term ahead and still return to school refreshed and able to focus on their schoolwork. Placing too much pressure on students to complete an unrealistic amount of work during the school holidays can have a detrimental effect on student performance in the long run.

Allow your child the opportunity to choose whether they do the work over a couple of days and rest for the remainder of the holidays or whether they do a little each day and use the remainder of each day for non-school related activities.

**Nossal High School’s Recommendation on Tutors:**

Nossal High School does not expect nor encourage students to regularly engage private tutors for subjects undertaken at the school. *Studies* ¹ show that doing so can have a negative impact on a student’s learning experience. It can lead to a sense of disparity and awkwardness among students, where they may become conscious of who does and does not receive supplementary assistance.

It can also lead to fatigue. As students go from mainstream school to supplementary classes or tuition sessions, it may deny students sufficient rest and relaxation, especially on top of an already heavy workload in meeting the school’s expectations. This may lead to reduced connection when in class, thereby reducing engagement and learning. The school classroom should be a place of discussion and connection with peers. Negatively affecting students’ ability to engage in this environment is to do them a disservice.

The school curriculum has been developed with students’ social, emotional and academic progress in mind. Private tutors may choose to exclude what they consider to be irrelevant content in order to focus solely on academic success, thus upsetting the balance between learning for learning’s sake and demonstration of understanding as required. Private tutors are not compelled, as school professionals are, to teach according to the latest study designs. They may therefore be teaching and setting work on irrelevant content, resulting in heightened student distress and negligible academic gain.

We do recognise that some students may, on occasion, need additional support to help them master subject content. Teachers at the school generously support students out of class time and students should make sure they approach their teacher for assistance in the first case or the lunchtime and after school help sessions that are run by some faculties. If a student encounters considerable difficulty, such as prolonged absence, then a tutor may be of some value in providing one-on-one support for specific areas of the course.


**Fixed and Growth Mindsets (Carol Dweck 2012):**

Last week I had the pleasure of speaking to the Year 10s at an assembly about fixed and growth mindsets. I was surprised to find that about 90% of the students believe they have fixed mindsets. Our job as educators, your job as parents and the work of our students should be to move their mindset from fixed to growth mindsets. The table below outlines some of the characteristics of each mindset:
Buildings and Grounds Development

This term, the Facilities Committee has been busy working on plans to further enhance the learning experiences of students. Currently we are refining concept plans as we move closer to commencing the ground work for the creation of an amphitheatre that will seat the whole school. This will be a fantastic place to listen to music performances, recitals or even a place to gather for an assembly. The amphitheatre will be positioned next to the Basketball courts at the end of the Music Facility. The plans look very impressive and will be on display early next term.

<table>
<thead>
<tr>
<th>Growth Mindset</th>
<th>Fixed Mindset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop intelligence over time</td>
<td>Born with intelligence and it stays the same</td>
</tr>
<tr>
<td>Embrace challenges</td>
<td>Avoid challenges</td>
</tr>
<tr>
<td>Persist in the face of struggles</td>
<td>Give up easily</td>
</tr>
<tr>
<td>Learn from criticism</td>
<td>Ignore feedback or feel bad about it</td>
</tr>
<tr>
<td>Inspired by the success of others</td>
<td>Threatened by the success of others</td>
</tr>
<tr>
<td>Can act to change things in your world</td>
<td>Lack control over the world</td>
</tr>
</tbody>
</table>

By developing a growth mindset we can all be freed from the fear of failure, focus on learning and embrace challenges. It allows for creativity and risk taking. Please take a look at the following YouTube clips for more information on changing mindsets.

https://www.youtube.com/watch?v=o8jycfeoVzg 
https://www.youtube.com/watch?v=Yn966v5INai 
https://www.youtube.com/watch?v=kXhtCCmsvQ

In term 3 we will have an evening session for parents and students with a guest speaker, Darren Pereira, who will touch on, amongst other things, how to develop growth mindsets. We hope to see as many parents and students as possible at this event. Stay tuned for more information.

I wish staff, students and families a happy, safe and restful holiday and thank you all for your hard work throughout Term 2.
At Nossal, we continually encourage students to have a balanced program. Studies show that students, who engage in physical activity and other pursuits, can often experience lower levels of stress and often higher performance. We will are currently at tendering stage for a new building that will provide students with a **Recreational Gym** with treadmills, weights and other exercise equipment. An additional space for **Table Tennis** and storage will also be included. This building will be positioned between the Jean Russell car park and the original Basketball Courts.

At the rear of our main building we are very keen to provide additional spaces for learning for our senior students. The creation of a **VCE Study Centre**, a place for **Careers** and **Students Services** which includes counselling offices are also on the plans to further enhance the learning environment at Nossal.

As we come to the end of Term 2, I encourage all students to stop and reflect on their first six months of school. What have been the successes? Where are improvements possible? Remember to always be proud of your best effort. Let me take this opportunity to wish everyone a safe and restful holiday.

Wayne Haworth, Assistant Principal

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**Maningrida Cultural Exchange**

**MANINGRIDA CULTURAL EXCHANGE JUNE 15 TO 21**

11 students and 3 staff set off to Maningrida via Darwin on 15th June for a week of learning about Indigenous Culture.

We all received **SKIN Names** to include us as family and learned about life in the Territory.

We watched a young indigenous man’s initiation ceremony and the dances and fireside ceremonies, witnessed the rangers bringing in barramundi, kangaroo, wild boar and buffalo for the ceremony.

We learned about the local indigenous bark art, weaving, hollow logs and lino and screen printing.

We built relationships that will last forever. It was an experience of a lifetime.

At Rocky Point we fished for Barramundi-Mr Page caught a 60cm fish, which was cooked up on the coals and eaten for supper.

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**Making our own Lino Prints and creating the painted images on bags**

We learned to throw a spear and a fishing line and watched the warriors catch and cook up mud crabs, we ate buffalo stew, cooked up in the camp oven, learned about bush medicine and tasted ‘stinky cheese frui’ (great for most ailments), played volleyball and soccer on the beach, made jewelry from sea snails and watched the rangers try to catch a crocodile!

Watch the next newsletter and the Website over the next few weeks for more from the group and reflections from the students.

Ms Warner
COMMUNITY INVOLVEMENT IN NOSSAL’S LITERATURE CIRCLE CLUB

Nossal High School’s Information Resource Centre is proud to involve the residents of Woodlands Park Retirement Village in their Literature Circle Book Club. The Club meets once every three weeks during lunch breaks in the IRC where the residents meet the students and staff and participate in book discussion. This activity is providing an excellent opportunity to our students to listen to different perspectives on the books they read.

The photos below show the residents deep in discussion with the students and staff.

Music News

Joyee Koay won 1st prize in the 14 years of age and under VIOLIN category at the Ringwood Eisteddfod recently.

A string quartet from Nossal has been invited to perform at a formal function held by The Rotary Club of Berwick. Joanna An, Yong See Foo, Kathy Nguyen and Kathryn Yu will perform a one-hour program of string quartet music including works by Bach, Mozart and Haydn. Following their performance they and Mr Roger Page will enjoy a formal dinner held in honour of the incoming Rotary Club President.

Sasha Stella, Music Coordinator
How healthy is your child’s relationship with music?

Does the music they listen to affect young people’s wellbeing? Melbourne University researchers are after answers to that question and Nossal is one of 20 Victorian schools taking part in the research.

The ultimate aim of the research is to help all students answer the question: how healthy is my relationship with music?

Thirty year 9 students will be asked to fill out a 30-minute online survey about the music they listen to and answer some extra questions about their wellbeing. A second stage of the research will involve just six students, selected by the researchers.

On the last day of term (June 27) each year 9 student will bring home an information sheet about the research and a consent form to be part of the research. I would greatly appreciate your agreeing to your son or daughter participating.
MUSIC PROGRAM

In association with
Australian Masterclass Concert Program at Nossal High School

ALAN KOGOSOWSKI
performing the music of
Frederic Chopin
Saturday 16 August, 2014, 7pm

MASTERCLASS
‘Masterclass’ 11am on Friday, August 8, at Nossal High School for students of Nossal High School, Beaconsfield College, Berwick Secondary College, Hillcrest Christian College, Kambrya College, St. Margaret’s School and Insight Education Centre for the Blind and Vision Impaired. Open to all students, their peers, friends, family, everyone. A joyous process where a master performer shares a lifetime’s experience with his young colleagues. All students, not just the musically focused, may benefit even as observers, as they are encouraged to reach beyond their accepted potential.

CONCERT
Concert on Saturday evening August 16, at performing arts hall of Nossal High School. Bringing the glamour and excitement of an international level concert to the students, family and community of Casey.

Followed by light supper, plus CD and DVD signing. Special guests Sir Gustav and Lady Nossal.

FREE MASTERCLASS ADMISSION
Admission to the Masterclass is free to students that wish to attend. Please contact Wayne Haworth, Assistant Principal Nossal High School at wayne.haworth@nossalhs.vic.edu.au to secure a place.

CONCERT BOOKING
Tickets for concert by Alan Kogosowski on August 16 may be booked through Trybooking.

TRYBOOKING
www.trybooking.com/FGQZ
Nossal parents and friends association announce the inaugural trivia night and silent auction

The Nossal PFA Trivia night will be held on 8th August. We’re raising money for a community BBQ area. We seek sponsors for prizes. If your organisation is happy to make a small or big contribution to the trivia night, please contact the Nossal PFA at nossalpfa@gmail.com. Examples include stays at holiday homes, plumbing services, will kits, electrical items, etc.

We’re looking for 3 big-ticket prizes and a range of smaller items to auction, so have a think and see how you can donate.

Donations will be gratefully received closer to the Trivia Night. If you have any queries, you can contact: Cheong Koo (President) 0403234698 or Paula Goldman (Secretary and trivia night co-ordinator) 0438098225.
Dear Parents/Guardians,

The new 2013-2014 Melbourne Entertainment Books are here! We are very excited to be offering you the opportunity to purchase the Entertainment Book this year. This is certain to be a valuable fund-raiser with 20% of each book sold contributing to raising funds for Nossal High School!

The Entertainment Book contains hundreds of exclusive 50% off and 2-for-1 offers from top local restaurants, cafés, take-away chains, attractions, activities and hotel accommodation, such as:

- Coles
  - Gumbuya Park
  - KFC
- Woolworths
  - TGI Fridays
  - Eighty One
- Adairs
  - Melbourne Aquarium
  - Nandos
- The Coffee Club
  - McDonalds
  - Wendy’s

Purchase your Entertainment Book(s) this week and you will receive over $15,000 in valuable offers that you and your family can use from use, until 1st June 2014. Selling for only $65, you only need to use your book twice throughout the year and it will have paid for itself.

That’s only $1.25 per week and the average family saves over $1,000 with each book they own.

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Nossal High School-Entertainment Book Order Form

PAY ONLINE AT: www.entertainmentbook.com.au/orderbooks/1959w34 or complete below

Child’s Name: (please print) ___________________________ Tutor Group __________

I would like to order: ________ x Melbourne @ $65 each (GST incl.) = __________

_______ x Geelong @ $55 each (GST incl.) = __________

Total amount enclosed = __________

Method of Payment: [ ] Cash [ ] Visa [ ] MasterCard

Card Number: ______ / ______ / ______ / ______ Expiry Date: ______ / ______

Cardholder Name: ________________________________

Address: _______________________________________

Best contact number: ______________________________

Signature: _______________________________________

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Support our fundraising by purchasing the Entertainment™ Membership that suits you!

Discover hundreds of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!

For only $65 you’ll receive over $20,000 worth of valuable offers!