SAVE THE DATES!

Mon June 22 - Fri June 26, 2015
Year 10 Work Experience

Friday June 26, 2015
End of Term 2
Students dismissed at 2:30pm
Student Reports released

Sun Jul 12 - Tue Jul 14, 2015
Music Camp

Monday July 13, 2015
Term 3 commences

Tuesday July 21, 2015
Immunisations
Year 10 and 11 students

Wednesday July 22, 2015
Careers & Pathways Evening
4:00-8:30pm

Friday July 24, 2015
PFA Trivia Night
7:00pm-10:30pm

Thursday August 25, 2015
House Performing Arts Comp
Robert Blackwood Hall

For more information regarding Nossal events, see the ‘Coming Events’ tab on our webpage.

Nossal Big Band
Congratulations to the Art and Technology Gala team on coordinating such a fantastic night to show how widely talented our students and staff are!

Principal News - Mr Roger Page

Dear Parents,

Leadership Thanks
As the term and semester draw to a close I would like to acknowledge the work of Ms Sue Harrap and the Leadership Team who have taken on significant additional workload and responsibility this term following the departure of Mr Haworth at the end of Term 1. We are very much looking forward to Mr Keith Butler taking up the vacant AP role next term. He was in earlier this week to discuss his responsibilities and meet with the Leadership Team and will join us for a full day induction next week before taking up the position officially in term 3.

“The Education State” Consultation.
The Education Minister recently released a consultation paper entitled “The Education State” giving some broad guidelines and suggestions around the direction of Education in Victoria and calling for feedback from the community. There are some interesting, challenging and debatable suggestions and provocations in the document, and they are calling for discussion and responses by the end of July; a relatively short and inconvenient timeline for such an important process. The local network of principals will go through the papers in detail, and Nossal School...
WHAT IS COMING UP AT NOSSAL...

2015

June 22-26  Yr 10 Work Experience
June 22-30  Central Australia Tour
June 23  Select Entry Debating Tournament
         School Council Meeting
June 26  End of Term 2 - Students dismissed at 2:30pm
         Student Reports released
July 12-14  Music Camp
July 13  Term 3 commences
July 15  Yr11 Fit to Drive Program
         Yr 9 Aboriginal for a Day
July 16  State Cross Country Competition
July 20 & 21  VCE Biology Excursion
July 21  Immunisations Yr 9 & 10
July 22  English Literature Excursion
         Careers & Pathways Evening
July 23  VCE PE Excursion
July 24  PFA Trivia Night
July 28  Fareshare Excursion
         Music Festival
         School Council Meeting
July 29  Course Counselling
         UMAT
July 30  Aust Maths Comp. Yr 9 (Yr10-12 optional)
August 3  Whole School Assembly- Academic Awards
August 5-7  City Week Group 1

2015 SCHOOL TERM DATES
Term 2
APR 14 - Term 2 commences
JUN 26 - Term 2 concludes

Term 3
JUL 13 - Term 3 commences
SEP 19 - Term 3 concludes

Term 4
OCT 5 - Term 4 commences
Various - Term 4 concludes

Principal News Continued...

Council will examine it next week, and will make responses as appropriate. As this document is likely to inform the direction of state education over the next few years I would urge parents and community members to read it and respond if you feel you have a valid contribution or suggestion to make. You can download the documentation and register to become part of the consultation or provide feedback online at educationstate.education.vic.gov.au

Farewell Morning Tea for Mr Haworth

While we held a farewell assembly for Mr Haworth at the end of Term 1 we have not had a formal farewell ceremony. He has been reluctant to have much of a fuss made but has agreed to attend a morning tea with the staff and parents on Wednesday June 24 at 11.00am in the staffroom. Members of the PFA, SRC and School Council will be in attendance and we hold a relatively low key acknowledgement of the excellent contribution that Wayne made to the creation and growth of Nossal High School.

Congratulations to Ms Wakeman

I am pleased to announce the safe arrival of Kellan and Glen’s first child. Zephyr Charles Wakeman-Haywood was born at 5:15pm on June 2, weighing 3.09Kg. Congratulations to them both.

Links to Japan

Following our successful piloting of a teacher exchange program last year, DET has arranged a larger teacher exchange and hosting program with the Aichi Prefecture and Victoria as part of the 35th year celebrations. Nossal students have been invited to perform at the reception in Melbourne as part of the celebrations, and this is a significant honour. It does, unfortunately, clashes with our House Performing Arts Competition Evening and I thank Jake Piddington, Alan Zeng and Ms Warner for volunteering to represent Nossal. We will miss their presence at Choral Night, but they will be excellent ambassadors for us and I am very pleased that they are able to attend and perform.

Overseas and Interstate Travel

As a response to the IBAC inquiry the Education Department have banned principals and teachers from travelling interstate and overseas unless some very stringent exemption conditions are met. I am more than a little annoyed by this as I was to present a seminar on Nossal at the World Council for Gifted Education Biennial Conference in Denmark in August, and had booked to attend the
International Confederation of Principals Conference in Finland in the week prior, and have now had to cancel both. This was a wonderful opportunity to promote Nossal on the world stage and to share and learn from other high performing systems and individuals, and was strongly supported by School Council. Sadly, as a result of the corrupt actions of senior members of DET, we are all being penalised, and I will be significantly out of pocket and unable to promote our school and state at two world class conferences. This knee jerk ruling may also impact on other Nossal staff members who have been invited to present at interstate conferences as the narrow exemption criteria do not appear to allow for much, if any, flexibility and those making the decisions have been unresponsive to feedback.

Rotary Club Raffle
A big thank you to the students (and staff) who have sold their quota (or more) of raffle tickets. I was really hoping that we would be able to sell all the tickets we had been given (one book per student), but at this stage we still have a long way to go to achieve that. Please make every effort to sell as many tickets as possible in the next week, as all the proceeds go to a very worthy cause (Nossal)! You will accumulate House Points for each ticket you sell, and every ticket we don’t sell and have to return is one that is wasted and could have been used by another charitable organisation. There are also prizes for those who sell the most tickets…please assist.

PFA Trivia Night
Similarly, the PFA are seeking your support for their major fundraising event for the year – the Annual Trivia Night. At this stage they really need your support with donations of goods and services that can be used as prizes or auction items on the night, so if you have something that you may be able to donate, or work for a company that might offer some goods or services – please contact the PFA or the school asap…...and then come and join us on the evening too please.

AV Team
My thanks to Nobutaka Chong, Joey Lee, Oliver Zhang, Albert Nguyen and David Lu of Year 12 and to Mr Ng, Mr Wilson and Mr Humphreys who have come together to form a Nossal AV team to record and film all our events and activities, and to train up a succession team to ensure continuity. They have some marvelous plans in place already and have presented me with a significant shopping list of equipment that I am happy to help organise.

Science Renewable Energy Grant
We are very fortunate to have received a grant of $2500 through the CSIRO and one of our Nossal parents Dr. S.P.S Badwal who is a scientist working in the area of alternative energy sources and renewable energy. This grant will form the basis of an award for a Nossal student in Year 11 or 12 who makes a contribution in this area of study. Sincere thanks to the CSIRO and Dr Badwal.

Acknowledgements
• Approximately 180 students attended the vacancy testing session for potential vacancies into Year 10 & 11 in 2016; well over 400 of our students sat the GAT; and all Year 11 students sat the “value add test” in the past week – many thanks to the staff team who ensured that these all ran smoothly.

• Mrs Ryan, our Careers Advisor has been working very hard to ensure that all Year 10 students are prepared and enrolled into a work experience placement for next week.

• We will also farewell our first central Australian Tour group next week – thanks to Ms Graystone’s hard work.

• My thanks to Stuart Fankhauser and the staff team for another highly successful, very effective and innovative Digital Delivery Day: and to the LOTE staff for the excellent languages day program on Tuesday.
Principal News Continued...

- Our wellbeing team lead by Ms Ansalde are doing excellent work around a whole school approach to wellbeing and have been taking the staff through some challenging professional learning recently.

- Bridgette van Diepen of Year 12 has won through to the final round of the Tuckwell Scholarship at ANU – this is a huge achievement in itself, and it would be a fantastic achievement if she was awarded the scholarship, as it is highly competitive and highly sought after. I believe she is an excellent contender and wish her luck with the final selection process.

- Congratulations to AJ Bates of Year 11 who has just completed her first solo flight as part of the Nossal Aviation Program – the first student to do so this year.

- Congratulations to Storm Logan (foundation student and Nossal alumni member) who has just been named in the Victorian State Karate Team.

- Congratulations to Rhea Choudhary of Year 11 who has been accepted into a week-long Young Leaders program at Trinity College at Melbourne University during the school holidays.

- Osuri Manatunga of Year 12 was featured in the Leader Newspaper recently after winning a competition and observing open heart surgery at the Valley Private Hospital with a cardiothoracic surgeon.

- Ms. Michelle Desaulniers has been nominated for a (well deserved) National Excellence in Teaching Award by a member of the community.

- A big thank you to all staff and students (and parents) involved in the Art and Technology Gala on Thursday evening; it was wonderful to see so many students involved, so much diversity, and to see students having a go at things for the first time. There were quite a number of firsts on this evening and as always the students and staff did us proud (and also helped to raise money for a worthy cause - Girls’ Education in East Timor).

Roger Page

Nossal House Performing Arts

SAVE THE DATE
Annual House Performing Arts Competition Event on

Thursday August 25, 2015
7pm
Robert Blackwood Hall
Monash University, Clayton Campus

Tickets available soon from www.monash.edu/mapa
Entry $10 Adult entry
$6 Non Nossal Student
This evening is a celebration of Music at our school and compulsory for all students. All students are expected to be in full Winter Academic Uniform.
Nossal Student entry is free.
It is hard to believe that this is the last newsletter for Term 2; that it is already June; that our VCE students sat the GAT last week; and that last weekend the Year 8s who wish to join us in 2016 sat their entrance exam. The year is flying by at such a rapid pace.

**Our new Assistant Principal – Mr Keith Butler**

On Monday, Keith joined Mr Page and I, and the executive team to begin the process of finalising our roles before he starts next term. Next week, on Tuesday, he will join me for the day to begin a more detailed induction and handover to ensure that he has a smooth transition into the school. I very much look forward to working with Keith, to seeing the school through his fresh eyes, and to learning from him.

**Languages Day – Congratulations**

Congratulations to the Languages team who organised an extensive program of enrichment and cultural activities for Languages Day on Tuesday June 16. The students in Years 9 – 12 who study either French or Japanese thoroughly enjoyed the day and appreciated the effort and organisation by the languages team – Ms Shelley Warner, Ms Vaishalli Kentish, Mr Marek Bakowski and Mr Rohan Bramley.

**Central Australia Tour**

The staff and students participating in the Central Australia Tour are eagerly anticipating the trip beginning on Monday June 22. The nine day tour to various iconic central Australian locations is Nossal's first trip of this kind, but I am sure it won't be the last. The 38 students who attend this year are sure to have a wonderful time and promote it heavily to future Year 10 and 11 students. It has taken a great deal of persistence and organisation by Ms Amanda Graystone, who has worked tirelessly to get it off the ground over the past three years. Amanda will lead the tour and be accompanied by Mr Leigh Jose, Mr Andrew Hamilton and Mr James Mustafa. We sincerely thank these four teachers for giving so generously of their time. Staff on camps are on duty for 24 hours of each day, and these staff members are also giving up Saturday – Tuesday of the first week of the holidays; your efforts and commitment are greatly appreciated by the school community.

**Work Experience**

Year 10s who are not on the Central Australia Tour also have an exciting week, beginning on the June 22, when they start their Work Experience. The opportunity to undertake work experience is valuable from many perspectives – it might inspire students about a particular career choice, it might provide them with insight as to whether a particular job/field is suitable for their interest, it certainly provides them with the experience of working with people other than their peers and teachers, and gives them a broader perspective. I would like to take this opportunity to remind the Year 10s about the responsibility they have to represent the school in a positive light whilst they are on work experience. The employers and their employees will judge Nossal on the basis of their interactions with each student. Their interactions with our work experience students will help them to decide whether to offer future students a work experience placement, or future Nossal graduates a job, and they will form an opinion about the type of school we are. With this in mind, it is essential that you create a good impression. Here are a few tips to ensure you do just that:
Assistant Principal News Continued...

- Arrive on time
- Know who you are supposed to report to
- Greet your supervisor and other work colleagues; make eye contact
- Listen carefully to instructions
- Ask questions if you’re unsure or you want to know more
- Show initiative – don’t wait to be told what to do next, ask what you can do next
- Talk with people over lunch and break times – ask about various aspects of work within the organisation

My final word of advice is to be safe – safe at work and safe on your way to and from work. If at any time you do not feel safe, or you are made to feel uncomfortable I urge you to call the school and seek assistance. Put the school’s phone number in your phone – 8762 4600. If however, everything is going well, as is usually the case, a member of staff will call you and your employer throughout the week to check up on how things are going. Please be honest with the staff member who calls you.

Observing Cardiothoracic Surgery – Osuri Manatunga

On May 18 Osuri Manatunga, one of our Year 12 students, observed a cardiothoracic surgery at the Valley Private Hospital in Mulgrave. Osuri was the winner of a competition run by Valley Private earlier in the year. Osuri was delighted and inspired by the opportunity to view open heart surgery and it has cemented her desire to pursue medicine as a career. Later in the newsletter you will see a photo of Osuri in the operating theatre. We congratulate Osuri for winning the competition and representing Nossal so ably, and we sincerely thank The Valley Private Hospital for their community liaison, and for offering this unique opportunity to one of our students.

Digital Delivery and the GAT

On Wednesday 10 June we had another exciting day at Nossal with our first Digital Delivery Day for 2015 for the Year 9 and 10s and with the VCAA General Achievement Test (GAT) for the Year 11 and 12s (and a small group of Year 10s). Both events ran extremely well.

I had the opportunity to participate (as did all staff) as a student in some of the Digitally Delivered classes, and at the end of the day, during professional learning time, staff shared what they had done with each other. The level of innovation, collaboration and learning by staff is truly something to behold. We are blessed to have staff who are willing to take risks, to push themselves and work so cohesively to come up with positive experiences for students.

Rotary Great Community Raffle

What a great job you are doing selling the Rotary Great Community Raffle tickets to support our school!

We have raised over $6500 so far!!!

Over the last five weeks, all four houses have had books sent home and our student body has done a phenomenal job! These books and/or money should have been returned to school.

And now we enter the last week of selling tickets. So please keep up the MASSIVE SALES EFFORT in our race to the end, remember that all of the proceeds of every ticket sold comes back to the school so every ticket counts. We encourage all students, families and community members to collect books from the front office to be sold and returned before Friday June 26 (the end of this term).

Don’t forget any students who sells more than $500.00 in tickets will receive a $100 gift voucher from the store of their choice (eg: Harvey Norman, Kmart, Target), tutorial groups that sells at least one book per for every student will receive a celebratory lunch and all Houses receive house points for every book sold.

Keep an eye on the tally board on the canteen windows to see how your House is going, and once again remember that no matter which House wins the competition, Nossal wins overall thanks to our amazing school community!

Thank you!
our students. Not only are digital delivery days good for our students they are good for our staff – it is the most effective professional learning model I have seen in my 20+ years as a teacher and educator. This incredible feat was admirably led by Mr Stuart Fankhauser who supports and guides about 25 teaching staff on the Digital Delivery Team who then support and guide the remainder of the staff. Congratulations to one and all, and in particular, Mr Stuart Fankhauser; the feedback from students is extremely positive.

At Nossal the GAT is a major event since 426 students sit this exam at the one time. Setting up, arranging for exam supervisors, completing the administrative and security requirements for VCAA, getting the students into the exam and supporting those who need special provisions is a significant organisation and human management task. Thank you and congratulations to Ms Katherine Warriner for doing it so professionally. A true test of how well this is done, is whether the students turn up and it happens without fuss, and that was certainly the case this time around. Well done to all VCE students, the supervisors all commend you for how well you conducted yourselves and the respect you showed to them and each other.

Music Camp
I recently had cause to speak with the music students – those that study instrumental music, classroom music and are in the musical production – ‘High School Musical’. The purpose of my discussion with them was to encourage and support them to attend the Music Camp – Sunday 12 – Tuesday 14 July. Over 140 students were invited to participate in the camp and as of Friday only 17 parents had provided consent. Students cited disorganisation and concern about missing classes as the reasons for their failure to seek parental consent. Both of these reasons disturbed me.

Firstly, with regard to disorganisation, Nossal students and parents have a tendency to disregard deadlines and administrative procedures. To name a few examples of this:
• this week I have had had to extend the deadline for consent on a range of excursions and activities because parents and students have not met the deadline
• staff are spending an inordinate amount of time chasing up students who have not done their self-ratings on their Term 2 reports
• when we hold events such as guest speakers or the House Performing Arts Competition, parents do not book tickets online and just turn up on the night making it difficult to plan the venue appropriately

Bookings and deadlines are set in place so that staff can attend to the organisational, administrative and LEGAL obligations of the various activities. Failure to meet deadlines or book in advance creates a lot of follow up work on the behalf of staff.

So I urge you all to be more vigilant with consent and bookings.

Secondly, the notion that students would not attend music camp because they would miss out on two days of classes was astonishing to me. Staff are supportive of students participating in co-curricular activities and encourage students to do so. Our students are motivated and enthusiastic and capable of catching up on the classes missed.

Further to that and in my opinion, most importantly, when I look back on my schooling I cannot recall the first day of any term (apart from my first day of primary and secondary school) and I can’t even remember the subjects I studied in Years 7-10. I can however vividly recall the friendships, fun, experiences, sense of community and the music we created when I went on music camps. These are experiences that stay with you over a lifetime, unlike what happens in daily classes. I have urged students (and now I urge parents) to take up the opportunity to create these experiences.

If you experiencing difficulties with the financial cost of the camp, or would like to discuss this with me, please contact me at the school.

Happy and Restful Holidays
Since this is the last newsletter of the term, I would like to wish staff and students a happy and restful holiday. It has been a busy and productive term, it is almost time to stop and recharge the batteries. Please make sure you make time to do so. I thank the students, staff and parents for their hard work and efforts towards progressing each child in our care.

Sue Harrap
Reports News

As the end of Term 2 approaches, you will no doubt once again be interested in achieving a greater understanding of your student’s progress by reading their most recent report. This email is intended to

• provide you with access to information about two new features that will appear on each report
• remind you of how to access the reports after 4pm on Friday 26th June.

On this term’s report there will be a “Progress Indicator” for each subject. For VCE subjects there will also be a “Unit Outcome” near the top of the subject page. For an explanation of these features, please follow this link [http://bit.ly/nhsprogress](http://bit.ly/nhsprogress) to a short (7 min) video.

To access reports, you should use your compass login. Go to [https://nossalhs.vic.jdlf.com.au/](https://nossalhs.vic.jdlf.com.au/) and use your parent ID and login as usual. Contact the front office if you are not sure what these are. Once you have logged in, you can access the reports by going to the tab labelled “Reports” and clicking on the 2015 – TERM 2 REPORTS link under the “Reporting Cycle” heading.

Should you have any difficulty accessing or understanding your student’s reports, don’t hesitate to contact the school. You may find it most efficient to contact subject teachers directly via email, depending on the query. Please do remember, though, that our teachers may well be travelling during the holiday period and so are unlikely to be able to respond to your email until after Term 3 begins on 13th July.

Ms Tracey Mackin
Director of Curriculum: Classroom Pedagogy

INFORMATION RESOURCE CENTRE NEWS

On Wednesday June 17, Sharon O’Brien from Traralgon Secondary College Library visited our Information Resource Centre to get some first-hand knowledge of our Library Management System, the Smart Library and TV4Education as well as the various IRC programs that we are currently running at our school.

It is pleasing to note that even though our IRC is quite new, other schools appear quite impressed and are keen to embrace some of our systems and programs.

Kamla Reddy
The Director of IRC
On Friday June 5, led by our own Nossal Environment and Sustainability Team (NEST), students, teachers and support staff observed Earth Hour. During Period 5 on the day all classes and offices were asked to cut their energy usage down to zero. Classes ran without lights, fans, projector screens, and laptops for the full period.

The objective of Earth Hour is to raise awareness around climate change. Earth Hour has evolved from a single moment to a year-round social movement on climate change and sustainability. Nossal managed to cut the usage from around 135kW down to about 75kW during the hour, thanks to the efforts of all staff, students, and the NEST team.

This event has helped Nossal in working towards achieving the Core Module in the ResourceSmart initiative.

Throughout the year, NEST has been working on completing components of the Resource Smart Schools program. The Resource Smart Schools program is a Victorian Government initiative that encourages real-life sustainability learning in schools to save money and promote sustainability of the environment.

By completing designated ‘modules’, schools can earn ResourceSmart Stars, to recognise the school’s progress and effort in endorsing sustainability. There are five stars and they are each valid for three years. NEST is currently working on achieving their first star and would love any type of support or ideas for achieving their first star or for club activities and events. Tasks include monitoring energy usage, waste, biodiversity, and preparing a school wide environmental management plan.

Any parents interested in helping or contributing to NEST can email Ms Jessica Ball (jessica.ball@nossalhs.vic.edu.au) or Mr Stephen Alderton (Stephen.alderon@nossalhs.vic.edu.au) For more info about the ResourceSmart Schools Program go to

http://www.resourcesmartschools.vic.gov.au

Any help is greatly appreciated.

Earth Hour is powered by WWF-Australia. For more information about Earth Hour, go to http://www.earthhour.org.au

Stephen Alderton
Teacher of Physics & Member of NEST
Parents and Friends Association News

On Friday July 24, the Parents and Friends Association is hosting the second annual Nossal Trivia Night. This is our major fundraising event for the year and money raised at the Trivia Night will be used to purchase sporting equipment such as goal posts and soccer nets. The success of this night depends on the participation of the whole school community.

You are warmly invited to participate in this event via a number of avenues. You can be involved by booking a table, for yourself and friends/family; bringing money to spend in the games, raffles and silent auctions on the night; and or donating prizes/sponsoring a table. Further details are provided in the letter and flyer included in this newsletter.

This year the venue will be bigger and facilitated by external, experienced trivia hosts. Last year we received many positive comments about the level of excitement generated on the night. Don’t miss out – be a part of the event and book now.

Kim Dunn
NHS PFA Trivial Night Coordinator

Attention: Centrelink Health Care Card (HCC)/Pensioner Concession Card (PCC) Holders

Dear Parents, if on the first day of Term 2 you held a current Concession Card as above, you are eligible to apply for the Government’s new CSE (Camps, Sports & Excursions) Fund. This is an annual payment of $225 for eligible secondary school students. Payments will go directly to the school and be allocated to the student’s account. For further information on eligibility, frequently asked questions and how to apply, please go to the following links:


Application forms are available via

- Attached PDF document
- School office

Forms must be returned to the school office by Friday June 26, 2015
CSEF Application Form

School REF ID

Parent/legal guardian details
Surname
First name
Address
Town/suburb State Postcode
Contact number

Centrelink pensioner concession OR Health care card number (CRN)
- - - - OR - - - - OR
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Foster parent* OR Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details
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I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (the department) to provide the results of that enquiry to DET.

I understand that:

• the department will use information I have provided to the DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to the DET personal information including my name, address, payment and concession card type and status.

• this consent, once signed, remains valid unless I withdraw it by contacting the school or the department.

• I can obtain proof of my circumstances/details from the department and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.

• if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.

• Some personal information may be disclosed to the Victorian Department of Health and Human Services, for the purpose of evaluation and monitoring of concession card services.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

Signature of applicant ___________________________ Date __/__/____
STUDENT GETS CHANCE TO WATCH CARDIOTHORACIC SURGEON IN ACTION

A BERWICK student who witnessed open heart surgery at a Mulgrave hospital last week said it was an exciting "glimpse into the future".

Vermont South teenager Osuri Mangtunga watched cardiothoracic surgeon Phillip Hayward perform surgery on May 18, after winning a competition run by The Valley Private Hospital.

"It was amazing, I got to see a lot of incredible things," the 18-year-old said. "That’s what I really want to do so it was a nice glimpse into the future."

The Nossal High School Year 12 student said she wanted to study medicine and perhaps specialise in surgery. And the 4½ hour operation, which included two grafts and a valve replacement, only cemented her opinion of doctors.

"They are your everyday heroes," she said.

The Valley Private Hospital director of nursing Georgia Banks said most students were keen to observe the "more complex and graphic" types of surgery. "This experience is a chance for budding medical students to get a sense of what it means to be in our profession and it was no surprise that they all chose neurosurgery and open heart," Ms Banks said.

The Valley Private Hospital chief executive Neil Henderson said the opportunity offered to Ms Mangtunga and her peers demonstrated the hospital’s community links. "The Observe a Surgery competition is a unique opportunity to allow senior students to be up close and personal in a real-life theatre setting during an actual operation," he said. "While we have invested heavily to the tune of $60 million in The Valley, we are still, in essence, a local community-minded facility." GOODLIFE Health Club Fountain Gate is encouraging people to take steps to improve their fitness.

Group fitness manager Areti Stevens said the club was hoping to attract 60 people to an event to launch Body Step 100.

"My aim is to get 60 people in our group fitness room to do the class, with three to four instructors on stage," Ms Stevens said. She said Les Mills’s Bodystep release 1 was launched 25 years ago.

"Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from singalong music and approachable instructors," she said.

"Les Mills, who is the founder of the programs – has professional instructors refresh the music and moves in all our workouts every three months to keep motivating our tribe and stay ahead of the game ... 25 years later, we have hit Body Step 100."

The Body Step 100 launch event will be held on June 23, at Goodlife Health Club Fountain Gate, 352 Princes Highway, Narre Warren.

For more details, phone 8794 1000.

Julia Rabar
To the Nossal Community

Information about the upcoming Nossal High School Trivia Night

I am writing on behalf of the Parents and Friends Association. We are currently planning our major fundraising event for this year. This will be a Trivia Night to be held on Friday July 24. You are warmly invited and encouraged to participate in this annual event. Money raised will be used to help establish sporting facilities by purchasing sporting equipment, such as goal posts and soccer nets for the school.

How you can be involved:

1. Come along and participate in this fun event! Book a table or just a ticket for yourself.

2. Encourage your child to come with you or their friends. Remind them to bring some money so they can participate in the games, raffles and silent auctions or purchase something or eat and/or drink during the evening.

3. You and/or your business can choose to contribute to the successful running of the Trivia Night.
   - Perhaps you might like to donate a prize for one of our raffles or a silent auction prize? For example: gift certificates, cash, movie tickets, meal vouchers,
   - What about a few hours of your valuable business skills?
   - You may wish to ‘purchase’ naming rights on a table (please contact Kim Dunn on the 0408533515 or via email at gandkdunn@bigpond.com to discuss this further)

What you get as a Sponsor:
✓ An opportunity to advertise on our Sponsors table in the entrance foyer on the Night.
✓ Your business will be included on the list of Sponsors displayed on the night.
✓ Your business will be mentioned during the Night by our MC
✓ You will receive a certificate that you can display at your work place
✓ Your business will be mentioned in the school newsletter and on the website

What to do next?

1. To book go this Trybooking link: http://www.trybooking.com/HZHN
2. To contribute please complete the donation form attached and/or contact us about sponsorship. Please bring the donation and the form to the front office. Completion of the form will allow us to accurately acknowledge your donation.

Thank you in advance and best wishes from everyone at Nossal High School

Yours sincerely,

Roger Page
Principal
Nossal High School

Kim Dunn
Trivia Night Co-ordinator
Parents & Friends Assoc.
NOSSAL HIGH SCHOOL TRIVIA NIGHT DONATION FORM

Donor Representative Name: _______________________________________________

Donor Company Name:____________________________________________________

Mailing Address:__________________________________________________________

Physical Address:_________________________________________________________

EMAIL:_________________________________________________________________

Phone Number:__________________________________________________________

Description of item or service being donated
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Approximate Retail Value: _________________________

OPTIONS FOR COLLECTION

Please return this form to Nossal High School with your donation by 10th July.
Alternatively contact Kim Dunn on 0408 533 515 or via email on gandkdunn@bigpond.com

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We accept:
Nossal High School Parents and Friends Association
present trivia masters
Paul and Michael
to host our 2015

So come and join us in supporting our school, you can book a table of 8-10 or join together with others on the night to create a team and make new friendships. All proceeds go towards sporting equipment for our oval.

When: 24th July 2015
Where: Meath Auditorium
Time: 7.00pm - 10.30pm

Early Bird Special!
Whole table bookings of 8-10 people made before July 10 receive a free pizza delivered to their table! Email your table number, team name and preferred pizza option to:
gandkdunn@bigpond.com after your booking is complete!

- Tea and coffee available
- BYO snacks and soft drink, no alcohol
- Soft drinks and snacks on sale
- Pizzas available, $15 for a large pizza which can be pre-ordered when booking
- Bookings through Trybooking at www.trybooking.com/HZHN

For more information contact Kim or Peter
Kim Dunn - gandkdunn@bigpond.com or 0408 533 515 w
Peter Van Diepen - rozy.peter@bigpond.com or 0439 356 635

Any donations gratefully accepted - please contact Kim or Peter