Nossal News

25 October 2016

ISSUE SEVENTEEN

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Goodbye and Best Wishes

Last week we farewelled our Year 12s as they finished their last secondary education classes and began the final period of study and preparation for the upcoming examinations. It was a time of mixed emotions as together, the cohort celebrated reaching this milestone in their lives, while also in some individual cases being sad at what was perceived to be the end of their usual way of life.

We congratulate and thank all of our Year 12 students on their achievements and involvement during their time at Nossal. Unit 3/4 exams are an important component of a student’s ATAR however as has been said before, it is not the defining element of who each of these young adults are or will be. Each has their own unique personality and abilities and it is these elements that people will be remembered for well into the future. At their recent final official assembly, once again Mr Page reminded them that they "...didn’t have to be the best, but rather be their best".

We wish our exiting students, the ‘Class of 2016’, the very best for their examinations and their future, whatever that entails. We want to hear about your future achievements and look forward to welcoming you back to programs, events and activities as members of the Nossal Alumni, the Old Nossalonians.

Year 9 Leadership Week

Last week was another first for Nossal, this time in the form of a Year 9 Leadership Week.

The program saw a group of Year 9s (and some Year 10s) spend the week at 15 Mile Creek, a school campsite near Greta, in Northern Victoria. At the time this newsletter was being prepared, the group had just returned and so while details will no doubt be reported more fully in the next edition of Nossal News, the tired looking group commented that it had been a wonderful opportunity for them to develop personal skills that will not only stand them in good stead for the remainder of their days at school, but also well into the future.
For those who remained at school, a program of more local leadership development was also initiated. On Wednesday, students took part in special activities arranged by the school’s Learning Domains which saw them not only extended in their subjects but into areas that they would otherwise not be able to do during the normal curriculum program. On Thursday, the same group travelled to Cardina Reservoir, where under the guidance of Orienteering Victoria, they worked as teams to meet a range of challenges within a given time period. Unfortunately the planned activity for Friday, (a community beach clean-up) was cancelled due to unfavourable weather conditions.

Leadership is a very important set of skills to develop and something that continues to grow in importance as years pass. More and more employers are looking to employ people who have the ability to think creatively, to be confident in their presentation and to be able to work both individually as well as members of a team. Likewise, tertiary institutions are also now placing more value on these same attributes when selecting students to enter their courses.

Nossal High School has recognised and acknowledged this trend and subsequently now places great emphasis on both providing opportunities for students to develop their personal skills as well as encouraging them to extend and develop these same abilities. Students at all year levels are strongly urged to take up the many chances they have open to them. Leadership is not just about receiving a badge to recognise a position in the school, it is about working with others and developing personal skills. Participation in the Year 9 Leadership Week is one such example.

Thank you to Ms Loel and the other staff who helped shape and conduct this great week of opportunities for our students.

Julian Burnside visit

Students in Years 11 and 12 were recently treated to the opportunity to attend a presentation made by Mr. Julian Burnside QC. This was a very special occasion and one I am sure that those in attendance will long remember.

Mr Burnside spoke to the audience about the plight of refugees being held in detention by Australia, an area he is very passionate about. Judging by the faces of those in the audience and the questions asked at the conclusion of his presentation, students in attendance were both interested in the views Mr Burnside presented as well as how they might best be able to help ease the desperation felt by detainees.

Thank you to Ms Reddy who arranged for Mr Burnside to come to Nossal.

Nossal welcomes
Australasia
On the weekend commencing October 14, Nossal High School hosted the National Championships of Future Problem Solving Australia. It was a busy weekend with over 380 students and 110 adults from more than 50 schools coming to Nossal and representing Western Australia, South Australia, Tasmania, New South Wales, Queensland, ACT, Hong Kong and more locally, Victoria.

This was the first time the Finals of the competition had been held in a State school anywhere in Australia in the 27 year history of the event. It was also the first time that Nossal had participated and so we were very proud that our team made it through to the finals of their division, the Global Issues Problem Solving section. Over the course of 2016, almost 6000 young people had participated in the preliminary stages of the program. Unfortunately, Nossal did not finish in the top two places in their section which would have meant an invitation to participate in the International Championships to be held in USA in June 2017, however a lot of experience was gained and fun had during the event.

Nossal turned out to be a wonderful venue for this major event, with many participating schools complementing the great facilities that we all enjoy daily. Congratulations to the Nossal students who entered and participated in the program this year and also a special acknowledgement of the work done by Ms. Chapple and Ms. Campagna who were coaches to the teams. Finally, a big thank you to the group of students, staff and friends of the school who volunteered at various times during the weekend to make the event such a success.

Keith Butler
Assistant Principal
October

School Council Meeting
Tuesday October 25 - 6pm

VCAA Unit 3/4 Exams commence
Wednesday October 26

Year 9 Cricket NHS V MHS
Thursday October 27

Yr 9 and 10 Photography Excursion
Thursday October 27

SMR Finals Intermediate Boys Table Tennis
Thursday October 27

Year 9 Waste Recycling Tour
Friday October 28

Digital Delivery Day (Asynchronous) Yrs 9-11
Monday October 31
All students work from home

November

Melbourne Cup Day - Public Holiday
Tuesday November 1

PFA Meeting
Wednesday November 2
All welcome

Intermediate Girls Hockey Finals
Thursday November 3

Year 9 Jump Crazy - Sports Around the World excursion
Friday November 4

Year 9 and 10 Boys and Girls Soccer vs SCHS
Friday November 4

PFA Second Hand Uniform Shop
Monday November 7 - 8:30am to 9:30am

Dance Excursion to Chunky Moves Studio
Friday November 11

Valedictory Dinner
Thursday November 24
Book tickets through Trybooking NOW at https://www.trybooking.com/KEEG

Last day Years 10 and 11
Friday November 25

Year 11 Nossal/MacRob Celebration Lunapark
Friday November 25

National Chess Finals
Monday November 28

Nossal High School Speech Night
Tuesday November 29

Orientation Day Yr 9 (2017)
Wednesday November 30

December

Terry Bennett Cup at SCHS
Friday December 2

Year 9 Big Day Out
Wednesday December 7

Year 12 Results - Morning Tea
Monday December 12 - 10am

Reports Released to Parents
Tuesday December 12

and Beyond....

First day of school Year 12 and Year 9
Foundation Assembly
Tuesday January 31

First day of school Year 10 and Year 11
Wednesday February 1

Year 9 iWeek
Tuesday January 31 to Monday February 6

House Swimming Carnival
Tuesday February 17
Victorian Student Representative Council Awards 2016

I was delighted to attend the 2016 VicSRC Awards ceremony at the NAB Village in Docklands on Tuesday October 18. To my surprise, as I entered this formal occasion, two of our talented students, Jack Braddick and Dinil Srinath were providing the music for the evening. Their guitar and flute ensemble called Lucinda 55 was the only entertainment for the evening. The Minister for Education and Deputy Premier, Mr James Merlino, MP presented awards for the best Group Action team, The Youth Leadership Award, SRC Teacher of the Year, and Primary and Secondary SRC of the Year.

Our wonderful team of young women leaders who formed and led the Formation, Women’s Empowerment team at Nossal did extremely well, and were awarded runners up to the team of students at Emerald Secondary College who have addressed issues with Teens and Drug and Alcohol Use.

Thomas Velican, who has been a member of the VicSRC Executive team this year came third in his category, Youth Leadership. Thomas not only contributed to the VicSRC this year, but also was a member of the Victorian Tech School Initiative and the Casey Youth Action Committee. Thomas is also an avid musician and contributes actively to the music program here at Nossal.

Our students have made excellent contributions to our school community and it was delightful for them to be recognised in the broader educational community.

Samantha Choy, one of the members of Formation, has written a small piece to explain the work they have been doing, and outline their purpose:

'A group of 11 female leaders at Nossal were frustrated about the challenges they received as leaders, which seemed invisible to other peers; we were often seen as being "bossy" although our male counterparts were seen as having initiative for doing the same job. We wanted to empower other girls about how to overcome this unintentional sexism and because of that, Formation was born; the name was inspired by Beyonce. We ran topic discussions, an interschool summit and we created an online support group. On Tuesday 18 October, we attended the Vic SRC Recognition Awards ceremony and received the runner up award for the Group Action Award. We are honored to have received this and we look forward to using the prize money to organise great things in the future so sexism (unintentional or intentional) can be eradicated from Nossal.'

Ms Sue Harrap
Assistant Principal
2016 Mental Health Week School Creative Writing Competition Winner

Mental Health Week (9th-15th October):
In celebration of this week and promoting the progress we make in promoting mental health, the 2016 Mental Health Week School Creative Writing Competition was launched.

In commemoration of Mental Wellbeing Week, I had the honour of participating in the Schools Creative Writing Competition created by the Mental Health Victoria organisation. The writer is invited to write in prose about their experiences with mental illness and how to overcome that monumental milestone in their lives, promoting positive mental health and wellbeing. My piece of writing stemmed from numerous observations and accounts I have the honour of having the knowledge of. One of the core concepts that Nossal values is the ability of synthesising information and I have taken all these accounts and combined them into something comprehensive as my end product. My goal is to portray mental illnesses in a raw form, stripping back the stigma and just leaving the base emotions, because we can all relate to these emotions, no matter how extreme they appear to be.

I’d like to speak through my writing that mental illnesses and our physical health are intricately related and that we should have a concrete understanding of both in order to understand our minds.

The award ceremony, on October 11, featured the Minister of Mental Health, Hon. Martin Foley MP and the Shadow Minister for Disability, the Hon. Tim Bull, along with key speaker Jason Ball, who is BeyondBlue’s ambassador, a prominent LGBTI activist and an openly gay AFL player. Along with these speeches were performances from artists who all had experiences with mental illnesses.

Through the creative arts, all of those who were in the auditorium that day conveyed a message to the world of their struggles, in the raw forms of music, poetry, prose and words.

Jennifer Nguyen - Year 10

Jennifer’s Poem - Liquid Fires and a Million Insecurities

Doubt
An internal fear
Turmoil and churning and swirls of dangerous thoughts
Eating away my insides
Gradually tearing my tendons apart.

I watch as my heart
Marches out of pace,
Trying to escape from its shackles
The veins and capillaries pulling it back
To the dark cavity of darkness.
The unsettling rhythm
Out of place, out of time
Jerking from its shadowing constraints
I glance as the blur escapes my peripheral
Flurrying movements bombarding
my sensitive perception of light.
I’ve been in doubt, in agonising fear for as long as I can date back.
I’m not good enough.
I’m not worthy.
It’s irrational and it’s never a worrying thought.
But always there, in the crevices of my brain
Lurking, hibernating, fuelling my mind of thoughts
Harmful.
Cut to the skin and flesh.
Trapping my physical self into a vessel of worry.
Am I good enough?
Please stay.
I try to hold on, to grab onto what is nonphysical.
My hands slip through transient objects,
Doubts, fear, a pretence love, a friendship
All imagined.
They all leave, they all go.
And it burns
The insides of my stomach,
My ribs break in fragments,
My pulse run so loud I can hear the beat in my ears.
Drawing up a wall around myself, I begin closing in.
Don’t come closer,
Because if you do, you’ll see the inside of my head.

General News
The recesses that cry out in coal blackness in the midst of the night Puncturing my closed lids with images of a future scenario It might happen, you might screw up Whispers in the night with no physical bodies No barriers to stop them, no walls to keep them at bay They fuel my wildest fears and knock down any self-confidence I have So that over time, when my lids clear of blinding spots From squeezing my eyes too tight And my bed sheets unwrinkle themselves From my frantic clutching and anchoring to the physical anchor to the waking world I dream endless dreams, outlines and colours blending into one In which pale pastels run wild beyond my head And encompass me in warmth. In the waking world and the sleeping world, I feel distinct guilt when I encounter warmth. For I associate the burning sensations that come along with every good feeling I’ve ever had. Choking in liquid fire, drowning in the numbing pain. Don’t come closer. Because then you’ll see how broken I am, The pieces of doubts and worries and concerns and overthinking Blend together in a churning mess that physically embody me. I am not my doubts Nor my worries, But these things pull me back into the empty pit of despair Calling out for things I easily believe in I’m worthless Not good enough. Never enough for everyone around me. A mirror is a double-edged sword But in my world, it is a shard of sharp edges Serrating my arms and legs of never-healing wounds Deep embedded in my tendons and bone marrow Cuts that are shallow but deep enough to imprint their impacts A million insecurities stare at me from my reflection in the mirror I turn away, choking at the realisation that being good enough is never possible. If I see what is wrong with me so easily, What hope is there for me to see what is right with me? I don’t know how to tell myself that I am much better than this, That my life will not be defined by a single moment or a boy or a heartbreak or a failed test. I just don’t know how. How do I break free of my doubts? How do I pull myself out? How do I not let the voices get under my skin, into my flesh, riding in my blood? How do I stay awake and not get hurt? How do I be okay? Poison and darts and the likes of sharp objects penetrate me But the wounds of doubts cut me deeper than physical pain. Cuts, however, don’t stay permanent, Just like so I should not rely on this empty feeling of incompetence. I am flawed, and I accept that fact.}

We are all flawed in more ways than way, and the perfect being does not exist. Society creates misconceptions and delusions that fuel our minds. And us, we ourselves, feed on our insecurities. They grow and poison our blood, keep us awake at night Reduce us to mindless suffering and beating us over trivialities. We are more than our mistakes, our failures, our decisions. I have eventually look in the mirror and see A small girl With dreams so wide and open the constraints of the reflection could not reflect Eyes that laugh at many things and cry many tears Hair as soft as her soul, and as fragile. I see no more insecurities Just things that make me human. I have come to the conclusion that I need to love myself before loving others Because my self is such a precious and fragile being Nobody is going to love me for me; that alone is my task. I need to take care of myself, remind me that I am worth something Letters, poems, songs, words All have powers, and all that I am capable of. So I write and sing and tell How human and perfectly flawed I am.

Jennifer Nguyen
NHS & Community Events and News

PFA 2nd Hand Uniform Shop

Nossal Parents and Friends Association
Second Hand Uniform Shop
Monday 7th November 2016
8.30am - 9.30am

The Fitness Centre
(Next to The Jean Russell Centre carpark)
Keep an eye out for our end of year 2nd hand lock and uniforms sale early December!

- School Fleece Blazer
- Wool Blend Jumper
- Boys’ Piped Trousers
- Winter Skirt
- Boys’ Long Sleeve Shirt
- Girls’ Long Sleeved Blouse
- Winter Sports Uniform

Summer Dress
- Boys’ Placket Front Shirt
- Striped Short Sleeve Shirt
- Summer Sports Uniform
- School Badgepack

Gunnamatta Trail Rides

info@gunnamatta.com.au

L2P Drive Academy

L2P is one of the best driving schools in Melbourne, without a doubt. After trying a few others, the one that stood out. You not only feel comfortable in the car but also feel an instructor with all the knowledge needed for anyone wanting to successfully pass the driving test needs. Is a legend and L2P is simply awesome! Highly recommended!

- James

I highly recommend L2P Drive Academy. I had a really great time in lessons, and gained lots of confidence in driving. Garrett’s approach to teaching is both productive and fun. He gets great constructive advice and helps you form good driving habits. The only regret I would have was not contacting him earlier!

- Summer B

PASSION IS ROAD SAFETY, OUR VISION IS TO DRIVE OTHERS TO LIVE IT

With swift response from our admin team, we’ll get you started no time!

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Visit Nossal Online
Our webpage is the place to go if you would like to learn more about Nossal High School. Everything from our history, enrolment procedures and curriculum, to coming events, important resources, school tours and frequently asked questions, can be found at http://nossalhs.vic.edu.au/

Student absences
Student absences should be reported to our Attendance Officer as soon as possible. This can be done a number of ways:

- Absence Hotline: 03 8762 4625
- Email: absence@nossalhs.vic.edu.au

Please remember to provide all relevant details when leaving your message and a medical certificate on the student’s return.

Nossal Careers
Our aim is to provide you with all the latest information that will help you make decisions about your future career and your life beyond school.

You can use this site to locate University, TAFE and any other type of course across Australia, get information about the VCE, search for job vacancies and much more.

Check out our Careers Webpage at http://nossalhscareers.com/

Old Nossalonians
Established in 2014, The Old Nossalonians Association is a not-for-profit Alumni organisation committed to the welfare of Nossal High School, its students and teachers.

Find out more about our Alumni at http://nossalhs.vic.edu.au/alumni

Connect with us
We have Facebook pages for official school information and updates as well as pages for year level specific information. We also have Twitter & Instagram pages.

Find the links to these pages on our website at http://nossalhs.vic.edu.au/enquiries/connect-with-nossal

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