SAVE THE DATES!

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

Rememberance Day, 2014
Bottom row: Sagarika Bhatnagar, Aria Sunga
Top row L to R: Malinthis Mallawa, Jessie Tang, Anneke Vos-Butler, Krystal Cho, Krishan Fernando, Mr Hamilton
Year 9 students attended the Remembrance Day service in Berwick on Tuesday November 11. Aria and Krishan read poems titled 'The Poppy and In Flanders Fields' respectively.

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

PRINCIPAL NEWS - Mr Roger Page

Dear Parents,

What is Nossal High School?
The school leadership team are putting the final touches to our Self Evaluation documentation before we send it off to be “reviewed” by an independent educational consultant. This is a very useful periodic process that all Government schools undertake and informs our future direction by enabling us to critically examine our progress over the past 4 years - the things we do well and wish to strengthen or preserve and areas of concern, or where we could improve. The

CONTINUED>>>>>
### IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOV 17-21</td>
<td>Yrs9-11 Exam Week</td>
</tr>
<tr>
<td>NOV 20</td>
<td>Valedictory Dinner</td>
</tr>
<tr>
<td>NOV 24-25</td>
<td>Yrs9-11 Exam Feedback</td>
</tr>
<tr>
<td>NOV 24-28</td>
<td>Yr9 Bogong Leadership Camp</td>
</tr>
<tr>
<td>NOV 25</td>
<td>House Assembly 2015 House Captains</td>
</tr>
<tr>
<td>NOV 26</td>
<td>Yr9 Cricket Challenge with Melbourne HS</td>
</tr>
<tr>
<td>NOV 26</td>
<td>Fossils Rehearsal and Performance</td>
</tr>
<tr>
<td>NOV 26-28</td>
<td>Early Commencement of 2015 classes</td>
</tr>
<tr>
<td>NOV 28</td>
<td>Yr10 Final Assembly Period 5 Dismissed after Assembly</td>
</tr>
<tr>
<td>NOV 29</td>
<td>Second Hand Uniform &amp; Book Sale</td>
</tr>
<tr>
<td>DEC 1</td>
<td>2015 New Yr9 Orientation Day-No classes</td>
</tr>
<tr>
<td>DEC 2</td>
<td>Year 10 Japanese Film Festival</td>
</tr>
<tr>
<td>DEC 3</td>
<td>Yr9 Monash Challenge 9-1.30pm Speech Night Rehearsal</td>
</tr>
<tr>
<td>DEC 4</td>
<td>Yr9 Monash Challenge 9-3.30pm</td>
</tr>
<tr>
<td>DEC 5</td>
<td>Yr9 Terry Bennett Cup at Suzanne Cory HS</td>
</tr>
<tr>
<td>DEC 8</td>
<td>Yr9 Monash Challenge</td>
</tr>
<tr>
<td>DEC 9</td>
<td>Yr9 Monash Challenge Final Assembly Year 9</td>
</tr>
<tr>
<td>DEC 10</td>
<td>Yr9 Big Day Out at Gumbera Park</td>
</tr>
<tr>
<td>DEC 11</td>
<td>Course Counselling as required</td>
</tr>
<tr>
<td>DEC 12</td>
<td>Course Counselling as required</td>
</tr>
<tr>
<td>NOV 24-28</td>
<td>Yr9 Bogong Leadership Camp</td>
</tr>
<tr>
<td>NOV 24-28</td>
<td>Yr9 Bogong Leadership Camp</td>
</tr>
<tr>
<td>NOV 25</td>
<td>House Assembly 2015 House Captains</td>
</tr>
<tr>
<td>NOV 26</td>
<td>Fossils Rehearsal and Performance</td>
</tr>
<tr>
<td>NOV 26</td>
<td>Early Commencement of 2015 classes</td>
</tr>
<tr>
<td>NOV 28</td>
<td>Yr10 Final Assembly Period 5 Dismissed after Assembly</td>
</tr>
<tr>
<td>NOV 29</td>
<td>Second Hand Uniform &amp; Book Sale</td>
</tr>
<tr>
<td>DEC 1</td>
<td>2015 New Yr9 Orientation Day-No classes</td>
</tr>
<tr>
<td>DEC 2</td>
<td>Year 10 Japanese Film Festival</td>
</tr>
<tr>
<td>DEC 3</td>
<td>Yr9 Monash Challenge 9-1.30pm Speech Night Rehearsal</td>
</tr>
<tr>
<td>DEC 4</td>
<td>Yr9 Monash Challenge 9-3.30pm</td>
</tr>
<tr>
<td>DEC 5</td>
<td>Yr9 Terry Bennett Cup at Suzanne Cory HS</td>
</tr>
<tr>
<td>DEC 8</td>
<td>Yr9 Monash Challenge</td>
</tr>
<tr>
<td>DEC 9</td>
<td>Yr9 Monash Challenge Final Assembly Year 9</td>
</tr>
<tr>
<td>DEC 10</td>
<td>Yr9 Big Day Out at Gumbera Park</td>
</tr>
<tr>
<td>DEC 11</td>
<td>Course Counselling as required</td>
</tr>
<tr>
<td>DEC 12</td>
<td>Course Counselling as required</td>
</tr>
</tbody>
</table>

### 2014 SCHOOL TERM DATES

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 3</td>
<td>July 14– September 19</td>
</tr>
<tr>
<td>Term 4</td>
<td>Oct 6– Year Level Dependant</td>
</tr>
</tbody>
</table>

### 2015 SCHOOL TERM 1 DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 30</td>
<td>Yr 9 &amp; 12 &amp; new students start</td>
</tr>
<tr>
<td>Feb 2</td>
<td>All year levels return</td>
</tr>
</tbody>
</table>

<<<CONTINUED...>>>

process is illuminating, and requires close examination of numerous data sets and seeks direct feedback from parents, staff and students. Over the past few months the leadership team have collected and collated a significant amount of data and input that we have collated and summarised into a 60+ page report. One of the interesting challenges for a unique new school like Nossal is to establish our “identity,” and the rituals, structures, expectations and codes of behaviour that support, build and sustain that identity. Superficially it is simple – we are an academically selective high school and our role is to deliver an excellent educational experience and outcomes for our students. Some will measure our success simplistically by ranking and comparing our VCE and NAPLAN results, and while these are a valid indicators of a narrow range of success measures, they do not capture the breadth and complexity of the school experience nor the breadth and complexity of the changing needs and aspirations of the unique individuals who make up the school community.

A school like Nossal cannot be a static environment and needs to keep pace with the many demands of the wider community, and we should be at the forefront of change; challenging the status quo and helping to shape the future, as the students we are working with today are our future. This can create discomfort, as the community often has a fixed notion about what a school is, and one that is rooted in a traditional and quite archaic image of education that has changed very little in the past 100 years. When we reflect on the changes that have occurred within our society within the past 100 years it is hard to understand why this is the case, but I can make some basic generalisations about the reasons for the discomfort. Many of us are sure there was a “golden age”- the “good old days” when we were young and everyone was better behaved, more studious, more polite, more literate, less pressured, and generally nicer, and if we just did things the same way as we did then everything would be wonderful once again. Obviously this is not the case and we cannot go back as the world has changed significantly. I can’t recall the origin of the quote but it went something like, “If we educate our students the same way we were educated a generation ago, then we are preparing them for our past, not their future.”

I’m quite a fan of Sir Ken Robinson – UK educational and creativity expert who challenges the way we structure our schools and systems. Check him out on YouTube – I particularly like an animation of one of his TED Talks, “RSA Animate – Changing Educational Paradigms – Sir Ken Robinson.” (There are numerous other presentations available). It is a few years old now and quite brief, but still resonates strongly with me.

As we move into the next phase of the review process and begin to structure our Strategic Plan for the next 4 years there are some quite complex issues that we will continue to grapple with and which have significant impact on what we do and how we do it. In a school like Nossal some of the issues are compounded or
accentuated by our identity and the academic selection process which is both our greatest strength, and one of our challenges, and some of the things that have been highlighted in the self-evaluation have been…..(in no particular order).

- Balancing the academic demands, aspirations and pressures with a breadth of experience.
- Narrowing of curriculum choice and opportunity.
- Perceived pressure to select certain subjects and pursue certain career pathways.
- Over emphasis on VCE results and ATAR rankings.
- Perceived competitiveness at VCE level as a result of the above.
- Student self-doubt and lack of self-confidence as a result of the above.
- Limitation of co-curricular experiences due to demands of academic studies.
- Student (& staff) workload, pressure and stress caused by high aspiration/high expectation.

I highlight the above issues as they are some of the (not unexpected) areas where we need to continue to refine and build our unique identity.

The self-evaluation details a very successful first 4 years and impressive results across all traditional measures. It is also a very affirming summary of the achievements of the past 4 years as we have built a new school and identity from scratch into an established and successful institution. We have much to celebrate and much more to do.

There are a huge number of recommendations in the self-evaluation, and we will be working with the reviewers and the school community to refine and prioritise to ensure further growth and future “success.”

**Congratulations**

Congratulations to a couple of our students who have made outstanding contributions to the school community (particularly in the sporting and musical co-curricular programs) and who balance high levels of academic performance with exceptional performances in other areas…..

Natalie Grimmett of Year 10 who has just been awarded an Excellence Prize by the Victorian School of Languages for her studies of Indonesian with them, and is also a diverse musical and dramatic performer of note.

Will Campbell of Year 12 who achieved a Silver Medal (under 18 discus) at the State Athletics Competition (on the day of the Year 12 farewell assembly) and who has very capably filled the School Vice Captaincy role, and been a high profile musical performer with the Year 12 jazz band.

**Holiday Requests**

Please try to avoid booking holidays that will result in your child missing important school events, assessments or preliminary programs late in the school year. Exams cannot be rescheduled, and there are a number of whole school activities and events that we require all students to attend. Please ensure that your children are able to resume the school year on the designated dates, and do not extend holidays into the new school year. Students will miss important orientation information and our funding levels are based on actual attendance figures during the first weeks, not on official enrolments, so if they are not there for the census they are not initially included in our funding allocation.
Overseas Exchange
Some of our students have made arrangements to study overseas for extended periods of time through companies that offer broker exchange programs in various countries for varying periods of time. These can be very worthwhile experiences, but please ensure you check the organisations out very carefully before entering into any arrangements – most are very good, but there have been some I have experienced in the past who are more interested in making a profit than providing a quality educational exchange. Please check with the school before committing to involvement in any program so we can ensure that the dates will match ours, and the experience will not negatively impact on current or future studies at Nossal. I have been reluctant to endorse any particular companies, but will do some investigation and offer some more advice in the future.

Speech Night
A reminder to all families that attendance at Speech Night is compulsory for all students and I would warmly invite all members of their families to join us at Robert Blackwood Hall, Monash Clayton on Tuesday December 2 at 7.00 pm. We will celebrate the many achievements of our outstanding students and conduct a formal final farewell for the Year 12 class of 2014. Please make every effort to attend and to show your support for the school community.

Roger Page
Nov 10 2014

ASSISTANT PRINCIPAL NEWS - Ms Sue Harrap

Dear Parents and Students,

Year 11 Attendance:
Unfortunately this week I feel cause to have a gripe about the practice of some of our Year 11s and their parents in relation to their VCAA examinations.

Students in Year 11 who accelerate in one or two studies to complete Unit 3 and 4 studies are given the opportunity to do so because they demonstrate that acceleration will not compromise their Unit 1 and 2 studies; this should include the period of time when the VCAA examinations are held. The school makes a generous allowance of providing the students with the option of studying from home the day before their VCAA exam(s). Some students are taking an extended period of time off before their VCAA exams and many parents are condoning this behaviour by providing notes or excuses for their children. This behaviour has some obvious implications and ramifications:

1. Students are at risk of failing their Unit 1 & 2 Studies because they have not met the attendance requirements.
2. Students risk a poor performance on their Nossal examinations at the end of the year since they have missed significant work in class over the recent weeks.
3. Students risk jeopardising their performance in Unit 3 and 4 next year because they have missed a significant amount of fundamental and foundation concepts whilst in Year 11.
4. The teaching and learning program is compromised for the students who do attend class, and for the teachers because absenteeism is so high. Perhaps this means students should not be allowed to accelerate in one or two studies because it is an indication to us that they are unable to cope with the workload without compromising their Unit 1 and 2 subjects. Perhaps we need to review our acceleration policy.

And finally
5. Parents and students were notified of the expectations at this time of the year in a letter from Ms Katherine Warriner (Director of VCE) so there is no excuse for such practice.
Generally we have full parent support for most things, and it is one of the delightful things about working in this school. It is disappointing, however when parents fail to support the school, which is the case in this instance.

These guidelines are in place to do what is best for our students and are based on years of collective practice within the school. The decisions students and parents are making in this regard are short sighted and ill informed.

**WE EXPECT ALL YEAR 11s TO BE PRESENT, IN CLASS, ON ALL DAYS EXCEPT THE SCHOOL-DAY PRIOR TO THEIR EXAM AND THE EXAMINATION DAY.**

---

**Suzanne Cory High School Valedictory Dinner**

On Friday 24th October I had the pleasure of representing Nossal High School at the Suzanne Cory High School Valedictory Dinner held at Flemington Racecourse. It was an extremely pleasant evening; a fine celebration of the students achievements, their connection to the school, and the culture and ethos they have developed. It was remarkable to see how similar our schools are.

A final reminder about end of year examinations:

**Whole School Exams for Years 9-11**

I would just like to reiterate a few points regarding the end of year exams, to ensure that parents and students are clear about the expectations of students at this time.

Students in Years 9 to 11 will be sitting their Nossal Examinations in the week November 17 – 21st.

- Year 9s will undertake normal lessons on Monday 17th and Tuesday 18th November 2014. They will follow a Week B timetable and will undertake revision with their classroom teachers. Their end of year exams will begin on Wednesday 19th November 2014. Students will be expected to attend school from half an hour before the beginning of their first exam and may leave at the end of their last exam for the day, in line with the expectations for senior students.

- Year 10s can expect an exam in all subjects and Year 11s can expect an exam in all subjects, although their Unit ¾ VCAA exam will generally be held at another time. There are special provisions for students with VCAA exams throughout the Nossal Exam week. These have been outlined to students and parents via a letter from Ms Katherine Warriner (Director of VCE).

A timetable indicating when the exams occur has been distributed to students and students should have attended to any clashes or problems already by seeing Ms Warriner.

Students are expected to be in full academic uniform and should ensure they have all required materials for each exam. Class teachers will provide this information. Teachers will also provide revision opportunities and materials for students to develop and refine their study habits.

To maintain the security of exams we do not reschedule examinations for students who miss their exams due to illness or other reasons. If there is a school approved event on during the examination period, we will accommodate the students involved so that they are able to participate.

**A BIG THANKYOU FROM ALL OF THE STAFF TO OUR PARENT AND COMMUNITY VOLUNTEERS WHO HAVE OFFERED THEIR TIME TO ASSIST IN THE SUPERVISION OF EXAMS.**

**WE APPRECIATE YOUR TIME AND EFFORT IMMENSELY.**

---

**Early Commencement of 2015 Subjects**

On Wednesday 26th – Friday 28th November students will begin their 2015 classes. These sessions will provide an introduction to the subject, some work to get started and a small amount of holiday homework. The students will be studying their 2015 classes, but it will not necessarily be with their 2015 teacher. We have at least seven new teachers starting in 2015 so we will timetable these three days with appropriate and available teachers.
<<<CONTINUED...

**Attendance Expectations at the End of the Year:**
Year 9 are expected to attend all classes, exams and additional programs until the Wednesday 10th December. Year 10s and 11s are expected to attend all classes, exam feedback and early commencement programs, including their final assembly on Friday 28th November.

All students in Years 9 to 12 are expected to attend Speech Night in full summer, academic uniform in the evening on Tuesday 2nd December at Robert Blackwood Hall, Monash Clayton. Students should arrive at 6.00pm for a 7.00pm start.

Sue Harrap
Assistant Principal

**ASSISTANT PRINCIPAL NEWS - Mr Wayne Haworth**

**Aviation Annual Awards Evening**
Last Friday, I had the privilege of attending the Tooradin Flying School Annual Awards with parents and students from Nossal. This event is designed to recognise and celebrate the progress and achievements of students within the Aviation Program. Each Wednesday afternoon over the past two years, students from Nossal have been building their skills and confidence in flying small aircraft, under the expert guidance of the Tooradin Flying School. Congratulations to A.J Bates, Jesse Hermans, Thomas Kamuyu, Jonty Vos-Butler and Vignesh Muruganandam for their participation in our program. Vignesh has completed all of the required theory and practical work and is ready to commence his first solo flight. Congratulations, as this is the final stage of obtaining his pilot’s certificate.

Exams
Next week, students in Year 9 - 11 are about to commence their exams. To students I say…it is an opportunity to demonstrate your understanding of the key concepts and to showcase your knowledge. Preparation is the key to managing stress, along with getting a good nights’ rest, eating health food and keeping hydrated. Study hard and be satisfied that you have achieved the best that you can do. The week after the exams is also a highly valuable time. Obtaining feedback is vital to the learning process. I encourage students not to dwell on the achievement obtained but rather look at opportunities to improve from the feedback provided by your teachers. Best wishes.

Speech Night
I wish to remind all parents that our annual speech night is fast approaching. On the evening of December 2nd at 7pm the entire Nossal community will assemble at Robert Blackwood Hall Monash University, Clayton. I look forward to seeing as many parents as possible attending the significant event as we reflect and celebrate student achievement. Please order your FREE tickets to this event on Trybooking using this link - http://www.trybooking.com/GHKZ

CONTINUED>>>>
Secondhand book/Uniform sale and working Bee
A reminder that on Saturday 29th November (the date of the state election) we will host our Secondhand book and Uniform sale. Sellers are invited from 9am with buyers accessing items between 10 and 1pm. I am also seeking parents, students and staff interested providing an hour or so of their time to assist with our Working Bee to be held on the same day. If you are available, can you please register your interest by contacting Mel in the General Office 9762 4600. Thank you

Mr Wayne Haworth
Assistant Principal

Japan Tour Cultural Exchange- Ms Shelley Warner

International and Domestic Language and Cultural programs
Many things are happening in our vibrant Language and Cultural Programs:

- Students received their Australian Language Certificates in both French and Japanese.
- Chosei Senior High School and Nossal High School Video Conferencing and Facebooking.
- Maningrida College selling a line a fabric at Spotlight.
- Our Japanese Language assistant Emu attending a Shogetsudokoryu Ikebana demonstration with Ms Warner.

It has been a busy few weeks.

Student of French and Japanese recently received their certificates for their excellent work in the Australian Language Certificate. Student in years 9 through 12 sat the Australia-wide test last term in Reading and Listening comprehension. Our students received too many High Distinctions, Distinctions and Credits to name every student. We are so proud of them all. Please check the web page for details and be sure to ask your child to show you their certificate. Our students on the whole, rated in the top 10 to 15% in the country.

Chosei and Nossal CHAT via Video Conferencing: FIRST ever Principal’s meeting
Over the last few weeks we have been video conferencing with Chosei Senior High School in Japan. Students who attended the tour to Japan and visit Chosei Senior High School, and those studying Japanese at year 10, along with our Chosei-Nossal student liaison Hirotaka Chong, and his brother Nobu have been discussing topics such as the Student Representative Council, the Clubs and activities programs and the Science programs at both schools. Our Principal Mr Page and Chosei Principal Mr Oyama met for the first time last week via the video conferencing program.

This is the beginning of a long-term program that all students of Japanese will be involved in, giving them invaluable opportunities to talk with fellow Japanese students face to face, supported by an emailing system, the on-line learning platform “Edmodo”, NEO and classroom support.

The Japan Tour students have also set up a social Facebook page to keep in contact and exchange photos and information about the upcoming visit to Nossal in August 2015.

Opportunities to visit Chosei a ‘super Science school’ are available and we plan to soon offer opportunities for short and long term exchange.
EMU sensei visits IKEBANA school at Toorak Uniting Church

Our Japanese program is also supported through the Japanese Language Assistant program. Emu Mizoe has been working with students at Nossal in years 9 through 12 since April this year and will be with us until the end of March 2015. Emu is hosted by teachers of Nossal High School. She has stayed with Mr Bobby Chattrath and his family, is now with Ms Leslie Cilia and her daughter Lucy and will next move to be hosted by Ms Sam Crust. Our thanks go to those amazing teachers. Emu Sensei is an assistant teacher, specialising in developing the students natural speaking skills and excellence in their writing and linguistic competence, along with a focus on the detailed study program at VCE.

During this week she attended an Ikebana (flower arrangement) demonstration held in the city. The Shogetsudokoryu Ikebana school visited Nossal earlier this year for the LOTE immersion day and will join us again June 19th next year along with Kendo, Calligraphy, Manga and Taiko artists.

The LOTE Immersion day will also feature a magnifique selection of French artists.

MANINGIRDA FABRIC at SPOTLIGHT

Finally, we must tell you about Maningrida. Our Sister School in Central Arnhem Land, Maningrida College has released a line of fabric designed and developed by artists in Maningrida. Our students were lucky to be able to visit some of these artist when we visited the Community in June this year. We wish them the very best in this exciting venture and encourage you all to buy a metre of wonderful fabric and piece of history.

For more information go to:

The latest addition to the Stitch in Time program is the Maningrida Fabric Collection. This range is made up of the designs of women from Maningrida, a remote aboriginal community in the Northern Territory. Each designer has their name and design name on the selvedge and ticket, and each fabric is individually printed with their own story.

Spotlight went to great lengths to ensure the integrity and rawness of the original art when the product went to print. The process involved each and every artist approving the designs before bulk production was agreed to. The artists are all thrilled with the result.

Spotlight has been licensed to use these particular designs and pays a percentage of the price of each meter produced back to the community, however, the individual artists and Babbarra designs retain all ownership of the designs. All the money goes directly back into the community as Babbarra Designs is a community owned organisation, the income is channelled directly into funding the employment of the textile artists at the centre.

Fabric retails for $19.99 AUD per metre. 
108cm wide - 100% cotton.

Shelley Warner
Japan Tour and Maningrida Cultural Exchange Coordinator
Parents and Friends Association

The PFA would like to sincerely thank and acknowledge our generous sponsors towards the 2014 NHS Trivia Night in term 3. Below is a list of all of our supportive sponsors.

Ambrosia Café – Bar - Food Store
Autobarn, Narre Warren
Bakers Delight, Narre Warren
Beacon Lighting, Fountain Gate
Berwick Thai Restaurant
Cafe Lucia
Coles Parkhill Plaza
Deepam Indian Tandoori Restaurant
Eat in Berwick - Fish and Chips
Entertainment Book People
Genesis Fitness, Berwick
Gosh Hair
High Standard Nursery, Seville
Krispy Kreme Donuts, Narre Warren
McDonalds Berwick
Monash University Bookshop, Berwick
Nossal High School
Personal Capacity
Red Cargo
Sabaidee Thai Restaurant
SAGE at Parkhill
Shanikas Restaurant, Berwick
The Cheesecake Shop, Berwick
The Good Guys, Narre Warren
Tooradin Flying School
Zagame's, Berwick
Ashscotts Restaurant
Arya Indian Restaurant
Barbeques Galore, Narre Warren
Bella Rose Hair and Beauty
Bunnings Warehouse, Narre Warren
Clark Rubber, Narre Warren
Corso Venezia Italian Accessories
Earlier Settler, Narre Warren
Enterprise Stationers Office Choice
Framing to a T, Berwick
Gloria Jean's Australia, Berwick
Health in Balance, Caulfield South
JK Lawyers & CO.
LOMBARD The Paper People, Narre Warren
McDonalds Pakenham
Nomadic Restaurant
Organica Eco Salon
Phil's Pies & Pastries, Berwick
Ritchies Supa IGA Southside
Safeway Pakenham
Sahara Lounge Shisha Café
The Berwick Inn Hotel
The Golf Clearance Outlet, Oakleigh East
Timbarra Thai
Westfield Fountain Gate
Wellbeing - Mr Leigh Candy

A whole-of-school approach to mental health and wellbeing

Academic achievement is built on the back of many factors, but first and foremost is each student’s mental health and wellbeing. Research shows conclusively that students who deal with stress, have a good study/social balance, and who feel good in themselves achieve better academic outcomes.

Using MindMatters as our framework, the Nossal wellbeing team have done much preliminary work on new and better ways to promote our school’s collective mental health and wellbeing in 2015.

MindMatters has been adopted by countless secondary schools across Australia since it began in 2000. It has undergone a major revamp in 2014 in partnership with beyondblue. To find out more about MindMatters go to:

http://www.mindmatters.edu.au/about-mindmatters/what-is-mindmatters

We’ll be rolling out wellbeing initiatives in each of the four MindMatters component areas:

• an ethos and environment that promotes mental health and wellbeing
• teaching and learning that increases our students’ social and emotional skills
• making it easier for parents to initiate conversations when worried about a student’s mental health
• better support for students who experience mental health difficulties.

The wellbeing team will inform you about specific initiatives in coming editions of this newsletter.
The 2014 academic year is almost over, and at this time we would like to extend an invitation to you to attend the Annual Nossal High School Speech Night to be held on Tuesday December 2 at Robert Blackwood Hall Monash University, Wellington Road, Clayton commencing at 7pm.

This is an important event in our school calendar, an evening where we recognise and celebrate the academic achievements of our students. It is compulsory for students and a wonderful opportunity for our students to share their successes with parents and the whole school community! We would be delighted if you would join us.

Please order your FREE tickets to this event on Trybooking using this link - http://www.trybooking.com/GHKZ

(Please note: All students are expected to attend in full academic uniform and do not require tickets for entry.)
Are you a writer? Interested in the world around you? Want your voice to be HEARD by others?

‘A YOUNG COMMONWEALTH’

This year’s theme recognises that young people account for the majority of the Commonwealth’s population and play a vital role in shaping the world that we live in, now and in years to come.

Through the world’s oldest and largest schools’ international writing competition, the Royal Commonwealth Society provides an opportunity for young people to share their stories and have their voices heard.

JUNIOR CATEGORY
Born after 1st May 2001 (under 14 years)
1. What are the advantages and disadvantages of being young?
2. Imagine what the world will be like when you are an old person.
3. I am the future.
4. Imagine you are a young person living in a different part of the Commonwealth. What is life like for you?

SENIOR CATEGORY
Born between 2nd May 1996 and 1st May 2001 (14-18 years)
1. What do you hope to achieve in your lifetime?
2. In 2030 you will no longer be young. What changes would you like to see in the world in 15 years’ time?
3. Youth versus experience.
4. Fresh perspectives. What can a young Commonwealth offer?

ENTER BY 1ST MAY 2015

THE ROYAL COMMONWEALTH SOCIETY

Please see the NHS IRC staff for further information
Thinking about new activities?

Does your child love to sing?

**Berwick Youth Choir**

- Ages 5 - 20
- No auditions
- Fun and educational
- Concerts, workshops, recordings, tours and camps
- Recognised musical training program from beginner to advanced
- Affordable and great value for money
- Highly qualified and experienced staff
- **FREE TRIAL REHEARSAL**

For more information see our website berwickyouthchoir.com.au or call Choir Manager Louise Phillips 0417 722 449
The following table details what exams are being held at Nossal High School. Please note the venue of your exams.

<table>
<thead>
<tr>
<th>Date</th>
<th>Exam</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>English</td>
<td>Theatre</td>
</tr>
<tr>
<td>29/10</td>
<td>9:00 – 12:15</td>
<td></td>
</tr>
<tr>
<td>29/10</td>
<td>English as Additional Language</td>
<td>Theatre</td>
</tr>
<tr>
<td>Thursday</td>
<td>Psychology</td>
<td>Theatre</td>
</tr>
<tr>
<td>30/10</td>
<td>9:00 – 11:45</td>
<td></td>
</tr>
<tr>
<td>30/10</td>
<td>Economics</td>
<td>Theatre</td>
</tr>
<tr>
<td>Friday</td>
<td>Biology</td>
<td>Theatre</td>
</tr>
<tr>
<td>31/10</td>
<td>9:00 – 11:45</td>
<td></td>
</tr>
<tr>
<td>31/10</td>
<td>Further Maths Exam 1</td>
<td>Theatre</td>
</tr>
<tr>
<td>Monday</td>
<td>Further Maths Exam 2</td>
<td>Theatre</td>
</tr>
<tr>
<td>3/11</td>
<td>9:00 – 10:45</td>
<td></td>
</tr>
<tr>
<td>3/11</td>
<td>Business Management</td>
<td>Theatre</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Math Methods CAS Exam 1</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>5/11</td>
<td>9:00 – 10:15</td>
<td></td>
</tr>
<tr>
<td>5/11</td>
<td>Health &amp; Human Devnt</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>Thursday</td>
<td>Math Methods CAS Exam 2</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>6/11</td>
<td>3:00 – 5:15</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Specialist Maths Exam 1</td>
<td>Theatre</td>
</tr>
<tr>
<td>7/11</td>
<td>9:00 – 10:45</td>
<td></td>
</tr>
<tr>
<td>7/11</td>
<td>Literature</td>
<td>Theatre</td>
</tr>
<tr>
<td>Monday</td>
<td>Accounting</td>
<td>Theatre</td>
</tr>
<tr>
<td>10/11</td>
<td>11:45 – 2:00</td>
<td></td>
</tr>
<tr>
<td>10/11</td>
<td>Specialist Maths Exam 2</td>
<td>Theatre</td>
</tr>
<tr>
<td>10/11</td>
<td>History: Revolutions</td>
<td>Theatre</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chemistry</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>11/11</td>
<td>9:00 – 11:45</td>
<td></td>
</tr>
<tr>
<td>11/11</td>
<td>Legal Studies</td>
<td>Theatre</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Physics</td>
<td>Theatre</td>
</tr>
<tr>
<td>12/11</td>
<td>9:00 – 12:15</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Art</td>
<td>Theatre</td>
</tr>
<tr>
<td>13/11</td>
<td>9:00 - 10:45</td>
<td></td>
</tr>
<tr>
<td>13/11</td>
<td>English Language</td>
<td>Theatre</td>
</tr>
<tr>
<td>Friday</td>
<td>Food and Technology</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>14/11</td>
<td>9:00 – 10:45</td>
<td></td>
</tr>
<tr>
<td>14/11</td>
<td>Music Performance</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>14/11</td>
<td>3:00 – 5:15</td>
<td></td>
</tr>
<tr>
<td>14/11</td>
<td>IT – Software Development</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>14/11</td>
<td>3:00 – 5:15</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>German</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>17/11</td>
<td>11:45 – 2:00</td>
<td></td>
</tr>
<tr>
<td>17/11</td>
<td>Japanese as a Second Language</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Vietnamese</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>18/11</td>
<td>11:45 – 2:00</td>
<td></td>
</tr>
<tr>
<td>18/11</td>
<td>French</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>19/11</td>
<td>3:00 – 5:15</td>
<td></td>
</tr>
<tr>
<td>19/11</td>
<td>Indonesian as a Second Language</td>
<td>Jean Russell Centre</td>
</tr>
<tr>
<td>19/11</td>
<td>Chinese as a Second Language</td>
<td>Jean Russell Centre 1</td>
</tr>
<tr>
<td>19/11</td>
<td>3:00 – 5:15</td>
<td></td>
</tr>
<tr>
<td>19/11</td>
<td>Chinese as a Second Language (Advanced)</td>
<td>Jean Russell Centre 2</td>
</tr>
</tbody>
</table>