SAVE THE DATES!

NEW 2015 YEAR 9 ORIENTATION DAY
8:45am arrival, dismissed at 2:30pm
Monday December 1, 2014
STUDENT FREE DAY for Current Yr 9 students

NOSSAL HIGH SCHOOL ANNUAL SPEECH NIGHT,
(Student attendance compulsory)
Tuesday December 2, 2014 7:00pm
Robert Blackwood Hall, Monash University Clayton
* All parents welcome *
Tickets free of charge

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

Nossal High School’s 2014 School Captains Jynx and Tash at the Valedictory Dinner.

PRINCIPAL NEWS - Mr Roger Page

Dear Parents,

Valedictory Dinner
We celebrated our second Valedictory Dinner at Etihad stadium last week with nearly 600 guests in attendance. It was a wonderful evening – very positive and celebratory, but also quite emotional as we farewelled and acknowledged the graduating class of 2014. As always the students were stunning and exceptional ambassadors for Nossal. They are a very impressive group, and I’m looking forward to farewelling them at Speech night and celebrating their excellent VCE results in late December. A big thank you to all involved in the organisation of the event – particularly Juliea Slywka and Wayne Haworth, and I must acknowledge the confident, entertaining and inspirational address delivered so eloquently by the 2014 Valedictorian Subi Ramesh.

School Review
We underwent the formal part of the school review last week when John Haines the independent reviewer joined the leadership team, council members and

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students at Monash for a full day analysis of the school Self Evaluation report. John has completed 17 school reviews so far this year and was most complimentary about the quality, detail, depth and rigour of the Nossal Self Evaluation. We were impressed with his knowledge, understanding, perceptiveness and ability to delve into the key issues that are unique to Nossal. It was a tiring, but very uplifting and positive process. As always the highlight of the day was a student panel consisting of 8 Year 9 students, Jynx (current school captain) and three members of the Alumni (Lachy, Jun and Levi) who shared their experiences and perceptions of the school, subjected themselves to a grilling by the leadership team and John. Needless to say, they were all very impressive and their observations and opinions were most informative and useful. The next step is for John to produce a recommendation report that we will turn into a four year Strategic Plan. My sincere thanks to all involved in the extensive consultation as part of this process – parents, students, staff, Alumni and other community members.

School Captains 2015
My congratulations to all students who nominated for the role of School Captains for 2015. We were blessed with choice and the elected representatives are well worthy of the accolades and responsibility. They will be (are) exceptional student leaders and I look forward to working closely with them in 2015.

The School Captains for 2015 are:
Sanjiv Ganesan and Tash Aulia

The Vice School Captains for 2015 are:
Nathan Dalton and Ellie Cook

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House Captains 2015
Following impassioned speeches, heavy lobbying, some bribes and corruption and questionable media campaigns, the House Captains for 2015 were elected, and as I must remain impartial (in spite of what you may see in some election campaign footage) I offer congratulations to all the newly elected House Leaders and commend them for taking on this key leadership role.

The House Captains for 2015 are:
- Garuda: Aunshu Hegde, Supreeth Naik
- Pegasus: Sarthak Das, Alice Liu
- Griffin: Sugandi Doratijawa, Daniel Burgos
- Phoenix: Lillian Nguyen, Gabby Jimenez

Congratulations to…
Lillian Charman - Year 12 - the recipient of the 2014 Electorate of Holt “Community Spirit and Leadership Award.” A well-deserved acknowledgement of another outstanding student.

Alicia Tan and Yong See Foo - Year 10 – who have been selected as recipients of Kwong Lee Dow Scholarships to Melbourne University.

Natalie Grimmett, Anthea Wanigaratne, and Sarah Yin – Year 10 – who were earlier this year selected for the Monash Scholars Program.

Vertical Tutorials
The school will be restructuring the tutorial groupings for 2015 so that they become a vertical group consisting of students from Years 9-12. I believe that this will provide a much more powerful pastoral and mentoring experience and will be of great benefit to the school community. It is the structure I had intended when first planning the school, but it was not possible to set up until the school reached enrolment capacity. This is an uncomfortable decision for many of our students and staff, and it will create some upheaval initially, but I believe that the longer term benefits will greatly outweigh the initial discomfort. I urge people to approach it with an open mind and to not catastrophize the change…the vertical tutorials will take 14 minutes each day – the rest of the time will still be with age group peers.

Urgent Assistance Required
The IRC (school library) is missing close to 200 books this year. These are not books that have been borrowed and not returned, but books that have disappeared from the library shelves and are no longer able to be located. Many are fiction books and quite a few are reference books for specific subjects. A key part of the Nossal ethos that I have been keen to build is the adult environment and trusted space where staff and students have open access to the library resources at all times, regardless of whether a librarian is present or not. This means that we have no doors on our library, students can use the space at almost any time during the day before and after school, and some of our books are placed in areas well outside the security system and are not under any direct supervision. I have been very proud that we have been able to offer such an environment and there have been very few missing resources in previous years. Unfortunately I may need to rethink this structure as the 200 books equate to close to $5000 worth of missing items. This is not good, but the loss of trust or lack of commitment to the ethos this represents is more distressing for me.

If we want to continue to have open access to the IRC, I urge all students, parents and staff to check for and return any library books that they may have in their possession – particularly ones that may have been taken without going through the borrowing process, or passed to you by others, or found anywhere around the school. I am under significant pressure to put in barriers, walls and doors and to limit access to the library to just the times that there is a teacher there to directly supervise. I really don't want to do this. I choose to assume that they have not been deliberately “stolen” but inadvertently taken, or placed elsewhere, and are now stored somewhere other than the library. Please help, by locating and returning the missing books.

Reminder
The PFA Second Hand book Sale and School Working Bee takes place this Saturday morning. Please join us to sell/buy books and uniforms and stay to help us move mountains of mulch and tidy the garden areas. It will
be a nice day, there is much to do, and we would greatly appreciate your assistance. Please bring shovels, forks, rakes and wheelbarrows if you can – we have some equipment, but Jason has managed to secure a huge amount of free mulch that needs to be spread across the garden beds and many hands will make light work.

Roger Page
25/11/14

ASSISTANT PRINCIPAL NEWS - Ms Sue Harrap

Year 10 and 11 Final Assemblies:
At about the same time this newsletter is published we will have just said farewell to the Year 10s and 11s at their final assembly.

I wish all of them the best as they begin their summer holidays. I encourage them to ensure that the holidays are filled with fun, relaxation and rest, particularly for the Year 11s who will move in to Year 12 next year, which is a year that requires some significant grit. Thank you to all students for your contribution and participation in all that Nossal has offered you this year. I wish the Year 11s who are studying a Unit 3 &4 subject all the best for their results, which are released on Monday, December 15th.

Commencement of 2015 subjects and holiday homework:
Your child will have received an introduction to their 2015 subjects throughout Wednesday – Friday. Each subject will set a small amount of homework as per our guidelines:

Time per subject:
- Year 10 1.5 hours
- Units 1 & 2 2 hours
- Units 3 & 4 3 hours

Students should also read their English novels prior to returning to school; it would be advisable for the Year 12s to read them twice.

New Year 9 Orientation Day – Monday 1st December
We are excited at the prospect of meeting our new Year 9s and their parents on Monday. We have a full day of activities organised for them so that they can get to know some of their peers, and get to know the school. A big thank you to Ms Catherine Loel and the staff who will support the new students throughout the day. We also have the current Year 9 Peer Mentors in to support and welcome the new students. These are the only current students who are required at school on the day, which makes their commitment and support even more impressive. Thank you Peer Mentors, I am sure you will provide a warm, Nossal welcome to our new Nossalonians.

Monash Challenge:
We are looking forward to the Year 9 Monash Challenge this year, beginning on Tuesday 2nd December. The students will be faced with a proposition that requires them to work in House teams to come up with a creative response, a written response and a presentation in relation to the proposition. They will be given access to the facilities and staff of Monash University, Berwick, as well receiving support from our Nossal teachers and education students from Monash University. The idea is that our students will have the opportunity to learn in a way similar to the experience at university. Each of the responses will be judged and the final results will contribute to the 2015 Page Cup. May the best House win! A big thank you to Ms Tracey Mackin who has done a fine job in preparation for this event.

Sue Harrap,
Assistant Principal
National Young Leaders Day - Mr Ian Pegram

On Monday the 10th of November I attended the National Young Leader’s Day conference with eleven of Nossal’s finest ambassadors from Years 9 and 10. The students heard a number of powerful and influential speakers who told their stories of their path to success.

Dr Jess Gallagher spoke of how she discovered at an early age that she was losing her sight and that it would degenerate as she grew older. Despite this she learned how to snow ski and became so proficient that she won a gold medal at the winter Olympics. Can you imagine skiing down a slope at 100kph, not actually being able to see where you were going? This is truly a stunning achievement and an example to us all.

Ian “Dicko” Dickson spoke of his rise to fame as a record producer, and his rise to infamy in the television show Australian Idol. He also spoke of the highs and lows that can be had in his industry and said that what got him through was his sense of values, which never wavered. He also suggested that we should remove the word “failure” from the vocabulary and perhaps replace it with “setback”. He left us with the thought that every setback was just a part of the journey towards success.

Jess Watson, who is most remembered for sailing solo around the world spoke of the times of desperation when you just want to give up when things get tough. Her theme was about resilience and how to best cope when all seems lost. And her achievement almost didn’t happen. On her initial attempt, as many would recall, she sailed out of Brisbane and managed to collide with a freighter. Suffering almost complete embarrassment, she had to find a way of convincing everyone around her that she could still proceed with her quest. The rest is history.

Having seen such speakers it is hoped that this will leave a lasting effect on our students as they carve out their own futures and create their own legacies.

Ian Pegram
Global Leader’s Committee and World Vision

We are the Global Leader’s Committee, consisting of students across years 9 and 11. We are a student-based committee who lead, educate and encourage our peers to become aware of global social injustices and to fight hunger and poverty in philanthropic ways. We have educated our peers about impoverished countries and communities of the world such as Rwanda, through various assembly presentations.

This year we also organised Nossal’s first whole school fundraising show to raise funds for world vision which ran across two terms. We organised the sign ups, auditions and ran three rounds of the competition, we set up the lighting and judges Ms Chapple, Mr Clarke and Ms Banaag. It was a way of getting students from across all year levels, as well as teachers to have fun and raise funds.

This is a photo taken with Daniel, a World Vision Representative who came down to Nossal to award the Global Leader’s Committee and the students who did the 40 hour famine for raising a significant fund, and recognised by the rest of the World Vision company.

Nikki Nguyen, 10P

Wellbeing - Mr Leigh Candy

WELLBEING

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

One of our school's aims in using MindMatters as our framework for the mental health and wellbeing of our school community is to help parents to be more 'literate' and to feel more comfortable in raising mental health concerns they have about their child.

We know that about 30 per cent of secondary students will be vulnerable to mental health concerns, and between three to 12 per cent will be unwell enough that professional treatment is warranted.

Young people experience many changes as they grow up. It can be difficult, particularly for family, to know the difference between 'normal' behaviour and a developing mental health problem.

Family and friends play an important role in recognising early warning signs and knowing what to do if something is wrong. Early intervention can make a big difference, but it can be challenging to raise sensitive issues with a young person at such a time.

Untreated mental health problems can have a significant impact on a young person's development.

"headspace", Australia's national youth mental health foundation, is holding education sessions for parents and carers titled 'when a young person doesn't seem like themselves'.

You can join a live web chat on Thursday 11 December from 12.00-1.00pm. The audience will be parents, carers, workers and friends of young people who need support. Participating parents will be anonymous.


The parents and carers section on the website has been updated: http://www.headspace.org.au/parents-and-carers
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

Please see the NHS IRC staff for further information.
White Ribbon Day

November 25 was White Ribbon Day and the International day for the Elimination of Violence against Women. It also marks “Day 1” in the 16 days of activism against gender violence.

As a White Ribbon Ambassador I would like to encourage all Nossal men to take the pledge on the hyperlink listed below. The local community has been very active in promoting the white Ribbon Campaign, and I have been very proud to have been involved in the Ambassador and Mentoring Programs with Nossal students in the past.

Sadly one of the reasons for the strength of the campaign in the local area is that it is an area that reports very high levels of family violence. Unfortunately it is also an issue that impacts on all areas of Australian society and crosses socioeconomic, cultural and geographic boundaries.

For those who have yet to do so, men can take a pledge against gendered violence by signing the South East Sub-Regional Accord at:


I encourage you to advocate for the elimination of violence against women through challenging attitudes, behaviours and promoting gender equity.

Roger Page
Principal

This is what Family Violence looks like in Australia…
School Shoes are the most important shoe in the wardrobe!

Did you know?......Kids spend as many as 1600 hours in their school shoes per year! Its incredible when you think about it.

However, it only drives home the fact that getting the right fit & shoe for the growth & development of little feet is so important.

PSW is thrilled to be a distributor of Airflex School Shoes. This means that we are able to bring the superior quality and comfort of Airflex shoes to the school community, better-still parents can then get their uniforms and shoes all in the one place.

PSW will be stocking school shoes at the following retail outlets:

- Campbellfield
- Cheltenham
- Croydon
- Deer Park
- Hampton Park
- Kew East
- Mount Waverley
- Port Melbourne
- Geelong

PSW anticipates the shoes being available in store the first week of December. We will have 4 different shoe styles available, with different sizes, half sizes & widths.

Airflex school shoes feature the very best technologies for maximum comfort, support and durability. The range encompasses the protect-a-toe, energy pod system and everlith technologies. Graeme Wheaton, Product Developer at Betts Kids says "Good fit, comfort, support & breath-ability are paramount. School shoes also need to be tough! School age children will spend more time in their school shoes than any other shoe they might own. Simply it is the most important shoe in the wardrobe, and must be able to withstand considerable wear and tear".

Please feel free to use the above banner image in your school newsletters and to share it via your social media outlets.

You can check out the Airflex Technology [here](#).

If you’d like to talk about making one of these shoes a compulsory part of your uniform, please contact your Account Manager.
Moonlit Sanctuary School Holidays
Young Ranger Program

Environmental Activities, Native Animal Care,
Fun and Games during **Summer 2015**.

- **Monday 5\textsuperscript{th}, Wednesday 7\textsuperscript{th}, Friday 9\textsuperscript{th} January**
- **Monday 12\textsuperscript{th}, Wednesday 14\textsuperscript{th}, Friday 16\textsuperscript{th} January**
- **Monday 19\textsuperscript{th}, Wednesday 21\textsuperscript{st}, Friday 23\textsuperscript{rd} January**

Cost: $45.00 per day, or $120 for 3 days (pro rata for additional days).

*Bookings essential* - suitable 7-14 years.

Hours: 10AM – 4PM

Wear closed-toe shoes and long pants and remember your hat.

Lunches: BYO or may be purchased in our cafe

Moonlit Sanctuary
550 Tyabb-Tooradin Rd, Pearcedale
Ph. 5978-7935

Web: [www.moonlit-sanctuary.com](http://www.moonlit-sanctuary.com)

Open daily between 10am and 5pm
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