Our School Captains, House Captains and members of the Senior Council received their badge of office at an induction ceremony held last Tuesday evening.

Following Welcome to Country, delivered by Tony Griffiths, Mr. Kelly welcomed parents and guests to the induction and congratulated the students on their election to the leadership roles. Guest Speaker on the night was Mr. Kel Walls who spoke about the history of the Senior Council which replaced the previous prefect system. Mr. Walls, along with Mr. Richard Howland, started the Senior Council and was coordinator for several years.

Representing the P&C, Mrs. Fiona Langdon presented blazers to the four school captains. Parents were then invited to pin the badge of office on their child.

Mrs. Simone Brady introduced the House Captains whose parents came forward to pin on their badge of office.

Year 12 Adviser, Ms Emma Holdom introduced the Year 12 members of the Senior Council who received their badges from their parents.

Mr. Josh Fletcher, Year 11 Adviser, introduced the Year 11 students before they received their badges.

The evening concluded with photos by Mrs. Ann Thomas to record this important event.
SENIOR COUNCIL INDUCTION
SENIOR STUDENT COUNCIL 2015

CAPTAINS
Meg Jaeger
Mitchell Brandon

VICE CAPTAINS
Nicola Bruce
Jarod Reynolds

HOUSE CAPTAINS
Lianna Block
Brioney Childs
Sarah Hardy
Paris Morley
Samantha Turner
Jackson Kemp
Izaak Merlehan
Tyler Mills

SENIOR COUNCIL – YEAR 12
Amelia Alker
Lianna Block
Breanna Green
Kassidy Lamey
Manon Morales Martinez
Clara Megson
Sophie Suter
Izaak Merlehan

SENIOR COUNCIL – YEAR 11
Jennifer Furner
Mauhgan Jenkins
Michaela Langdon
Candice Mudaliar
Darcy Hill
Kasper Jaeger

THE WORLD’S GREATEST SHAVE

On the 27th March staff and students at Gunnedah High School will be participating in the World’s Greatest Shave.

LIONS YOUTH OF THE YEAR

Lianna Block proudly represented the school and Boggabri Lions Club at the regional level of the Lions Youth of the Year competition held in Gunnedah recently. As a blood donation ambassador, Lianna has been an advocate for students and adults to donate blood. Lianna, in her prepared speech, spoke about the need for blood donations and how blood is used. In a passionate conclusion, Lianna urged us all to take the time to be a donor.

RISKY BUSINESS

Gunnedah High School students recently had the opportunity to watch the performance, ‘Risky Business’ by the Solid State Circus. Through acrobatics, object manipulation and other circus skills, the performers reflected aspects of young people’s lives, from the need for a balanced diet and building a healthy body, to persistence and not giving up on goals.
GHS CHOC CHIP COOKIES

Choc-Chip Cookies

Preparation Time: 20 minutes
Cooking Time: 15 minutes
Serves 2

Ingredients:
- 100 grams butter, softened at room temperature
- ¼ cup brown sugar
- ¼ cup white sugar
- 1 teaspoon vanilla essence
- ½ cup choc chips
- 1½ cup self-raising flour
- 1 egg

Method:
1. Pre-heat oven at 170°C
2. Cream butter, sugar and vanilla together in a bowl until light and fluffy.
3. Add the egg and mix well.
4. Add the choc chips and flour combining with a wooden spoon. The dough is ready when the mixture doesn’t stick to the sides of the bowl.
5. Using your hands break mixture into small balls and place onto baking trays.
6. Bake at 170°C for 15 minutes or until golden brown.
7. Take cookie out of the oven and allow to cool on the tray for a few minutes before removing them.
Removing head lice and nits

At a glance:

- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

If you do decide to use a commercial treatment on your child's head, read the instructions very carefully.

Removing head lice and nits
you'll need:

- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

Steps:

1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.
4. After you've applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.
5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.
10. Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

The information from this article comes from the NSW Health Department's Nitbuster Program.
NORTH WEST REGIONAL - PROFILES

Brendan Gillham
Position: Centre/Wing/Lock
AKA: Bearsy/Cossi
Team: Parramatta Eels
Plays for: Gunny Bulldogs

Izaak Merlehan
Position: Centre/Wing/Second Row
AKA: Merlo
Team: Manly Sea Eagles
Plays for: Gunny Bulldogs

Nicola Bruce
Position: Shooter
NIAS Member 2012-2014
State Netball Player
Premiers Division One
Player Gunnedah Netball

James Hogbin
Position: Second Row
AKA: Frog
Team: Canterbury Bulldogs
Plays for: Gunny Bulldogs

YEAR 10 PHOTOGRAPHY

Year 10 photography students recently visited the old Gunnedah Cemetery. Students were focusing on taking photographs based on the eight elements of design: texture, form, space, line, tone, pattern, colour and shape.

FACTS ABOUT FRACTIONS

If you’ve forgotten 3/5 of primary school maths and 7/8 of high school maths, what’s left? Ah ha! Students need help learning how to add fractions too. The only thing left is to print these fact sheets.

Find our more:
Scripture Seminar Information 2015

The Ministers Fraternal is once again planning scripture (religious education) seminars for Years 7-10.

The seminars are a mix of games, films, performances, talks and other items, which are designed not only to be enjoyable but also help to promote student thinking about our deepest questions.

The dates for 2015 are as follows:

Term 1- Thursday 2nd April  
Term 2- Thursday 11th June  
Term 3- Thursday 13th August  
Term 4- Friday 9th October

The seminars are non-denominational and important in helping students make life choices. Scripture is part of the NSW Department of School Education Programmes.

If you would NOT like your student to attend please sign below and have your student return this form to the front office. If you need anymore information please contact Mrs McInerney on (02)67420155.

I would NOT like my student ____________________ in Year ____________ to attend scripture being offered at Gunnedah High School in 2015.

Parent /Carer Signature ____________________

Parent /Carer Name ____________________