

SEPTEMBER, 2025

Kempsey High Term 3 Wrap



Welcome to Term 3 2025. This term has been busy for all our Northern Sites celebrating NAIDOC events and the last term for our Year 12 students finishing their final year of schooling and Graduating. Our sites have been dedicated and committed in achieving successful outcomes and results for our students providing wrap-around support and mentoring. Staff have been doing amazing work throughout the term. I would like to thank the school, families and community for your ongoing support to the NASCA program and look forward to continuing this into Term 4.

Misty Kelly NSW Regional Manager

Career Connect on the Road Trip - Newcastle

Four girls from Kempsey High School recently travelled to Newcastle for a three-day Careers Connect Pathways trip, connecting with students from other NASCA academies with potential future career opportunities!

Students visited UGL and QUBE, taking part in information sessions and guided site tours that showcased real career opportunities in action. It was fantastic to see our young women asking questions, showing curiosity, and stepping outside their comfort zones.

At the University of Newcastle, the Wollotuka Institute introduced students to the mentoring, support, and scholarship opportunities available to Aboriginal and Torres Strait Islander students considering university pathways.

The trip finished on a high with the Knights vs Panthers footy game, and while the Panthers took the win, the real highlights were the smiles, new friendships, and even a few photos with favourite players!



Luminosity

This term, NASCA students Khloe Vale and Emme Drew had the exciting opportunity to attend the two day Luminosity Youth Summit in Port Macquarie, held on July 23rd and 24th.

Day One was packed with inspiration, as a series of motivational speakers shared their personal journeys, offering powerful insights into resilience, leadership, and growth.

Day Two saw Khloe and Emme dive into a breakout session titled *"A Day in the Life of a Paramedic."* This hands on, interactive experience gave them a glimpse into the fast paced world of emergency services. The girls were fully engaged and had an incredible time exploring the skills and challenges faced by paramedics.

Khloe and Emme had a great time experiencing Luminosity 2025.



Yr6 Language and Culture Camp

Khloe Vale was invited to take on a leadership role, guiding a group throughout the entire camp. Her confidence and enthusiasm made a lasting impression on both students and staff.

Kiarra ran interactive damper making sessions, sharing cultural knowledge and hands-on skills with four eager student groups. Each group had the chance to mix, shape, and cook their own damper, an experience they won't soon forget!

On Day Two, Jamie and Jasmin teamed up with three students to deliver Traditional Indigenous Games (TIG) to mixed Year 6 groups. The sessions were energetic and engaging, with students learning about NASCA and connecting through play and culture.

A huge thank you to our student leaders for representing KHS and NASCA with pride!



Sista Speak

Kempsey High School proudly led staff training across the Macleay Valley, with six passionate trainees representing our school, four of whom are part of the NASCA family: Miss E, Martin, Jamie, Kiarra, Jasmin, and Njaree. Their commitment to growth and leadership reflects the heart of our school community.

At Kempsey High, our vision for Sista Speak is bold and transformative: to equip young women with the tools, confidence, and opportunities they need to grow into strong, proud, and empowered individuals. The program celebrates culture, identity, and ambition encouraging students to dream big and carve out meaningful futures.

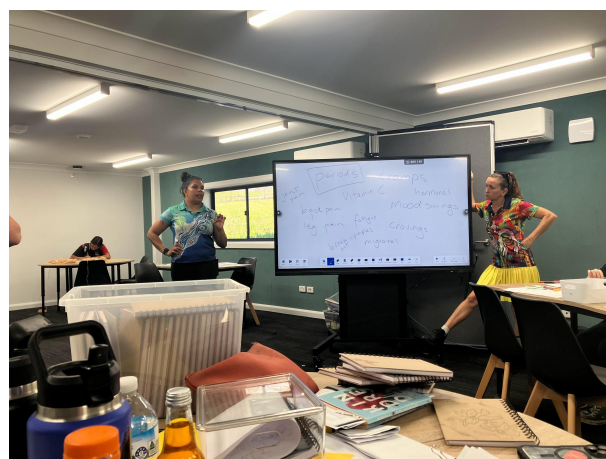
Delivered weekly, Sista Speak offers a rich blend of activities focused on:

- Self-empowerment and goal setting
- Career pathways and future planning
- Healthy lifestyles through food and movement
- Cultural expression through Aboriginal art and weaving

A highlight of the program has been welcoming strong Aboriginal women from our community to share their stories, wisdom, and skills. These sessions remind our young women that role models aren't distant, they're right here, walking beside them.

Guest speakers Christa Smith and Nicole led a powerful workshop on Women's Business, offering life lessons in self-respect, kindness, and navigating support systems. Their presence left a lasting impact, reinforcing the strength and beauty of cultural knowledge passed from woman to woman.

Sista Speak continues to be a safe and inspiring space where young women build resilience, celebrate their heritage, and connect with mentors who uplift and empower. It's more than a program, it's a movement of pride, purpose, and possibility.



Morning Session

This term, our girls showed amazing commitment by arriving at school bright and early to take part in our Morning Fitness Program. Each session gave them the chance to build strength, try out different sports, and challenge themselves through a variety of fun fitness activities.

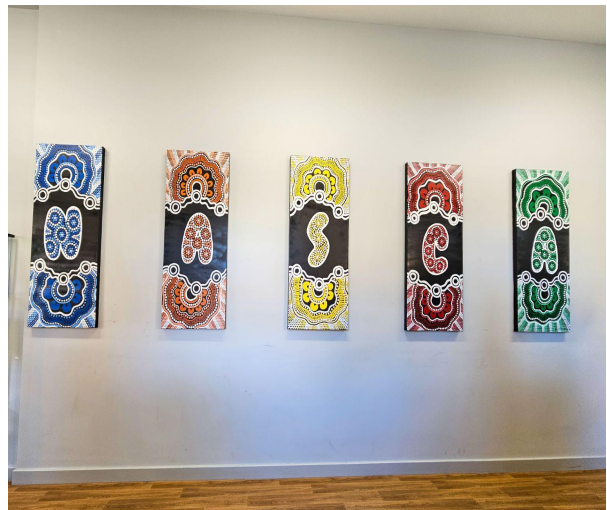
To celebrate their hard work and dedication, we wrapped up the program with a trip to Crescent Head, where the group enjoyed a refreshing beach walk and some well-earned time together in the fresh air.



Afternoon Art

Our Afternoon Art Sessions led by Njaree, Kiarra, and Jamie, is driven by our goal to build and create a safe and welcoming space that our Young Women are proud of and have input in creating.

We have continued our project from Term 2 due to the 2 unexpected closures due to flooding within our local Community. They have been working on a special project for our hallway, five vibrant panels that spell out “NASCA” in the five different colours representing the NASCA Values. The artwork has come together beautifully, with a dedicated group of students consistently showing up each week to help bring this vision to life.



Northern Sport and Cultural Camp

On September 4th, our NASCA Academy students set off on an unforgettable journey to Yarrowarra, diving into a rich cultural experience that blended learning, creativity, and connection. The day kicked off with traditional dancing that brought everyone together in celebration of Indigenous culture. From there, we explored the Arrawarra Headland fish traps, an incredible site that offered deep insight into the ingenuity and traditions of the local Aboriginal community. It was a powerful moment of reflection and appreciation for the land and its history.

We then returned to Yarrowarra for a laid-back lunch, followed by hands-on weaving and art workshops. These sessions sparked creativity and gave everyone a chance to express themselves while learning traditional techniques passed down through generations.

As the afternoon wound down, we headed to our accommodation at Darlington Resort Arrawarra. The girls enjoyed some well earned free time to explore the resort, relax, and bond with their peers. That evening, we gathered around a cozy campfire under the stars. The night wrapped up with a fun filled trivia game that had everyone laughing and cheering each other on.

The next morning, we packed up and made our way to Woolgoolga for the highly anticipated NASCA League Tag event. Our students brought their A-game, playing five competitive matches that showcased their teamwork, resilience, and determination. They pushed through every challenge and made it all the way to the grand final.

The final match was intense, after a hard fought game that ended in a 2-2 tie, it went into overtime. Ballina managed to edge out the win, but our students walked off the field with their heads held high, proud of their effort and inspired by the experience.

All in all, it was an incredible two-day adventure filled with cultural learning, creative expression, and athletic achievement. Our staff and students had an amazing time, building stronger connections with each other and with the communities we visited. We're already counting down the days to next year's trip to Ballina, it's going to be another unforgettable chapter in the NASCA journey.



CSU First Nations - Deadly Pathways Festival

On Thursday, September 18th, Charles Sturt Uni hosted the First Nations Deadly Pathways Festival at their Port Macquarie campus, six of our NASCA students were there soaking it all in!

The day kicked off with a Welcome Ceremony and a panel of speakers who shared some different career options and inspirational words. After morning tea, our crew jumped into two fun activity sessions, first up was Health, then Science.

Lunch was served and during the break, students had time to check out the careers stalls and chat with people about future pathways.

It was a great day full of learning, connection, and inspiration!



Yr 12 Koori/Goori Formal

Melville High School proudly hosted the 2025 Koori/Goori Formal Dinner, a special evening dedicated to honouring the achievements of our graduating students.

Congratulations to our 2025 Graduates:

Jessica Brauer
Dakota Collins
Shakaya Duncan
Abbey Gordon
Laveda Jarrett
Amber Johnson
Libby Kliendienst
Veronica Roberts
Julie Quinlan



The night was filled with joy and pride as students received their graduation certificates and gifts, celebrating their journey and accomplishments in style.

Year 12 Day Out and School Sleepover

On Monday 15th September, six bold Year 12 students took on the NASCA Staff and Miss E in a high stakes Students vs Staff Escape Room Challenge in Port Macquarie. The day was packed with puzzles, padlocks, and plenty of teamwork as both sides raced against the clock.

- Staff Team: Escaped with 11 minutes to spare
- Student Team: Escaped with 8 minutes to spare

It was a nail biting finish, with both teams showing off sharp problem solving skills and impressive collaboration. The challenge sparked friendly rivalry and lots of laughs, making it a memorable experience for everyone involved.

After the adrenaline rush, the group headed to Settlers Inn for a well earned lunch. Over good food and great company, stories were shared and connections deepened before the journey back to Kempsey.

As part of our Yr 12 celebrations, we hosted a heartfelt farewell school sleepover for our Year 12 girls in the NASCA room. The evening offered a warm and joyful space to honour their journey, filled with laughter, shared meals, and meaningful reflection. Students enjoyed a pasta dinner and homemade brownies before settling in for a movie marathon, PlayStation games, and late-night conversations that deepened connections and celebrated their growth.

The sleepover provided a unique opportunity for students to express gratitude, revisit shared memories, and look ahead to the future with optimism. As the night drew to a close, the group woke with the sunrise together, symbolic of the new chapter awaiting each of them. It was a fitting and memorable send off for a remarkable cohort.

From cracking codes to sharing stories, the day was a perfect blend of challenge, celebration, and connection, one we'll all remember for years to come.



End Of Term Rewards - Movies

To celebrate the end of Term 3, we treated a group of students to a special Rewards Excursion at Riverside Movies, where they enjoyed the newly released Australian comedy *Kangaroo*. Held on the final Tuesday of the term, the outing was a fun way to acknowledge students' efforts and achievements throughout the term.

Although this term's group was smaller due to school sporting commitments, the students who attended made the most of the experience. Each was welcomed with a snack combo upon arrival and had the opportunity to purchase additional treats from the cinema shop, adding to the excitement and sense of occasion.

Kangaroo delivered plenty of laughs and quirky moments, sparking cheerful reactions and shared giggles among the group. The film's uniquely Australian humour and relatable characters made it a hit with our students. Beyond the movie itself, the excursion gave students a chance to unwind, connect with peers, and celebrate their hard work in a relaxed and enjoyable setting.

We're proud of all our students and look forward to continuing these positive experiences in Term 4.



NASCA Staff:

Team Leader: Jamie Lee Morris

Program Leads: Jasmin Morris-Hamblion, Kiarra Cohen-Siemsen, Njaree Quinlan

Coming Up In Term 4:

- NASCA 30th Birthday Trip
- Morning Sessions
- Monday Afternoon Decorating Committee
- Sista Speak
- Dunghutti Language Group
- NASCA Youth Awards
- DreamFest
- End of Year KHS NASCA Awards

We extend our heartfelt thanks to Kempsey High School, our dedicated students, and the supportive parents and caregivers who made Term 3 such a success. Your continued encouragement and involvement have been invaluable in helping our students thrive.

As we look ahead to Term 4, we're excited to continue supporting our students with renewed energy and commitment