

NARARA VALLEY HIGH SCHOOL
NEWSLETTER
April 2024



PRINCIPAL REPORT

Term 1 is rapidly drawing to a close, with a great many activities occurring inside and out of the classroom for Narara Valley High School students and staff throughout.

The Narara Valley High School annual Swimming Carnival was held on February 23rd and was again a great success. Participation from the students and overall school spirit were very high on the day, which is always great to witness. My thanks to Mr Bowers and Mrs Morrison for their leadership of the event as well as all the staff and students, who worked very hard to ensure its success.

Our Years 6-7 transition process began with school visits to our partner primary schools in Weeks 6 and 7 this term. Ms Rolfe, Mr Atmore, Mr Fleming and I enjoyed our visits to Niagara Park PS, Valley View PS and Wyoming PS. I was excited to meet the parents, carers and students who will join us in 2025. Our open evening on March 19th gave our community a chance to come and see some of the great work our students and staff are doing firsthand, as well as having the opportunity to gather further information about our specialist programs. I want to extend a huge thank you to all the wonderful Narara Valley High School staff who made this night such a great success, as well as Ms Rolfe and Mrs Ludlam who provided excellent leadership of the entire initiative.

Since Term 4 last year, our school has been undergoing the second phase of re-roofing works which will make a significant contribution to the ongoing safety and useability of our buildings. Approximately two thirds of the school has now been re-roofed. Another significant grounds project has been the construction of a storage facility for our Visual Arts staff and students, which will ensure greatly increased amenity in this area. It is anticipated that this space will be handed over to the school early next term.

The Narara Valley High School Annual Report will be published on the school website at the conclusion of the term. This contains reflections on our progress on the Strategic Improvement Plan, data on student achievement, school finance and attendance among other things. I commend this to you once it becomes available.

I would like to wish our students, staff and parents & carers a happy and safe holiday break. School resumes for students on Tuesday 30 April.



ANDREW SKEHAN
Principal



UPCOMING EVENTS

APRIL

- 12th Last day of Term 1
- 30th First day of Term 2
Anzac Day Assembly

MAY

- 3rd Year 7 2025 CAPA Program Auditions Due
- 10th School Athletics Carnival
- 13th Year 7 2025 STEP Program Application Due
- 14th CHS Swimming Carnival
- 15th CHS Swimming Carnival
- 16th Year 7 2025 STEP Test
- 22nd Biggest Morning Tea
- 27th Reconciliation Week
- 28th Year 11 and 12 Parent Teacher Evening
- 29th Year 7 Immunisation Catch

JUNE

- 18th Subject Selection Evening
- 21st Sydney North Cross Country
- 25th Year 7 2025 TSP Trials

JULY

- 3rd TSP Game Day
- 5th NAIDOC



*Dates current at time of this issue and may be subject to change.



DEPUTY PRINCIPAL REPORT YEAR 7 & 10

YEAR 7

The term has progressed rapidly, and many students are developing positive connections with the teachers and peers. It has been a pleasure to see a lot of productive work occurring in our classrooms. I have enjoyed going into technology classes to observe students learning how to code on computers and in the kitchens to see some excellent cooking skills. I was even able to try some delicious chocolate crackles created by our students. I have also observed some quality activities with our targeted sports program and our CAPA program with many students enjoying being able to explore their sporting abilities or creative skills with coaches and tutors.

I would like to take this opportunity to remind students of our core values of respect, responsibility and personal best. By adhering to these goals students are more likely to enjoy their time at school, both in class and in the playground. I would also like to remind Year 7 students of the many supports we have at school if they are experiencing any difficulties. Moving from primary school to high school represents a significant transition point that can often be challenging and at times stressful. Please contact your Year Advisor, Mrs. Warnest, or me if your child is experiencing any challenges or if you have any questions.

YEAR 10

It has been pleasing to see many groups of Year 10 students participating in excursions and activities that enhance their learning experiences. Geography students have participated in a fieldwork excursion to Terrigal Lagoon to complete mandatory fieldwork activities and Marine Studies students participated in a snorkelling excursion with Mr. Enders. It is always pleasing to observe students actively engaged in hands-on learning activities that connect to what is taught in the classroom. Our teachers do a fabulous job providing a broad range of experiences that compliment what is taught at school.

A reminder to Year 10 students to check their assessment schedules and to make sure you are up to date on all your coursework. Many courses have started Assessment Tasks for Year 10. English students completed their Assessment Task under examination conditions as a whole year group in the hall. This represents a great practice opportunity for students who will be expected to sit larger examinations for their HSC. It was pleasing to observe the majority of students behaving appropriately and respecting this process. Feedback from Mr. Bush was very positive.

All Year 10 students need to complete their Assessment Tasks, either tests or projects, on the specified date. If your child is unwell on a day of an examination, they will need to provide a medical certificate to the school. There is also an expectation that all students are applying themselves diligently in class and completing all set activities.

Students may place themselves at risk of receiving an N Award for a subject if they are not completing set class activities or completing Assessment Tasks. Parents will be notified in writing if your child receives an N Award warning. Parents and students can liaise with the school to resolve N Awards so that a student is still eligible to receive their ROSA.

I wish all Year 7 and 10 students and their families a safe and productive holiday and look forward to working with you in Term 2.



ROY GOODENOUGH
Deputy Principal
Year 7 & 10

Education

DEPUTY PRINCIPAL REPORT YEAR 9 & 12

I can't believe we are already at the end of Term 1. Time flies when we are all so busy!

Most Year 9 students have now settled in to their elective subjects and are working well. I would like to remind students that they need to complete mandatory hours in these subjects, so are now locked in to these electives unless there are special circumstances.

I would also like to take this opportunity to remind students of our core values of respect, responsibility and personal best. Unfortunately, a handful of students have been issued with after school detentions this term for failing to meet these basic expectations. Again though, I congratulate the students who constantly attend school and meet these expectations. I also wish to acknowledge and thank the Parents and Carers who are always so supportive of the interventions we put in place for the students to assist them in upholding these values.

Year 12 students are now more than halfway through their final year of High School. I am proud to announce the introduction of our HSC Coaching initiative next term. We are currently at the stage of transforming a space in the Library especially for Year 12 students and this initiative will provide more support for Year 12 as they approach the exam period.

Program aim:

To provide individualised support to students in Year 12 as they navigate the HSC year and to gather essential data related to the effectiveness of school programs.

Structure:

- Students will attend one timetabled period per fortnight with a dedicated teacher during a study period.
- The period may consist of a short, planned activity related to matters such as goal setting, organisation, wellbeing, time management, examination, writing, note taking techniques etc.
- Activities will not necessarily go for the entire period, so students can resume normal study activities. This will allow the teacher time to speak to students individually.
- Monitoring of attendance and N Warnings will form an important part of the time, with support and referrals then made to appropriate executive staff.

I am hopeful this initiative will be a benefit to students in what can often be a stressful time.



GEOFF FLEMING
Deputy Principal
Year 9 & 12

All
THINGS are
POSSIBLE
IF YOU
Believe



DEPUTY PRINCIPAL REPORT YEAR 8 & 11

As the term draws to a close, assessment schedules converge with due dates of tasks and projects occurring across many subjects. Students are encouraged to use their time proactively and plan effectively to ensure assessment tasks are submitted by their due date. Students have been reminded to talk to their teachers if they require clarification around any assessments or coursework. I encourage students to submit drafts to their teachers for feedback. This enables students to gain greater clarity around their work and the nature of the task.

I have spoken to Year 11 about the strict regulations around attendance and assessment task submission on several occasions. Maintaining a regular attendance pattern is not only a legal requirement but ensures students can complete work to meet course outcomes and assessment requirements. Further detail can be found in their assessment handbook and on our school website <https://nararavaly-h.schools.nsw.gov.au/learning-at-our-school/assessment-schedules-.html>

Time management is a critical skill that not only leads to academic success but also fosters responsibility and resilience. Parents and carers can support students through the development of time management habits at home. These include:

- Utilising a wall calendar and diary to plan homework and assessment submission are practical methods for students to keep track of the requirements for each subject. This will help them to visualise their schedule and plan their time effectively.
- Establishing a routine that includes dedicated time for studying, homework, extracurricular activities and relaxation encourages consistency and is key to forming good habits.
- Providing a calm and organised space helps students to focus on the task without distractions.
- Setting achievable goals for academic tasks. Break larger assignments into smaller manageable tasks and encourage students to prioritise them based on deadlines and importance.

NAPLAN

I would like to commend our Year 7 and 9 students for their exemplary behaviour and effort during the NAPLAN tests in Week 7 and 8. Our students approached these tests with diligence and demonstrated their personal best. I would like to extend my thanks to Sonia Doherty, Head Teacher of Mathematics, and the wonderful team of teachers who assisted in the complex organisation of this whole school event. NAPLAN results will be available shortly and sent home to parents.

Congratulations!

DEPUTY PRINCIPAL REPORT YEAR 8 & 11

UNIFORM

As the weather gets cooler students are reminded to wear the correct uniform. Years 7 to 10 wear red jumpers with the school logo, while Seniors in Years 11 and 12 wear black. Students are able to wear our black school track pants.

In the colder weather, plain grey cargo or dress pants for boys (black for seniors) or plain black dress pants for girls are also an option. No tights, leggings or bike pants are to be worn unless the school skirt is worn over the top. All students wear white socks and black shoes.

Students will be issued with a loan uniform should they persist with wearing incorrect uniform. If you are experiencing difficulties obtaining the correct uniform please contact the school for assistance.



NATALIE KARAZINOV
Rel. Deputy Principal
Year 8 & 11

HUMAN SOCIETY & ITS ENVIRONMENT

Narara Valley High School HSIE Staff would like to take this opportunity to thank all students for their hard work this term in HSIE. We hope you have a relaxing break and we look forward to continuing the great work with you in Term 2.

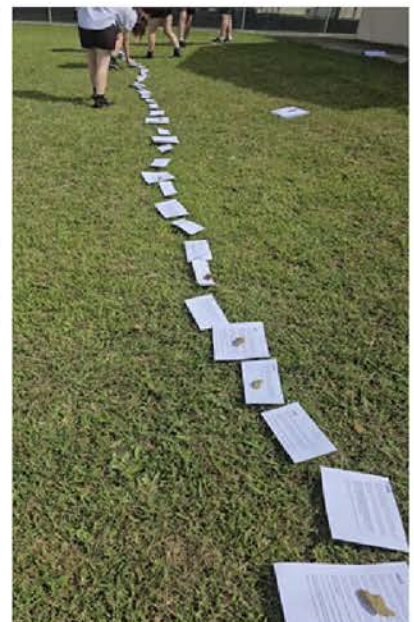
YEAR 12 MODERN HISTORY

On the 21st of March, Year 12 Modern History students visited the Sydney Jewish Museum as part of their study of the core topic Power and Authority. Students were treated to a source analysis workshop and guided tour of the Museum that is dedicated to documenting & teaching the history of the Holocaust. In addition to this students were lucky enough to hear from Holocaust Survivor Olga Horak and see the blanket that she has donated to the Sydney Jewish Museum as part of their exhibition. Students enjoyed the day out of the classroom.



YEAR 11 MODERN HISTORY

Year 11 Modern History has spent some time out of the classroom and in the sunshine constructing a timeline of the history of the stolen generations since invasion in 1788-2017. Students were very surprised at how large this timeline was and the many events that occurred within the timeframes specified.



HUMAN SOCIETY & ITS ENVIRONMENT

MR STOFBERG'S YEAR 8 HUMANITIES CLASS

Year 8 have been really getting into their medieval history during Term 1. We have been studying life in medieval Europe since Week 3 and have been covering numerous aspects of life in this period. This includes peasant life, lords, knights, royals and yeoman. We have also looked in detail at a number of specific and important historical events such as the Black Death, the Crusades and the battles of Hastings and Agincourt.

The highlight for the students was undoubtedly the "cardboard tournament". Using great piles of discarded cardboard boxes, the students fashioned themselves cardboard breastplates, helmets, shinguards and gloves. A number of these creations ended up being quite sophisticated pieces of equipment. Once completed, and now armed with pool noodles, the students departed to the playing fields for the tournament. In a series of exciting and close fought melees, the final was eventually fought out between Denzil.S and Jonathan.C. Sir Jonathan emerged triumphant in the end. Tournament completed, and all surviving armour reclaimed and reapplied, the playing fields then became the scene for a reenactment of the battle of Hastings, Normans versus Saxons. Happily, no one got hit in the eye with an arrow this time (little history joke there) but a great blundering, blustering melee was had by all.

Congratulations must go to 8RIO. Their enthusiasm and maturity made this historical foray possible.



HUMAN SOCIETY & ITS ENVIRONMENT

YEAR 10 GEOGRAPHY FIELDWORK EXCURSION

On Wednesday the 3rd of April students from 10 HSIE SAPPHIRE, JADE and TOPAZ visited Terrigal Beach / Lagoon to undertake fieldwork with Rumbalara Education Centre. Students were walked through the Riparian Zone to examine the impacts of surface runoff, completed water testing at the Lagoon, walked along the beach to discuss the impacts of Coastal Erosion and measured beach characteristics (beach profile, vegetation transect, sand sizing, longshore drift, wind, waves and much more). Students behaved well and enjoyed the day out of the classroom.

We look forward to 10 HSIE PEARL and FEARNLEY visiting Terrigal Beach / Lagoon on the 8th of April to participate in the program.



HUMAN SOCIETY & ITS ENVIRONMENT

JAPANESE VISITORS

Once again we will have 20 students from our Sister City of Edogawa, Tokyo spending just over a week at Narara Valley High School from Tuesday July 30th to Thursday 8th August. We are looking for homestay families to host these students for the 9 nights that they are here. It is such a wonderful opportunity for all families involved. If you have hosted before and would like to participate again, you are very welcome as are any new families. Please see the attached information sheet for further information and if you are interested please send me an email at amy.robinson41@det.nsw.edu.au

**HOST FAMILY INFORMATION
JAPANESE STUDENTS
JULY 30TH - AUGUST 8TH 2024
TERM 3, WEEKS 3-4**

Below are some commonly asked questions regarding student homestay. If you have any further questions please email Mrs Robinson at amy.robinson41@det.nsw.edu.au

Where are the students from?	The students come from Gosford's Sister City, Edogawa which is a suburb of Tokyo.
How many students are there?	There are approximately 20 students sent each year.
How many students can we have stay with us?	Most families usually have one, however in previous years some families have had two students. This does depend on availability.
When do the students arrive/depart?	Students will be arriving on Tuesday 30th July at approximately 3pm and depart Thursday 8th August 2023 at approximately 9am from NVHS.
Do the students stay with us for the entire time?	Yes, students will require homestay for the 9 nights that they are here.
Do we need to pick students up from the airport?	No, Students will arrive and depart from Narara Valley High School. Students will have luggage on them so will need to be picked up and dropped of the Tuesday 30th July and Thursday 8th August.



HUMAN SOCIETY & ITS ENVIRONMENT

HOST FAMILY INFORMATION

What activities will the students do while at Narara Valley High School?	The students will spend most days at NVHS. There will be an excursion for Taronga Zoo and a Day Tour of Gosford (NSAIDA and Council visit) There will also be a Welcome and Farwell Dinner for the families, which is fully funded.
Do we have to pay for the excursions?	No. All costs of the excursion are covered for both the Japanese student and the host student.
Do we receive any funding for the students?	Yes. Each family will receive \$250 per student. This money is help cover the cost of meals and weekend activities that you may wish to do with the student.
What are our expectations as homestay families?	Students will need to be provided with breakfast, and dinner each day. Students will be quite nervous to be away from home so please treat them as part of the family.
Do the students have to have their own room?	No. It is ok for students to share a room with children of the same gender due to legal requirements. However for their own comfort they need to have their own bed. A mattress on the floor is fine as long as it is warm and comfortable.
Can all the students speak English?	All students have varying skill and competency in both written and spoken English. Many students will be quite nervous as it may be their first time overseas so encouragement and help in English conversation is always recommended. Simple words and hand gestures are also helpful.



HUMAN SOCIETY & ITS ENVIRONMENT

HOST FAMILY INFORMATION

<p>What type of activities do you suggest for the weekend?</p>	<p>In the past years, families have taken students to places such as Sydney, Manly, a walk across the harbour bridge (the regular walk on the walking path), Koala Park in Pennant Hills, The Blue Mountains and Newcastle. However, you do not have to venture far for the weekend to be enjoyable for the students. Fish and chips at the beach and family BBQ's are very much enjoyed by all . If your child has a sporting commitment, feel free to take your homestay student along to watch for the experience.</p>
<p>What type of meals should I prepare?</p>	<p>Meals do not have to be elaborate. Whatever, your family normally eats is absolutely fine. Taco's, spaghetti bolognaise, Shepard's pie, etc are all quite popular as they are not so common in Japan.</p>
<p>Will I receive any other information?</p>	<p>You will need to either email myself or get your son/daughter to let me know that you are happy to host a student. Once I get this confirmation, I will send home a detailed itinerary. I will also send home a form that needs to be filled out regarding your family's details so I can best place students with a family.</p>





HUMAN SOCIETY & ITS ENVIRONMENT

UPCOMING DATES

- Year 11 and 12 Ancient History Excursion to the Ramses Exhibition - 9/5/2024
- Japanese Student Visit from Edogawa - 30th July to 8th August 2024



Enjoy
THE
HOLIDAYS



CARLA DEBENHAM
Head Teacher HSIE

SUPPORT UNIT

Students from the Yengo class made their own trundle wheels and measured the basketball court.



Students from the Support Unit participated in theatre combat lessons at Sons of Obiwan Saber Academy.



DANIEL BARNES
Head Teacher Support



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

“It’s hard to beat a person who never gives up.” - Babe Ruth

NVHS ANNUAL CROSS COUNTRY CARNIVAL

Due to wet weather, the Cross Country Carnival has been postponed.

Please note that we are not canceling the carnival, it will still be held at a later date, likely to be in the last week of term. We will keep students and the whole school community informed and up to date.

YEAR 11 LIFE READY PROGRAM

Year 11 students have already participated in 10 hours of the Life Ready Course for 2024. Students have attended a Road Safety excursion, called RYDA.

Road Safety Education Limited (RSE) is a not for profit and leading learning organisation operating throughout Australia and New Zealand, committed to saving lives (our vision) through the provision of world class road safety education to youth (our mission). Students participated in several workshops and listened to guest speakers throughout the day.

Year 11 most recently participated in the Raw Challenge. This excursion allowed students to challenge themselves, display resilience and effective communication, support each other and build teamwork. All students who participated had a wonderful experience.





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

EEC AND CORE OF LIFE

Earlier this term, our Year 9 Child Studies and Year 11 Exploring Early Childhood students attended an incursion facilitated by midwives from Core of Life. We love having the midwives at school to not only run this program but also to provide a wealth of knowledge and experience for our students. Thank you to Ms Ludlam and Ms Moody for organising and facilitating the day.



YEAR 9 CHILD STUDIES

Year 9 has just finished their first Assessment Task for Child Studies this term. Students had to look after their 'Egg Baby' for five days, journal their experiences and make a bedroom for their 'baby'. This is an outstanding hands on task that allows students to demonstrate their understanding, their creativity and gain an insight into parenthood.



SLR - AQUATICS AND GOLF DAY

Sport, Lifestyle and Recreation students have already been busy this term.

Year 11 SLR completed their aquatics assessment last week. They learnt new swim survival strokes and techniques, along with applying course knowledge for first aid scenarios. We were also lucky enough to have John Jewis take the students through his deep knowledge of first aid and CPR experience. Thank you to John from Gosford Pools for helping the students with their understanding of first aid in aquatic environments.



Year 12 SLR underwent their outdoor recreation assessment at Gosford Golf Course. The students learnt course etiquette, golf awareness, respect for others and that golf is a very unforgiving sport! They all played well for their first time on a course and they did it all in the rain! Absolute troopers!

A big thank you to Mr Koen, Mr Rodrigues and Mr Gulpers for their support and hard work.



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

PHYSICAL ACTIVITY AND SPORTS STUDIES

Several students facilitated Niagara Park Public Schools' Athletics Carnival on Monday 25th March. Our students were exceptional. Staff at the Primary School spoke highly of our students and their efforts.

BRISBANE WATER ZONE SWIMMING CARNIVAL



NVHS students were in fine form at the Brisbane Water Zone Carnival today. 30 dedicated NVHS student swimmers attended the Annual Zone Swimming Meet at Peninsula Leisure Centre in Woy Woy. The pool was a canvas of determination, skill, and sportsmanship for our students showing other schools the Narara way.

Students who demonstrated impressive feats progressing to Sydney North were Spencer Curtis for 200m Freestyle and a combined effort of Isabella Hennessey, Tayla Singh, Isabella Erdos, Ellie Hart in the 4 x 50 relay. Thank you to all students, parents and teachers that took time out of their day for this event to run smoothly.



Our students' behaviour was exemplary and there were many smiles in and out of the pool.

Congratulations to the following students who were successful in making the Sydney North Regional Swimming Team for 2024;

Spencer Curtis
Emmett Fortis
Tayla Singh
Ellie Hart
Isabella Erdos
Isabella Hennessey

A fantastic achievement from all the Blacksnakes.





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION



2024

34th ATHLETICS CARNIVAL

Friday 10th May (Term Two, Week Two)



The four houses will again be in competition to determine the Champion Athletics House.

BANNISTER (A-D)



BANNISTER

GARDNER (E-L)



GARDNER

MACKAY (M-R)



MACKAY

SAXBY (S-Z)



SAXBY

CARNIVAL ORGANISATION

8.00am: 400m run, 1500m run, 800m walk – all age groups, boys and girls.

High Jump: 16 and 17+ age groups, boys and girls.

10.00am: Age groups rotate every 30 minutes following a set timetable to each of these events:

100m sprint, 200m sprint, High Jump, Long Jump, Discus and Shot Put.

Note: The Javelin will be conducted at school prior to the carnival.

1.35pm: Conclusion of final round (6)

1.50pm: Buses depart for return trip back to school.

TRANSPORT

Buses will transport students from the school and return. (Arriving back at 2.25pm will allow students to access their usual bus home).

Students participating in the early morning events will need to organise their own transport to the venue. Students may access the bus back to school if needed.

COSTS

\$10 – covers both bus travel and entry into Mingara

\$5 – covers entry into Mingara.

It is expected that all students make every attempt to attend the carnival. We again look forward to strong support from the junior school. Parents/grandparents are welcome to attend.

A big thanks in advance to everyone for your support and I look forward to a most enjoyable and fun carnival.

Mr. Brian Bannister (Carnival Organiser) Ms. Jackie Morrison (HT PDHPE)

PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

KNOCKOUT SPORTS / GALA DAYS

→ NVHS Open Boys Basketball team played against Wyong High School in the Sydney North Knockout Competition. The boys worked hard and played some fantastic basketball. Co-Captains, Keanu and Kobi, left everything on the court and never gave up in true Blacksnake spirit. Issac was unstoppable in attack and defense. Unfortunately the boys didn't get the win but are already planning our path to success in 2025. Thank you to Ms Morrison for all of her hard work.

→ NVHS Open Girls Touch Football team was in a thrilling showdown against their arch-rivals, Lisarow HS. The Blacksnake girls showed remarkable resilience and determination, executing brilliant plays and precision skill set. The game was drawn at the end of regulation time, forcing the match into a nail-biting drop-off. Both teams dug deep, using every ounce of energy, but in the end it was a moment of brilliance from the Narara Valley Blacksnake girls that clinched victory. Congratulations to the girls who are about to play their 2nd round match before the end of term. Thank you to Mr Rodrigues and Mr Gulpers for their time, expertise and ongoing support.

→ Congratulations to the Open Girls Waterpolo team who competed at Gosford Pool. The team had a great day with two wins and two close loses. Lots of new players to the team with some great laughs and goals. Thank you to Ms Akhurst and Ms Morrison.

→ NVHS Open Boys Waterpolo team had a fun day and learnt some new skills at the Sydney North Knockout competition at Gosford Pool. The boys displayed perseverance and resilience throughout the matches. Thank you to Ms Morrison for her time, expertise and support.

→ NVHS Open Boys Volleyball round 1 match against TLSC The Entrance Campus was a four-set contest [21-25, 25-17, 25-14 and 25-10]. Keanu and Jon were the spearhead of the team where their combination frequently resulted in the opposition being unable to return their shots. The match was a positive experience for our team in that they learnt to play to our strengths and develop solid team combinations.

Round 2 match between Narara Valley and Balgowlah Boys Campus. The score in the three-set contest was [25-18, 25-8 and 25-15]. Unfortunately the loss to Balgowlah ended our CHS Knockout campaign for 2024. There were some long rallies which showcased our Blacksnake strength of digging and setting but the opposition were stronger in spiking and serving. Thank you to all of the players and to Mr Bannister for all the time, effort and support in the schools involvement in CHS Volleyball.





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

KNOCKOUT SPORTS / GALA DAYS

→ Open Girls Soccer team played Kincumber in Round 1 of the CHS Knockout competition. Many players had never played soccer at a competitive level but displayed some excellent moments throughout the game. Despite the defeat, all players were a credit to our school and gave 100% effort until the last kick of the game. Thank you to Mr Atmore for his unwavering support and generosity.

→ Open Boys Soccer team had a great win against Erina HS earlier this term. They won 3-2 in tough conditions. The boys battled all the way through to golden goal extra time and won it with a few minutes to go. Mr Atmore wanted to say how proud he was of the team spirit and support from the sidelines from students and staff in his first coaching appearance at NVHS.

The Round 2 game was not as successful, the Blacksnakes going down to Kariong HS. Thank you to Mr Atmore for his time and expertise.

→ Open Girls and Boys Hockey are awaiting their first games for the year which will take place early Term 2. Goodluck and Go Blacksnakes!!!

→ The Open Girls Netball team is about to play their Round 1 game against Freshwater Senior College.

→ The Buckley Shield. NVHS took a team to Ted Doyle Oval, Berkeley Vale where they played a couple of close games but unfortunately couldn't make it to the finals. The boys put in a big effort and had a good day. The highlights included defensive efforts from Keanu Deguara and our interchange forward, Ben Wagstaff. Our Blacksnake captain, Jay Walters led the boys through the middle and made some outstanding post contact metres. Thank you to Mr Carrol and Mr Bowers for all their hard work and support.

→ NVHS Fast5 Netball. Year 12 students competed in a mixed Fast 5 Netball Gala Day at Wangi Wangi. The students braved the wet conditions, came together as a team and outperformed their own expectations of themselves, winning 5/6 games by large margin, and placed equal second out of 8 teams! Most pleasingly, they displayed amazing teamwork and support for each other and represented NVHS to the highest standard. Thank you Mr Carey for all of your hard work and support.





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

KNOCKOUT SPORTS / GALA DAYS

→ Open Girls Netball. The Open Girls Netball team played Freshwater Senior Campus at Adcock Park on Wednesday 3rd April. Our team was strong, made up of students from years 9 to 12. Captain Reiss Walker gave us a confident start, winning the toss and getting the first centre pass. At half time, it was 17-18. The Blacksnake girls displayed outstanding skills, teamwork and communication. Unfortunately the Freshwater team was a little stronger and pulled away with the win. Thank you all of the players, their excellent sportsmanship and effort. Thank you to ex-students, Ebony Fink, Harley Singh and Jacob Hunt for umpiring, scoring and support. Thank you to Ms Moody for all of her time and expertise. Everyone is looking forward to the future of NVHS Netball, it looks very strong for the future.



UPCOMING SYDNEY NORTH REGIONAL SPORTS TRIALS AND INFORMATION

- Sydney North BOYS and GIRLS Touch Football TRIALS - Week 2 (10/5/24)
- Sydney North Gymnastics TRIALS - Week 6 (3/6/24)

If you play at representative levels for these sports and are interested in attending the trials, please see Mr Koen in the PDHPE staffroom to get a permission note.



'We don't want to tell our dreams, we want to show them.'
- Cristiano Ronaldo



JACKIE MORRISON
Rel. Head Teacher PDHPE



JESSICA MOODY
Rel. Head Teacher PDHPE



SCIENCE

We have come to the end of Term 1 and what a busy one it has been in the Science faculty! Highlights of the term include the variety of dissections being conducted in Year 8 and 9 as part of their Biology units, and the chemical reactions Year 10 have completed as part of their Chemistry topic. Our senior students have been busily as they almost approach the half-way point of their studies for their respective courses.

Next term, each of the junior grades will be completing the follow units (and assessment tasks):

Year 8 - Under our Feet: Earth Sciences (Half-Yearly Online Quiz)

Year 9 - The Stuff of Matter: Chemistry (In-class Practical Task)

Year 10 - Physics (In-class Practical Task)

MARINE STUDIES

Year 9 have only just started the elective Marine and Aquaculture Technology course by completing a Marine Safety and First Aid unit. This culminated in applying their knowledge of water and beach safety with a visit to Avoca Beach for a "Learn to Surf" lesson through Central Coast Surf School. The students all had a wonderful time, for which many, was their first surfing experience!

Year 10 have continued their elective course with a quick refresher topic in Marine Safety and First Aid, followed by a snorkelling unit. Again, this culminated in students applying their learning by participating in a practical snorkelling excursion to Terrigal Haven, accompanied by experts from Rumbalara Environmental Education Centre. The students all got to learn new skills and also received their own snorkel set so they can begin to enjoy the wonders of the marine world in their own time!



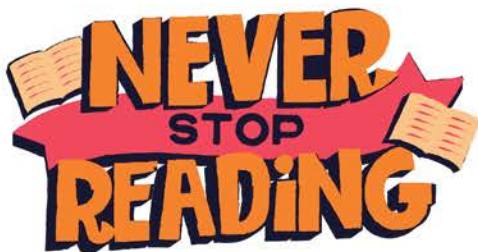
MAX ENDERS
Rel. Head Teacher Science

LIBRARY

There are plenty of competitions happening at the moment for young writers. Flyers have been included in this newsletter. Interested students should see Ms Thomas in the Library to register their involvement and subsequently, submit their entries. These are:

- “Words on the Waves” creative writing competition with the theme of “The Ripple Effect”. The short stories must be between 750 and 1000 words. Students in Years 7-9 can enter into the Words on the Waves competition. Entries due to Miss Thomas by 8th May.
- Dorothea Mackellar Poetry Awards is open to all years. Information can be found at <https://dorothea.com.au/entry-information/> or see Ms Thomas in the Library.

Don't forget that the Premier's Reading Challenge is continuing. We held our first meeting last week and decided to meet fortnightly to check in with each other and discuss good books we are reading. Let's continue logging our reads and keep up the momentum.



Artwork by Sami Bayly

NSW Department of Education

2024 NSW Premier's Reading Challenge

Start reading now!

www.premiersreadingchallenge.nsw.edu.au

Key dates for students in K-10:

- Challenge opens Monday 26 February
- Challenge closes for student entries Friday 23 August

LIBRARY

Celebrating 40 years

DOROTHEA MACKELLAR POETRY AWARDS 2024

LISTEN, I HAVE AN IDEA

national theme

MARCH 1 – JUNE 30, 2024



dorothea mackellar poetry awards

Phone: 02 6742 1200 Post: PO Box 113, Gunnedah NSW 2380 www.dorothea.com.au



2024 CATEGORIES & PRIZES

<p>Lower Primary (Years K-3) Winner: \$300 + trophy + prize pack Runner-up: \$150 + prize pack</p>	<p>Junior Secondary (Years 7-9) Winner: \$500 + trophy + prize pack Runner-up: \$300 + prize pack</p>	<p>David Maher Award Primary only Awarded to the best individual entry from a small school with a total of 30 students or less. Winner: \$250 + trophy + prize pack</p>
<p>Upper Primary (Years 4-6 + 7 in SA) Winner: \$400 + trophy + prize pack Runner-up: \$200 + prize pack</p>	<p>Senior Secondary (Years 10-12) Winner: \$500 + trophy + prize pack Runner-up: \$300 + prize pack</p>	<p>Kurrumbede Award Primary & Secondary Awarded to the best entry from a school within 100km radius of Gunnedah NSW. Winners: \$250 + trophy + prize pack</p>
<p>Assisted Learning Primary Eligibility criteria - students on assisted learning programs or students with English as a second language. Winner: \$400 + trophy + prize pack Runner-up: \$200 + prize pack</p>	<p>Assisted Learning Secondary Eligibility criteria - students on assisted learning programs or students with English as a second language. Winner: \$500 + trophy + prize pack Runner-up: \$300 + prize pack</p>	<p>Schools Award Primary & Secondary For schools that demonstrate effort, achievement and a high standard of entries, awarded at the judges' discretion. Winners: \$1,000 + trophy + prize pack</p>

Words on the Waves
WRITERS FESTIVAL



Ripples
Small waves, big impact

ABOUT RIPPLES SHORT STORY COMP

The inaugural Words on the Waves Ripples Story Competition is a **free to enter**, Central Coast-wide competition for students in grades 4-6 and 7-9. We want children to have fun getting in the ebb and flow of story writing, be creative and go in the running for great prizes for budding authors, their adult *and* their school!

Students are encouraged to write a short story, inspired by the theme:
The Ripple Effect.

- For school years 4-6, the word count is 250 and 500 words
- For school years 7-9, the word count is 750 and 1000 words

All stories will be judged on the following criteria:

- Characterisation
- Plot
- Originality
- Structure
- Language
- Enjoyment

KEY STORY COMPETITION DATES 2024

Competition Opens	9:00am [AEST] on Tuesday 2nd April
Competition Closes	8:00 pm Friday 10th May
Prize winners and honorary mentions notified	At the end of the competition period and by no later than Friday 24th May 2024
29 May – 3 June 2024 Words on the Waves Writers Festival	
Prize Ceremony at the free Family Fun Day	Sunday 2nd June

HOW TO GET INVOLVED

- For how to submit, and competition info and T&Cs visit our website: <https://wordsonthewaves.com.au/ripples-short-story-competition>
- Or via the QR code >>>
- Or Email Fiona on schools@wordsonthewaves.com.au



SUSAN THOMAS
Librarian



TECHNOLOGICAL AND APPLIED STUDIES

The start of 2024 has been fantastic across all TAS areas, showcasing enthusiasm and achievement in abundance.

I would like to congratulate the Year 7 students who have settled into their TAS subjects this year. As this term draws to a close, most of Year 7 are finishing digital technology and are eagerly looking forward to delving into the exciting realms of Textiles and Food and Agriculture in Term 2. Their enthusiasm and adaptability promise a promising start to their exploration of these new context areas, where they will undoubtedly showcase their creativity and passion for learning. They will rotate again in Terms 3 and 4 to ensure they cover all areas on offer being Timber, Food and Agriculture, Digital Technology and Textiles.

Our Food Technology and Café Culture classes have been hubs of innovation in the kitchen. Just a friendly reminder that all students must bring an APRON and CONTAINER for Food Technology lessons, including Year 7 starting cooking next term. Additionally, please note that we won't be able to provide plastic forks or spoons; students should bring their own utensils for consuming some of their culinary creations.

Our Agriculture students have been fully immersed in hands-on learning this term, actively engaging in farm management tasks such as tending to crops, caring for our cow, overseeing our chickens and collecting fresh eggs to sell. They also had the incredible opportunity to attend the Easter Show, where they witnessed live dairy cows being milked, observed cattle shows, and explored the farm nursery. Their impeccable behaviour throughout this experience is commendable, and we extend our appreciation for their enthusiasm and positive attitude.

A gentle reminder, if your child has chosen a TAS Elective or VET subject in Years 9, 10, 11, or 12, please be aware that there are associated fees to cover the costs of necessary resources. Invoices have been sent out and we extend our gratitude to families who have promptly settled these fees or made contributions. Beginning next term, students who have not fulfilled their fee obligations may be unable to access materials required for practical coursework. If families are facing financial constraints regarding fees, we encourage them to reach out to the school to discuss alternative payment arrangements.





TECHNOLOGICAL AND APPLIED STUDIES



MITCH GULPERS
Head Teacher TAS



TECHNOLOGICAL AND APPLIED STUDIES

VET

Exciting news awaits the Narara Valley High School community as we eagerly anticipate the arrival of a new café space in Term 2 – introducing The Valley Way. Set amidst a tranquil garden brimming with aromatic herbs and vibrant vegetables, this innovative addition promises to be a hub of culinary delight and relaxation. Featuring new café-style seating, tables and a coffee cart staff will have the perfect ambiance to unwind and savor delicious treats. What's more, the menu is set to be infused with creativity, as Year 10 Hospitality students have been hard at work concocting a range of exciting food items to tantalize the taste buds. From savory delights to sweet indulgences, there will be something to satisfy every palate at The Valley Way. This new space will provide an exciting space for VET students to practice their cooking and service skills as part of their courses. I would also like to thank Mr Hunt and the Year 12 construction class who have been actively renovating the space.

Get ready to embark on a gastronomic journey like no other as we eagerly await the grand opening of this culinary haven.

In preparation for our new café, the Hospitality students have been refining their current skills and mastering new skills to perfect their food and beverage for service. Year 12 has been busy working through the different methods of cookery, producing some very tasty dishes such as Calamari & Chips, Fish & Chips, Vegetable Crudite and Hommus Pots, Roasted Vegetable Quiches and more! Year 11 has been busy mastering sandwiches with such creations as BLT's, Chicken Foccacias, Gozlemes and more. Year 10 has been focused on light Café items such as Brownies, Cookies, Caesar Salads, Nachos, Coffee and Cold Beverages. All students are well on their way to strengthening their skills and are looking good to providing our staff with some good quality food and customer service. They are very much looking forward to running Valley Way Café! Congratulations to all our Hospitality students on their efforts thus far.



TECHNOLOGICAL AND APPLIED STUDIES



SARAH ANDERSON
VET Coordinator





ENGLISH

It has been a busy first term in English, with students working well through a range of topics and texts.

YEAR 9

The Year 9 classes have recently completed a unit on Life Stories, with a focus on Sunshine Super Girl. This play explores the life of tennis star Evonne Goolagong Cawley and Year 9 students recently submitted their writing portfolio assessment.

YEAR 10

Year 10 recently completed an extended writing task, based on the novels each class has studied throughout Term 1. The students will now begin a Shakespeare unit, with a close study of Romeo and Juliet. Notes will be sent home regarding viewing Baz Luhrmann's film adaptation.

YEAR 11 ENGLISH STUDIES

The English Studies class have been progressing through their Mandatory Module on English in the Workplace and are preparing for their upcoming assessment. Next Term, they will begin a Film Study.

YEAR 11 ENGLISH STANDARD

The classes have been exploring the Common Module, Reading to Write, through a range of short texts and the verse novel *We Come Apart*. They are now preparing for Assessment in Week 11, in which they will hand in their writing portfolio. The upcoming unit for Term 2 is Contemporary Possibilities.

YEAR 11 ENGLISH ADVANCED

Advanced English are busily preparing for their upcoming Assessment Task, due next Thursday. They will then move onto their next Module.

YEAR 12 ENGLISH STUDIES

The English Studies class have successfully completed their Travel Unit, submitting a range of high quality advertising campaigns for a number of different countries. Their new module focuses on the role of English in the Media.



ENGLISH

YEAR 12 ENGLISH STANDARD

Following their Multimodal Presentations on The Truman Show, English Standard will commence the Craft of Writing Module, studying a range of prescribed texts.

YEAR 12 ENGLISH ADVANCED

English Advanced are also moving into their Craft of Writing module, after a range of successful Multimodal Presentations focusing on their prescribed text.

DEBATING

Following the success of our team's last year, we are excited to get back involved in the NSW Premier's Debating Challenge in 2024. We begin our campaign in Stage 6 and continue in Terms 2 and 3 with our Stage 5 teams. If any Year 7 students are interested in trying out debating then please come and see Mr Bush in the English staffroom. You do not need any prior experience, just come along and see if you like it!



ANTHONY BUSH
Rel. Head Teacher English

COMMUNITY ANNOUNCEMENTS

After school Programs



Respite

If you would like to access your local community or engage in exciting activities at our Wyoming or Charmhaven Hubs with your peers. Activities include social skills, craft, educational experiences and relax time.

AMPEY has an STA approved; respite house located in Kariong. We also cater for mini holidays to destinations of your choice. Feel safe and supported in our lovely home.



Holiday Programs

Ampey runs programs suitable for school aged children to get involved and have fun in the school holidays. Activities are hands on, exploring the community, making friends and having fun! Check out our School Holiday Programs today!

In home Supports

AMPEY happily provides in home supports to anyone who requires additional tasks or supports around the home. We are happy to discuss any request you have, so get in touch today.

We are happy to discuss any request you have, so get in touch today

ampey@ampeyou.com
Suite 1, 451 Pacific Hwy, Wyoming
0411 919 805



GOSFORD CITY FC PLAYERS WANTED



Gosford City FC (Soccer)
is looking for a few more high school kids to join up and complete our teams

Football is a great sport to be a part of for boys and girls- great for fun, fitness, friendship, and for being part of a team! We have teams for experienced players or those playing for the first time.

Contact us at
footballmanageryouth@gosfordcityfc.org.au
We hope to hear from you soon!



For Fun, Friendship, Fitness & Football!
www.gosfordcityfc.org.au

Central Coast Autumn Holiday Junior Chess Tournament (ages 6 to 17)

Entry fee \$10

For full entry details
please email, not text:
Gary Losh
glosh6090@gmail.com
0432 453 726



**Before entering,
please email me
for the full flyer**

For NSW country players. Limited to 140.
Please don't pay until entry confirmed.

Monday 22 April

Must pre-enter by Saturday 20 April

**Central Coast Grammar School
9.30am – 4.00pm**

**Minimum ability: Must know how to move the
pieces and complete games independently.**