



# Narara Valley High School

Respect Responsibility Personal Best

T: 02 4329 3780

E: nararavaly-h.school@det.nsw.edu.au

Acting Principal: Samoan Forrest

## Narara Valley High School – Black Snakes News Week 8B Term 3 – 2021

### Welcome to Week 8 FITNESS CHALLENGE

Congratulations to our students and community members who completed the challenge last week.

Here is the Week 8 Challenge that you can start on Monday 30h August.

Workout: Blacksnake Leg Burner

10 minutes to find:

Max Repetitions of a Walking Lunge

Your score= The total amount of lunges you perform in 10 minutes.

Tip- Sync your breathing with your lunges & perform on a grass surface to avoid knee pain.

Enjoy!



### Indigenous Literacy Day

Please join us in the celebration for Indigenous Literacy Day. A free virtual celebration for all Australians, hosted by the Indigenous Literacy Foundation. The live event will be available to watch from 9.00am on September 1st via this link:

<https://www.youtube.com/watch?v=gEuzclQd7vY>

Indigenous Literacy Day provides all Australian's with an opportunity to explore inspiring videos with a celebration of culture, diversity and language.

Further information: <https://www.ild.org.au/>

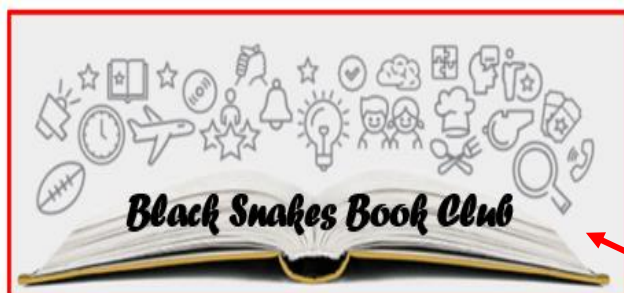


Class of 2023 please use the following link to finalise your payments for your senior jackets.  
[https://www.reformclothing.com/au/order/137321962?fbclid=IwAR2sFdnCKM3Lz59e78K6jrR\\_uAd8DJLN0y-RqhhwqTyIxY7lqBKYZ\\_vYkdE](https://www.reformclothing.com/au/order/137321962?fbclid=IwAR2sFdnCKM3Lz59e78K6jrR_uAd8DJLN0y-RqhhwqTyIxY7lqBKYZ_vYkdE)

**CLASS OF**  
-2023-  
**SENIOR JACKETS**

Payment Details can be found on the "Class of 2023" Google Classroom  
**Class Code: qqbasyf**  
PAYMENTS DUE 17TH SEPTEMBER

**\$106.00**



Classroom code: **vaabx7** so you can check it!



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## School Website

<https://nararavaly-h.schools.nsw.gov.au/>

Our school’s website has the most up to date information for our school community to access.



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For the Future

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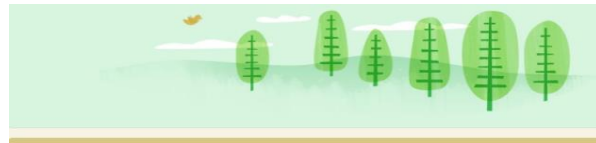
## Transition – Year 7 2022

For incoming families, please take the time to look through the transition information. We are currently working with primary schools to collate information for our incoming students. We have planned to provide families with information about our Term 4 2021 transition program as soon as possible. At this stage the dates have been published, but this is dependent on the COVID restrictions in place at the time. Please ensure that enrolment packages have been finalised and sent to the school.

<https://nararavaly-h.schools.nsw.gov.au/supporting-our-students/year-6-to-7-transition-program.html>

## Student Welfare Self-Referral form

[https://docs.google.com/forms/d/e/1FAIpQLSfj1VlzB3GleP8XQRtEu52a7scpWb19RJv4nNCX52Nkh\\_opw/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSfj1VlzB3GleP8XQRtEu52a7scpWb19RJv4nNCX52Nkh_opw/viewform?vc=0&c=0&w=1&flr=0)

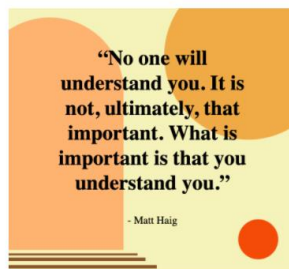


Welfare : Self-Referral Form 2021

## NVHS Wellbeing Website



Tune Of The Day



Quote Of The Day



Meme Of The Day

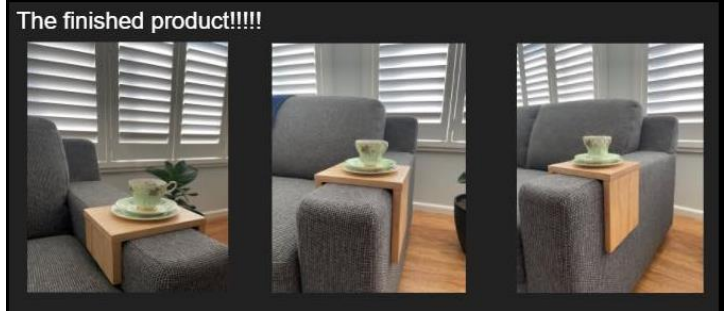
Please use the below link to check out the NVHS Wellbeing Website:

<https://sites.google.com/nvhs.net/nvhs-student-well-being/home>



**Year 9 Timber Projects**

Miss Wallace's Year 9 Timber class have been working on a "Practical Design Challenge". The students were encouraged to get creative with resources they had available at home and create a project from timber. We have had some innovative ideas and outstanding submissions. In the making are a variety of projects including a jewellery stand, an over the door hat holder and some amazing garden planter boxes! Already submitted by Will is a well-designed shelf to sit on top of a bedside table and a beautifully finished wooden couch sleeve by Jazmin.

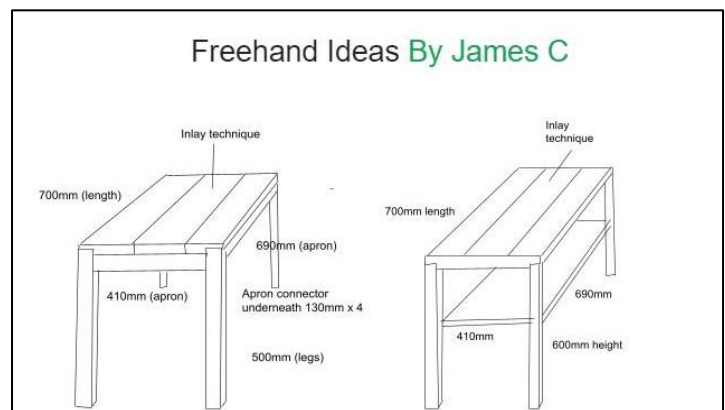
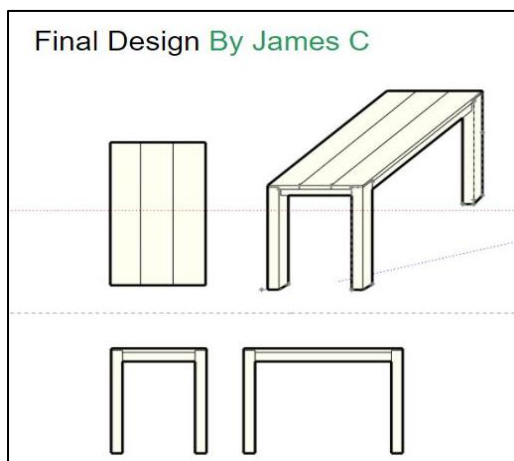
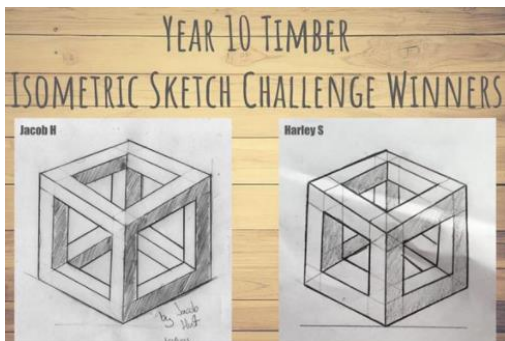


**Year 10 Timber Projects**

Miss Wallace's Year 10 Timber class have been working on their Coffee Table Assessment Tasks. Students have been working on their technical drawing skills and use of computer aided design programs.

Ky in Year 10 Timber has been working diligently to construct this excellent Coffee Table from timber he was able to source at home. The project is very impressive! A big congratulations to Ky for his hard work this term.

Jacob H and Harley S were the well-deserved winners of the Isometric Sketch Challenge!





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## Year 9 Food Technology

Year 9 Food Technology students have been busy at home preparing a wide variety of delicious meals for their 'Food Selection and Health' topic with Mrs Sellars and Ms Dean.

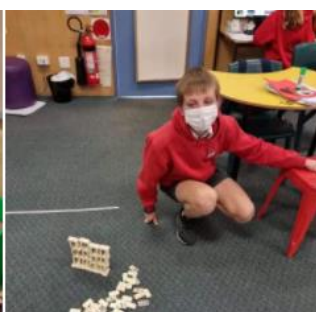
Fantastic work Year 9 and we hope you shared your food with your family as well!



## Support Unit Artwork



Our Support Unit students participating in lots of different learning activities with Ms Small and Mr Bowen earlier this week.





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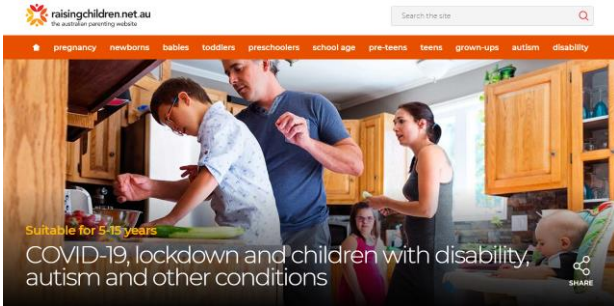
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## Parent and Carer Resources



<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/lockdown-disability-autism>



## Safe Hands Family Service

We provide holistic family support & programs ONLINE, Central Coast, Hunter, Newcastle, Sydney

<https://www.safehandsfs.org.au/services/programs>

On the above link there is access to a range of free webinars for parents and carers.



### Circle of Security (ALL ages)

Parenting program driven by decades of attachment research - 8 week program

Circle of Security is an evidence-based parenting program focusing on attachment. This program is designed to enhance the bond and security for both parent and child. Suitable for ages 0-18



### Tuning in to Teens (12-18 years) - 6 week program

Emotionally Intelligent Parenting - 6 week program

Tuning in to Teens (TINT) focuses strongly on emotion coaching skills, as well as ways of responding to teenagers in a way that helps to maintain secure and connected relationships.



### Engaging Adolescents (12-18 years)

Parenting skills for resolving teenage behaviour problems - 4 week program

This program grows from 123 Magic & Emotion Coaching (it's the teen version). Includes tricky conversations, boundaries and building/keeping relationships.



### Tuning into Kids (4 - 12 years)

Emotionally Intelligent Parenting - 6 week program

Tuning in to Kids (TINK) is a parenting program that helps children to learn to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social, and physical functioning, as well as fewer behavioural difficulties.

## Safe hands – Parenting Resource Videos

<https://www.safehandsfs.org.au/resources/parenting-resources>



**PAUSE FOR PAWS** NVHS Well-being Team

Go "offline" for the day and do something you love

**P PAWS**

#PauseForPAWSDay

**Wednesday Week 9**  
**Wednesday Week 10**

**PAUSE FOR PAWS** NVHS Well-being Team

PAWS stands for Positive Affirmation And Well-being Sessions & is a play on the concept of pausing from you busy day. We introduced PAWS at the start of this year as a fortnightly well-being hour. Students could choose from a range of well-being and mindfulness-based activities essentially like "passion projects" to participate in. Sessions included everything from boxing, walking and surfing core skills to yoga, mindful colouring, knitting, street art, board games and cooking. We found this to be a really positive initiative at the school in Semester One.

#PauseForPAWSDay

**PAUSE FOR PAWS** NVHS Well-being Team

Learning from home has been challenging and we think it is time to "pause". So on Wednesdays in Week 9 & again Week 10 we are encouraging our students to "pause" their schoolwork and focus on doing something to help then unwind:

- walking, cooking, reading a book, restoring some furniture, building a cubby, fixing a bike, art, dance, working out, yoga.

We are discouraging the use of screens (including gaming) and encouraging students to go off-line for the day. Please take photos, we'd love to see how the students spent the day.

#PauseForPAWSDay

**PAUSE FOR PAWS** NVHS Well-being Team

Important: all activities must adhere to current public health orders. Students are expected to get parent/carer permission to undertake any activity as some may require adult supervision. Assessment tasks scheduled for either of these Wednesdays will proceed for year 11. Any assessment tasks that are due for submission in any subject from years 7 to 12 on either of these days are still required to be submitted on these days prior to the students participating in their chosen well-being activity. Questions can be directed to the Rel. Head Teachers Well-Being Mrs Ludlam & Mrs Rolfe

#PauseForPAWSDay



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## Apps to support student mental health

Self-harm and suicidal ideation		
 <p><b>Calm Harm</b></p>	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	
 <p><b>Chats for Life</b></p>	The Chats for life app will help you to plan a conversation with someone that you may be concerned about, who may be struggling or not going well.  <b>iPhone only</b>	
 <p><b>The Check in</b></p>	The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse. The app takes you through four steps, getting you to think about where you might check in, what you might say and how might you support your friend.	
 <p><b>Beyond Now Safety Planning</b></p>	If you or someone close to you is considering suicide, a safety plan can be a reminder of the reasons to live and ways to stay safe.	
Moods and Mood Tracking		
 <p><b>eMoods Bipolar Mood Tracker</b></p>	eMoods Bipolar Mood Tracker uses a wellbeing tracker centred around mood, weight and sleep to track manic and depressive episodes. The app supports those with bipolar further by using exercises and resources specifically tailored for them.	
 <p><b>Daylio</b></p>	Daylio is a diary app that allows for goal setting, mood tracking and routine notifications. The app uses this data to create personalised statistics and find what are the causes of individual moods.	

 <p><b>Mood mission</b></p>	MoodMission helps you learn new and better ways of coping with low moods and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 Missions that can help you feel better. Missions are activities and mental health strategies that are quick, easily achievable, and backed up by scientific evidence.  <b>Cost \$7.99</b> <b>iPhone only</b>	
 <p><b>MoodKit</b></p>	Moodkit is designed to improve your mood and overall wellbeing. Developed by two clinical psychologists, it offers more than 200 activities tailored to your goals.  <b>Cost \$7.99</b> <b>iPhone only</b>	
 <p><b>Your Crew</b></p>	YourCrew is a reflective, interactive and fun way to prevent small issues from becoming big ones. YourCrew connects people seeking help to those they know and trust. Feel secure that your Crew have your back, share your feelings with your Crew or write in your private diary.	
Mindfulness and Meditation		
 <p><b>Smiling Mind</b></p>	Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.	
 <p><b>Headspace</b></p>	Headspace is meditation made simple. The app takes you through the basics of meditation, with progress pages to track your stats and reminders to help you with your practice.  <b>Subscription fee may apply after the 10-day free trial.</b>	
 <p><b>Breathe2Relax</b></p>	Breathe2Relax provides instructions for deep breathing exercises that can help reduce stress. Deep breathing has been shown to improve mood and deal with anger and anxiety. It can be used wherever you are, as a standalone tool or combined with other therapies.	



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Worries/Anxiety		
<p><b>Niggle</b></p>  <p>niggle</p>	<p>What is a niggle? A niggle is a feeling that won't go away. It grows and grows and has a life of its own. When you have a niggle, it can be a challenge. But you don't have to do it alone..... Niggle is the app that allows you to capture your niggles and do something about them!</p>	
<p><b>Happify</b></p> 	<p>Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.</p>	
<p><b>Headgear</b></p> 	<p>HeadGear is a free, easy-to-use smartphone app that guides you through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety. Based on techniques scientifically proven to build good mental health, it features a range of simple engaging daily activities to help reduce and manage stress, improve sleep, connect better with friends and deal with difficult situations.</p>	
<p><b>Whats up?</b></p> 	<p>What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought tracking diary and helpful techniques to manage your feelings.</p>	
<p><b>WorryTime</b></p> 	<p>Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.</p>	

<p><b>SAM</b></p> 	<p>SAM provides a range of self-help techniques organised into several main well-being themes, together with tools for recording and monitoring changes in your well-being. The social cloud feature allows users to give and receive support from others. We ask you to be non-judgemental and sensitive in your interactions with other users.</p>	
Substance use/Addictions		
<p><b>Ray's night out</b></p> 	<p>Ray's Night Out is an app designed to help young people learn safe drinking strategies and important facts about alcohol. Users of 'Ray's Night Out' take Ray the panda for a night out, buying drinks and food, dancing and playing bar trivia. Users collect good vibe points to unlock rewards and take selfies with Ray while taking care that he doesn't cross his 'stupid line' for drinking – the point where a good night out turns bad. <b>Ages 15 to 25</b> <b>iPhone only</b></p>	
<p><b>I am Sober</b></p> 	<p>I am Sober is an addiction buddy useful for quitting any activity or substance. With daily tracking, advice and quotes from other users, this app is focused around creating motivation and support while trying to quit.</p>	
Relationships		
<p><b>Breakup Shakeup</b></p> 	<p>Feeling down after a breakup? Or just finding it hard to find motivation for anything? Have you lost some of your spark? Breakup Shakeup can help you come up with cool ideas what to do about it. Getting active and socialising are amongst the best thing you can do to start feeling happier and stronger again. <b>iPhone only</b></p>	
<p><b>Love Smart</b></p> 	<p>LoveSmart provides you with scores and information on the health of your relationships. It focuses on key relationships factors such as friendship, communication, conflict and sensitivity. It gives you insights for improvements. <b>iPhone only</b></p>	





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FAQs

Issues

Apps



COVID on your mind? We've got you covered here.

## How can we help?

We're here to help you with anything! Things like:



Mental Health



Physical Health & Identity



Friends



Family



Relationships & Sex

<https://kidshelpline.com.au/teens>

### Resilience

	<p>SuperBetter is a tool created by game designers to help you build resilience and get stronger, happier and healthier. Choose from over 25 power packs or design your own adventure for any area of life where you want to feel better.</p> <p>Each activity uses gaming techniques to help you tackle a tough challenge, change what isn't working and reach your goals. You can get support and help others while having fun.</p>	
<h4>Goal setting and motivation</h4>		
	<p>WOOP is a practical, evidence-based mental strategy that you can use to find and fulfill your wishes and change your habits. The app guides you through the four steps of WOOP (Wish, Outcome, Obstacle, Plan) and allows you to save as many WOOPs as you like!</p>	
<h4>Study and organisation</h4>		
	<p>My Study Life is a cross-platform planner for students, teachers and lecturers designed to make your study life easier to manage. My Study Life allows you to store your classes, homework and exams in the cloud making it available on any device, wherever you are.</p> <p>My Study Life seamlessly syncs your data between devices, allowing you to use the app even when offline. You can add a task on the move from your phone or tablet and it will be instantly available on the web app.</p>	
<h4>For Aboriginal and Torres Strait Islander People</h4>		
	<p>A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over.</p> <p>Completely private and confidential, it helps by showing you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.</p>	

