



Narara Valley High School – Black Snakes News

Week 5A Term 3 – 2021

As we start Week 5 of remote learning, we would like to acknowledge the hard work of our students, families and staff. Your flexibility and adaptability during this uncertain time is not going unnoticed. Please continue to contact the school if you have any questions.

Contacting the School

Just a reminder that due to limited staff in schools during lockdown, we cannot always answer the phone to assist you. The school email is constantly monitored at this time and we would appreciate it if you could email any queries or concerns to: nararavaly-h@det.nsw.edu.au

We thank you for your understanding and patience during this time.

WEEK 5 Fitness Challenge

Hey Blacksnakes!

Workout: Blacksnake Thunder Struck!

Part A: Run for Max Distance over 5 minutes. Record distance in metres.

Part B: Run for Max Distance over 5 minutes of listening to AC/DC Thunderstruck.

Every time it says 'Thunder' or 'Thunderstruck', complete a burpee and keep running. Keep going until the song finishes.

To Calculate Score: Part A distance - (minus) Part B distance= Score (in metres).

Song Link: <https://www.youtube.com/watch?v=v2AC41dglN4>

(You can calculate distance with a sports watch OR the amount of laps at your local soccer/league oval).

Enjoy!



Attention Year 12 Students

Below is a Google Form link for any Year 12 interested in providing their own support and evidence to be considered for Senior Sports Person 2021.

Due: 1:30pm Friday Week 5 (13/08/2021).

Log in: Will use their Google NVHS log in to enter.

Award: 1 person will receive the award.

<https://docs.google.com/forms/d/e/1FAIpQLSf8Se65CW99Yey1iBBuq-jNPka2ik0cu6jVargdyZvJ9wAwQ/viewform>



Narara Valley High School

Respect Responsibility Personal Best

T: 02 4329 3780

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

Acting Principal: Samoan Forrest

Year 12 – HSC information

Thank you to Year 12 students and families for being patient with information regarding the coming weeks of their studies. Mrs Forrest will be releasing information to students soon regarding the plans moving forward.

If you have any questions, please contact the school.

CCSPC Message to Year 12 Information published 6/8/21

CCSPC MESSAGE TO YEAR 12 STUDENTS

The Central Coast Secondary Principals' Council acknowledges the resilience, perseverance, and adaptability of our Year 12 students in these difficult and everchanging times. Your wellbeing remains our greatest priority and we will continue to support you to HSC attainment in 2021.

Today we have again been provided with new advice regarding Year 12 student access to schools, and departmental guidelines to underpin these. Schools across the Central Coast will now be unpacking these and contextualising them within plans for moving forward.

The Secondary Principals' Council, on the Coast, continue to work together, to share planning and ideas, to ensure our students are provided with the best support possible.

We are aware that the constant uncertainty and regular changes are difficult for our Year 12 students to manage. Each individual school is working to revise their planning as quickly as possible and will release this to you early next week.

Please stay safe and well.

PAWS – Positive Affirmation Wellbeing sessions



This Wednesday after year assemblies' students are encouraged to log onto our PAWS Google classroom (efabyt3) and choose activities that they would like to compete at home during this time. There is also a range of student support resources that have been uploaded to the google classroom.

Learning and Support

A reminder that we have created a Learning and Support Google classroom for any student who requires additional support with their classwork and/or tasks. If you would like assistance, please post in the stream with the name of the subject and the task you require assistance with and one of the support staff will be in contact with you.

We have also placed a link to a 'Student Welfare Self-Referral' form on this google classroom. If students would like to be in contact with welfare support (such as Head Teacher's Wellbeing, Year Advisors or School Counsellors) they need to complete this form, and someone will get back to them via email.

Student Welfare Self-Referral form:

https://docs.google.com/forms/d/e/1FAIpQLSfj1VlzIB3GleP8XQRtEu52a7scpWbI9Rjv4nNCX52Nkh_0pw/viewform?vc=0&c=0&w=1&flr=0

Learning & Student Support Services Google Classroom Code: lau4pdt

- assistance with any set learning tasks
- well-being & self-referral



Week 5 - Community Connection

We are inviting our students and community to participate in "NVHS Project: Spoonville".



NVHS SPOONVILLE



Instructions:

- 1-Get a boring wooden spoon (students can collect one outside the front office at school if you don't have one)
- 2-Create your spoon person or animal – sporty spoon, fashion spoon, me spoon, team spoon, dog spoon, fish spoon, any type of spoon you like. Be creative and colourful.
- 3- Name your spoon in a small spot, take an exercise walk, bike ride to school and drop it into our letter box.
- 4-We will put your spoon into our new NVHS Spoonville at the front of the school.
- 5- Community members can join in or you can do more than one.

Handy Hints:

These are all weather people:-



Make sure bits won't come off easily. Attach firmly or just paint on. Nail polish or enamel paints will stay on longer.

Clear nail polish, varnish or hairspray will help colours hold.

Rules:

- Have fun.
- Be creative.
- Stay safe.



Drop into the letter box.

Lets fill up NVHS Spoonville -get creative!!!

Week 5 – Year Assemblies

The following Year assemblies will occur this week through the student’s cohort google classrooms. Please ensure your child to log into the google classroom to meet with their Year advisor and peers.



		Google classroom code
Year 12	Friday 13/8 @ 10.30am	ir6qg4c
Year 11	Wednesday 11/8 @ 9.30am	2ernfz
Year 10	Wednesday 11/8 @ 9.30am	qqbasyf
Year 9	Wednesday 11/8 @ 9.30am	qv3tdfw
Year 8	Wednesday 11/8 @ 10.30am	mhezeoo
Year 7	Wednesday 11/8 @ 9.30am	o7vaxqz



Relationships Australia NSW and headspace Newcastle present . . .

Engaging Adolescents

formerly known as *Surviving Adolescence*

This seminar aims to support parents to assist their teenagers in meeting the challenges of the adolescent years.



Wednesday 8th September
5pm - 7.30pm:

- Understanding adolescence as a stage of development
- Understanding one another
- Communication strategies

Wednesday 15th September
5pm - 7.30pm:

- Developmental expectations
- Parenting styles
- Ways to minimise family conflict

Participants can attend either or both seminars as stand-alone sessions

Online via **StarLeaf** online platform (Free app downloadable from Google Play, Apple store or free download at starleaf.com)

Cost: FREE

Bookings Essential - please phone 49 294 201

headspace.org.au/newcastle
relationshipsns.w.gov.au/



Our new Young Parent Group at Narara Community Centre is finally here!

Tuesday's during school Term
12:00 pm - 2:00pm
2 Pandala Road

- Meet other young parents
- Encourage your children to make new friends in a safe environment
- Transport available from Gosford or Narara Train station
- Free lunch provided
- Please message or call Kirsty on 0435 591362 (available Tues, Wed or Thurs) to secure your spot.



Please message or call Kirsty on 0435 591 362 (on Tues, Wed, or Thurs) to secure your spot.

Our new Young Parents' Group at the Hub is finally here!

Wednesdays during School Term
10:00am - 12:00pm
Young Parents' Hub - Central Coast

- Meet other young parents
- Encourage your children to make new friends in a safe environment
- Transport available from Wyong Train Station
- Light refreshments offered
- Facilitated by Uniting

