



Narara Valley High School – Black Snakes News

Week 4B Term 3 – 2021

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.

Year 12 Students

As mentioned in the email sent out to parents and students, Year 12 will be returning to face-to-face tutorials during Week 6. We will then have students following the trial exam timetable during Weeks 7 and 8. Below is the structure for students during Week 6 tutorials.

From Monday 16th August, Year 12 will be permitted to come on site for HSC courses.

Week 6 when students return will consist of half day sessions for each line. Students will be expected to attend these sessions to prepare for their trial exams. Other sessions have been designated for major projects.

PERIOD	MONDAY 16/8	TUESDAY 17/8	WEDNESDAY 18/8	THURSDAY 19/8	FRIDAY 20/8
1	LINE 3	MAJOR PROJECTS	LINE 4	MAJOR PROJECTS <i>Marine Studies</i>	MAJOR PROJECTS
2					
R				LINES 2/3	LINE 1
3					
4	LINE 2				
L					
5					

Year 12 Trials will be run with a slight change and will move to Weeks 7 and 8 students will be sent a copy

If any students or parents have questions, please don't hesitate to email the school.

Snow Trip

As previously notified, the 2021 Snow trip has been cancelled due to the current COVID restrictions impacting on the school and our ability to run the excursion.

Mrs Forrest has been working with the Ski company for the best possible solution, to prevent a huge cancellation fee. The school has secured a part refund, part roll over to next year. All students will be rolled into the 2022 Snow Trip. Students who are leaving can obtain a refund. These places will then be backfilled by other students wishing to attend next year. To avoid this cancellation payment rollover to 2022 was required. If you have any questions, please email the school.





Week 4 – Black Snakes Fitness Challenge

Congratulations to our students and community members who completed the sit up challenge during Week 3.

Here is the Week 4 Challenge that you can start on Monday 2 August.

Workout: BlackSnake Blitz!

Be sure to pace your run so that you can finish strong.

NVHS PE Department

Black Snakes Fitness Challenge!



Complete this as quick as you can:

- 30 Squats
- 30 Push Ups
- 60 second plank
- 20 Squats
- 20 Push Ups
- 40 second Plank
- 10 Squats
- 10 Push Ups
- 20 second plank
- 1Km Run

Support Unit

Our fantastic Support Unit staff are working extremely hard to support students through both remote and face-to-face learning. They are forever going above and beyond to provide engaging learning activities for our students. Below is a sample of some of the wonderful teaching and learning going on this term.



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/1FAIpQLSfj1VlzlB3GleP8XQRtEu52a7scpWb19Rjv4nNCX52Nkh_0pw/vi/ewform?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





NVHS Connections

During Week 4 staff and students can stay connected by having fun and engaging in the following online activities:

Monday

Wear a crazy hat. Spend the day wearing a crazy hat to all your lessons/meetings.



Tuesday

Dress up in Green and Gold to celebrate our Aussie athlete's representing our country in the Olympics!



Wednesday

Bring your pet to school/work day.



Thursday

Today is Jersey Day. Wear your club uniform or get out your favourite team's jersey.



Friday

Let's finish the week with Crazy Hair day!



Wellbeing Challenge

During Week 4 of remote learning we are continuing to make sure staff and students at NVHS stay connected.

We would love for all staff and students to get involved in the daily challenges. Students can post their pictures on the PAWS Google classroom under the corresponding daily challenge.

We hope to see as many students, classes, staff and faculties get involved. A reminder that the PAWS Google classroom code is: **efabty3**

Staff love getting involved in our wellbeing challenges and we hope that students can with this week's challenge as well. Here is a sample of staff completing Mondays challenge:

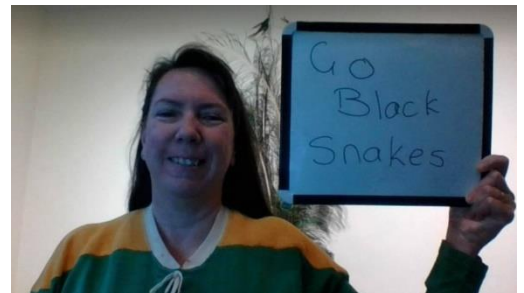


We hope that you have enjoyed our weekly videos on Facebook. The staff are missing all our students, and this has been a great way to keep you connected and to hopefully put a smile on your faces.

If you missed it, we have posted two videos in the last few weeks.

- 1) "We are Family" – A message from NVHS staff.
- 2) Welcome to "Black Snakes Lock Down Olympics" featuring some of our NVHS staff. 🏆🏆🏆

Tuesday – Dress up in Green and Gold to support our Aussie Athletes at the Olympic Games





- | | |
|--|---|
| 1 Set up a dedicated, work-friendly, quiet space | 2 Have access to the internet and other resources |
| 3 Keep distractions to a minimum | 4 Help your student make a plan |
| 5 Help your student practice their routine | 6 Schedule breaks |
| 7 Let them know your schedule | 8 Reduce the feeling of isolation |
| 9 Keep support contact info handy | 10 Don't forget praise and forgiveness! |

CREATED BY edynamiclearning.com



Apps and Contact Numbers

MindShift



An app designed to help teens and young adults cope with anxiety.

Available on iOS and Android devices.

Headspace: Meditation & Sleep



An app designed to train your mind and body for a healthier, happier, stress-free life.

Available on iOS and Android devices.

Happify



Activities and games to help reduce stress, overcome negative thoughts and provide effective tools to improve emotional well-being.

Available on iOS and Android devices.



Phone number: 1800 551 800

Available: Any day, any time!



Phone number: 13 11 14

Available: Any day, any time!

Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.