



Narara Valley High School

Newsletter No 10

July 2019

Coming Events:

- 5 July - Last Day of Term
- 22 July - Staff Development Day
- 23 July - Students Return

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PRINCIPAL'S REPORT

This has been a very busy semester, many wonderful experiences and fantastic student achievements. It has also been a significant time of change with Mr Michael Smith leaving and Mrs Kerrie O'Heir and myself as Acting Principal. The end of the semester brings further change.

Mrs Kerrie O'Heir has been successful in gaining the position of Principal of Brisbane Water Umina Campus. She has been at Narara Valley High School for eleven years, starting as Head Teacher English then onto Deputy Principal. She has worked tirelessly to ensure all students have the opportunity to access the best possible education and each student is cared for. We wish her all the best in her new position.

Mrs Sharnee Klempert has also been successful in gaining the position of Deputy Principal at Gosford High School. Mrs Klempert has been at Narara Valley High School since it started on a small site twenty eight years ago. She has contributed to the culture and development of the school and many talented students through her CAPA program.

Ms Melissa Ferrara has been successful in her appointment to Tuggerah Lakes District office as a Literacy and Numeracy Consultant and she will be missed with her tremendous efforts with teaching and learning through staff professional development.

Mr Tom O'Rourke has also secured a position at Terrigal High School as a HSIE teacher.

All of these wonderful staff will be missed at Narara Valley High School but we wish them the very best in the next stage of their careers, they will be assets in their new positions.

Replacing Mrs Kerrie O'Heir as Rel. Deputy Principal will be Mrs Amanda Barrale, replacing Mrs Sharnee Klempert will be Mrs Deanna Beecroft initially then Ms Ilanah Forrest. Along with our new Principal Mr Michael Gibson, these positions will be starting here day one, term three.

I wish everyone a great break and look forward to the new start term three for Narara Valley High.

SAMOAN FORREST

Acting Principal

DEPUTY PRINCIPAL'S REPORT YEARS 7 & 8

It has been a pleasure to be invited to observe classwork being done in Year 8 this past fortnight. Photos of Humanities and Textiles work are shown.



Hearing the beautiful sounds of one of our Aboriginal Education Workers Bruce's singing voice and tapping sticks in the quad, I wandered out from my office to see our Aboriginal students working with Kay and Bruce preparing for NAIDOC week celebrations. I was so proud of their responsibility and dedication to learning the songs and dances of their culture and look forward to celebrating with them at NVHS NAIDOC day.



Congratulations to the students who are working to their personal best and are respectful with their interactions within the classroom and beyond.

SHARNEE KLEMPERT

Deputy Principal Yr 7 & 8

DEPUTY PRINCIPAL'S REPORT YEARS 9 & 11

As Term 2 and Semester 1 draw to a close, it is a perfect time for each student to reflect on how they have progressed so far this year and plan on how they can improve in Semester 2.

Year 9 Reports will be available on the Parent Portal in Week 10 this term. Year 11 have received their reports and need to have discussions with their families about how they feel they are going and how they can make adjustments to improve. Ensuring they are managing the expectations of coursework, looking at planning and organisational skills will provide senior students with the tools to address the last term of Year 11 and work towards Year 12 commencing in Term 4.

Year 11 students who have outstanding N Warnings need to address these immediately so that they can make sure they have addressed all learning outcomes for each subject studied. It is also important that Year 11 students ensure they are attending all timetabled lessons and submitting assessment tasks on the due date.

Recently Year 11 had the opportunity to engage with instructors from the Mini School of Driving. It was a wonderful initiative organised by their Year Advisor, Ms Byrnes. Focussing on Driver Safety and the negative and dangerous effects of driving under the influence of drugs and alcohol. Year 11 demonstrated our PBL values during this activity and we are very proud of their maturity too.

Year 9 have participated in YAM a very valuable Mindmatters program. Again, another fantastic initiative organised by their Year Advisor, Mr Bush and our Wellbeing team, with the focus on Mental Health. Congratulations Year 9 on your behaviour and focus during these sessions.

AMANDA BARRALE

Rel Deputy Principal Yr 9 & 11

DEPUTY PRINCIPAL'S REPORT YEARS 10 & 12

The end of Term 2 closes a very busy and productive time at Narara Valley High School. I had the pleasure of attending Central Coast Dance Festival at Laycock Street Theatre and watching our talented Year 8 Dance group perform. The talent of our students, and those in Public Education across the Central Coast, is outstanding. I like to congratulate Miss McKibbin for her excellent teaching of these students as well as the huge commitment made by students, staff and families who support these opportunities.

Year 10 continue this week on their subject selection program with organised interviews scheduled on either Tuesday or Thursday with staff, parents/caregivers and students. It is expected the students will dress as if attending an interview and be prepared with subject choices. It's a great opportunity for parents attending to ask questions they may have about subjects their student may want to study for the HSC. Please contact the school and talk to Ms Green, Careers Advisor, if you need clarification on interview times or processes.

I am currently collating information on Year 10 and Year 12 students who have N warnings in their subjects that have not been resolved. I will be interviewing the students to see where they are up to and organise support if necessary. I'll also be contacting home either by phone and/or letter. It is very important that students resolve their N warnings as soon as possible in order to demonstrate they can meet the outcomes of their courses. If students do not resolve their N warnings they could be N Determined by NESA in the subject(s) and not achieve the Year 10 RoSA credential or the HSC credential.

Finally, I am officially taking up the substantive position as Principal Brisbane Water Secondary College Umina Campus from the beginning of Term 3. I would like to take this opportunity to thank the Narara Valley High School community – students, staff and parents/caregivers – for providing me with some of the most enriching and enjoyable educational experiences I have had in my career. I am very proud of the school and its achievements and want to acknowledge the expertise, compassion and dedication of the staff, both teaching and SASS, who go above and beyond to provide rich and unique experiences for our students. Thank you to all the parents and caregivers who have worked so hard with us to realise the potential of each student. To the students, I wish you all well and encourage you to be the best you can be in life.

KERRIE O'HEIR

Deputy Principal Yr 10 & 12

WELFARE REPORT

MindMatters

What is MindMatters:

MindMatters is a mental health initiative for secondary schools in Australia that aims to improve the mental health and wellbeing of young people. They do this through a mental health 'framework' that provides schools with structure, guidance and support while enabling them to build their own mental health strategy to suit their unique circumstances.

How does NVHS do MindMatters?

At Narara Valley High School we have fortnightly 30 minute sessions with the students that are designed by the Year Advisors and led by the roll call teachers. Once a term each cohort has a special activity that is used to support students. In Term 2, so far....

Year 12:

Relaxation and all about them: Year 12 were given the opportunity to pick 2 out of 3 activities on the day to release some pent up stress and anxiety as they head into their Trial HSC Examinations. They could play board games, do yoga and meditation or play sport.

Year 11:

S.O.S Program- drug and alcohol simulation: run by a young lady Kierah who has over 20 years of Driving experience . Students were able to walk and ride a buggy wear simulation goggles, to show what how our perception is impaired at night or under the influence of drugs and alcohol.

Year 10:

Stand Tall Assisting the youth of NSW and beyond with support and relief in dealing with lifestyle behavioural addictions, such as drug, alcohol and eating disorder dependency, all types of bullying and other forms of violence. Teaching to call out bullying and to encourage young people not to be followers of poor behaviour but to stand tall and be leaders in strong, positive decision making that will influence those around them. One massive day of positive input into a young Australian can change a life.

Year 9:

participating in a 5 session initiative **Youth Aware of Mental Health (YAM)** YAM is an innovative mental health and suicide prevention program for 14 to 16-year-olds that builds students' knowledge of mental health through role-play and interactive discussion.

Year 8 and 7 are still to do their activity.

Photos from SOS Program



WELFARE REPORT cont/-

Photos from SOS Program



Congratulations to Lachlan Rush of year 11 who has won 3 free 1 hour driving lessons from Mini School of Driving, by simply being involved and participating in such a mature way at our SOS driving program on Monday for MindMatters.



As always please do not hesitate to contact myself or any of the fabulous Year Advisors with any concerns or questions that you may have.

TRACEY BYRNE

Rel H.T. Welfare

MATHEMATICS REPORT & LIBRARY REPORT

We are getting towards the end of the term and continue to see good things happening in Mathematics. The majority of students continue to receive positive mentions for following the school values of respect, responsibility and personal best. The Mathematics faculty has issued over 4250 positive referrals this semester. Students are encouraged to continue their outstanding efforts. Although some students are becoming particularly forgetful when it comes to having the appropriate equipment for Mathematics. It is imperative that students have an exercise book, calculator and pen in order to complete the required course work.

Calculators are still a pressing issue, as some students are frequently attending classes with no calculator. This becomes an issue as we only have a limited supply to lend. Calculators are a requirement to complete course content across all years. Calculators can be purchased from the school's front office at a cost of \$23. It is imperative that all students have a calculator to complete set class work and examinations.

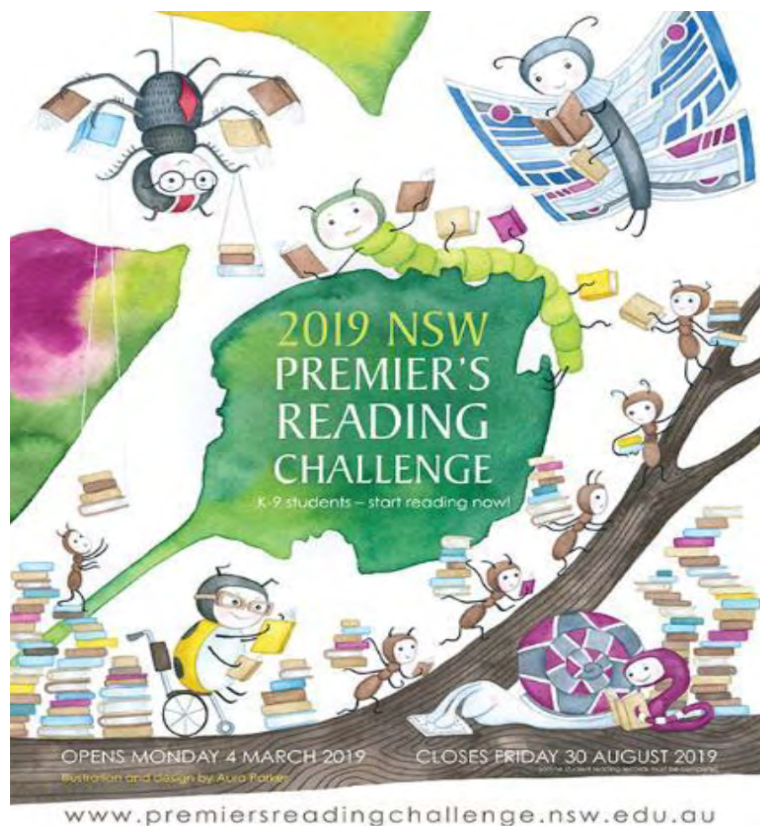
A reminder that study sessions are available for students who require additional assistance in Mathematics. These sessions are run by Mrs Air on a Monday afternoon in A5 from 2:30 – 3:30 for all students. If you are interested and require more detail please don't hesitate to contact the Mathematics Faculty.

MRS I. FORREST

Head Teacher Mathematics

LIBRARY:

A reminder that all Year 7 students have been entered into the Premier's Reading Challenge. The goal is to have read 20 books by the end of August. Happy reading over the holidays. !



PDHPE REPORT

Welcome to another instalment of PDHPE news! As we come to the close of Term 2 we offer a huge congratulations to all the students who represented the school in a variety of different sports. All students who represented the school throughout this term did so with pride, responsibility and enthusiasm and for that, I commend the student body and the staff who coached and managed these teams.

A reminder to all parents and students that PE uniform must be worn in practical classes and during school sport. This is the required equipment for the PE course.

Also a reminder to both students and parents that we participate in a variety of movement skills in PDHPE. This may include activities such as dance or yoga. These activities are part of the syllabus and therefore need to be completed so please ensure you are actively involved in all practical lessons.

NSW Premier's Sporting Challenge

Over a ten week period **Week 9- Term 2 to Week 7 Term 3 (includes school holidays)**, all students from 7-12 at NVHS will be able to be involved in this challenge. This Challenge also coincides with Year 9 PDHPE classes commencing their 'Commit to be Fit Program' in Week 9 this term, where they will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average of at least 60 minutes of activity a day for ten weeks.

Our school will be working towards a **'team roll call award'** as students have been entered into teams in accordance with their roll call classes and **individual student** achievements where students and teams at the conclusion of the Challenge will be recognised.

We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together. I have also attached with this newsletter the new Australian 24 hour Movement Guidelines for children and young people.

Students are encouraged to download the free PSC Tracker app for smart phones, to aide in recording and monitoring their physical activity levels (attached is your child's individual access code to access this app and log their physical activity levels). OR students can be issued with a logbook to record their daily physical activity (please see the PE faculty if your child wishes to have a hard copy of the log book).

Zone Athletics

Zone Athletics will be held on Monday July 1st Week 10. Students need to ensure they check the board outside the PE staffroom and see Mr Bannister for the events they are competing in.

Student Achievements

Open Boys Basketball Team

Competed in the state finals at Terrigal where they finished 4th. This is a phenomenal effort to compete against the best schools in the state and reach the semi finals of the state finals. The boys are to be congratulated on their ongoing commitment and enthusiasm. Well done boys.

Open Boys Touch Football Team

Travelled to Dubbo for round 8 of the state competition. They travelled home victorious with a hard fought 7-4 win over Dubbo College. The boys have now qualified for the state championships in Term 3.

Open Girls Rugby Sevens Team

Our open girls rugby union sevens team competed in the Central Coast Championships where they finished second overall. A fantastic effort from the girl's team, considering many do not play rugby union on a regular basis. Well done girls.

PDHPE REPORT cont/-

School Sport

Students in Years 9 and 10 have made their sports choices for this trimester. There are still outstanding fees from last trimester's sport. Please ensure all fees are paid as soon as possible.

SLR

Our SLR students have had a very busy term. We would like to acknowledge all our Year 11 and 12 SLR students who have been involved in a number of external events and congratulate them on always demonstrating our core values (Respect, Responsibility and Personal Best) when participating in them. Thank you also to Mr Koen and Mrs Ludlam for all organisation of these events.

TSP

A reminder that we are still accepting Year 7 TSP applications for 2020. If you would like any further information, please call or alternately email Deanna Beecroft deanna.beecroft@det.nsw.edu.au



Open Boys Touch Football

PDHPE REPORT cont/-



Rugby League 14's



Rugby League 15's

PDHPE REPORT cont/-



Yr 11 SLR Newcastle Knights Training



SLR Paddle Boarding



Yr 12 SLR Healthy Lifestyle Assessment

AUSTRALIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUNG PEOPLE (5 TO 17 YEARS)

AN INTEGRATION OF PHYSICAL ACTIVITY,
SEDENTARY BEHAVIOUR, AND SLEEP



Australian Government
Department of Health



PREAMBLE

These guidelines are relevant to all apparently healthy children and young people irrespective of gender, cultural or linguistic background, geographic location, or the socio-economic status of the family. Children and young people are encouraged to live an active lifestyle with a daily balance of physical activities, sedentary behaviours and sleep that supports their healthy development. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.

Children and young people should participate in a range of physical activities in a variety of environments (e.g. home/school/community; indoors/outdoors; land/water) and contexts (e.g. play; recreation; sport; active travel; hobbies; jobs). Limited time should be spent sitting. For recreational sedentary screen time, establish consistent boundaries (e.g. duration; content; quality). When using screen-based electronic media, positive social interaction and experiences are encouraged. Children and young people should establish and maintain healthy sleep patterns; this includes having a consistent bed time routine, avoiding screen time before sleep, and keeping screens out of the bedroom.

Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, mental health and quality of life, emotional regulation, and pro-social behaviours. Adhering to these guidelines may be challenging at times; however, the benefits of following them far exceed potential harms. For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended.

These guidelines were informed by the best available evidence, expert consensus, stakeholder consultation, and consideration of values and preferences, applicability, feasibility, resource use (cost) and equity. More details on the guidelines, including the background research, and their interpretation and guidance on how to achieve them, are available at www.health.gov.au.

GUIDELINES

For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities;
- Several hours of a variety of light physical activities;
- Limiting sedentary recreational screen time to no more than 2 hours per day;
- Breaking up long periods of sitting as often as possible;
- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years; and
- Consistent bed and wake-up times.

Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.

For greater health benefits, replace sedentary time with additional moderate to vigorous physical activity, while preserving sufficient sleep.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

July School Holidays Activities (Flyer)



July School Holiday Activities

Get the kids active for the winter school holidays with one of our exciting activities on the Central Coast!

Activity / Location	Dates	Time	Cost
Archery (indoor) - Gosford	8 July or 15 July	12pm – 2pm	\$20
Gymnastics (indoor – 2-day) - Tuggerah	8-9 July or 15-16 July	12pm – 2pm	\$30
Parkour (indoor) - Tuggerah	9 July or 16 July	2pm – 4pm	\$20
Tennis (3-day) – Gosford	8, 9 & 10 July or 15, 16 & 17 July	9am – 3pm	\$140

Book online or call the numbers below:

🏠 Central Coast Regional Office
C/- Ourimbah Campus,
Brush Road, Ourimbah 2258

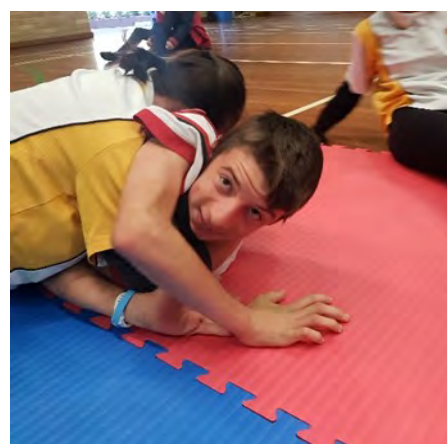
☎ 02 4348 6700 or 13 13 02

🌐 sport.nsw.gov.au/events &
then search by Central
Coast Region



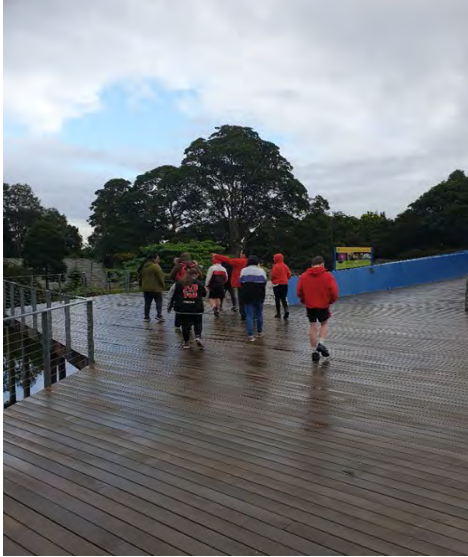
SUPPORT UNIT REPORT

Students from Support Unit participated in the Henry Kendall Come Try Sports Day. All students who attended were able to try a multitude of different sports. They all had a great day and we love supporting Henry Kendall HS on this day each year.



SUPPORT UNIT REPORT cont/-

Our community Access days have been awesome. Each fortnight we go out into the community to somewhere where we haven't been and experience that area or place. Sometimes we do art and sometimes we bushwalk or fish or swim – depending on the type of activity available and of course very weather dependent. At all times we have fun experiencing things outside of school!!!



SUPPORT UNIT REPORT cont/-

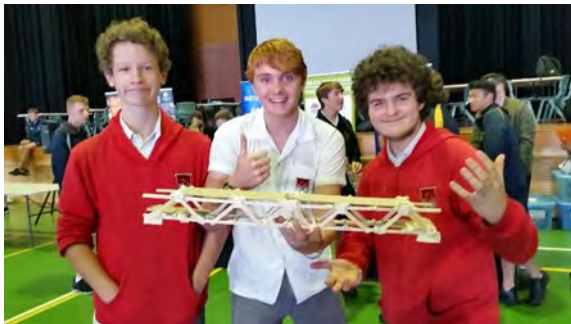


SCIENCE REPORT

Science and Engineering Challenge

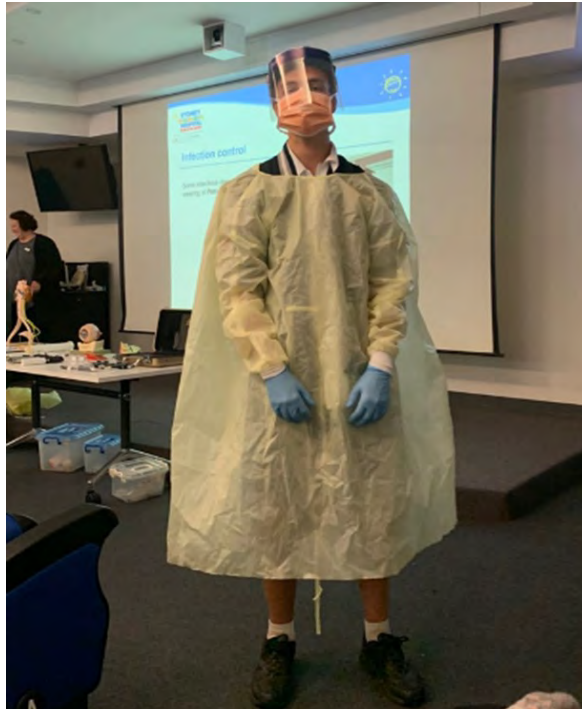
On Tuesday 25th June, a number of Year 9 and year 10 student participated in the Science and Engineering Challenge held at St Edwards College. The students participated in a number of problem solving activities including bridge building, development of a bionic hand, code breaking and developing suspension for a Mars Rover vehicle.

A number of groups came first or second in their particular activity and all students enjoyed the day whilst learning about Science and Engineering skills and career opportunities.



SCIENCE REPORT cont/-

Biology Report



Year 12 Biology excursion reinforced their content knowledge receiving expert lectures from Nurses, Doctors and Specialist at the Sydney Children's Hospital. Students learnt about Disease control, examples of infectious and non-infectious diseases plus cutting edge technology in medical science. Once again these wonderful students demonstrated the school's PBL values of RESPECT, RESPONSIBILITY and PERSONAL BEST.

CAROLINE O'HARA

Rel. HT Science

PBL RAFFLE WINNERS

Years 7—12	Seniors
<u>Respect:</u> Jacob Syiemiong	<u>Respect, responsibility and personal best:</u> Anita Rumore
<u>Responsibility:</u> Caitlin Stewart	
<u>Personal Best:</u> Saxon Moore	

Congratulations to the above students for demonstrating our PBL values and winning the raffle. Each student won a \$10 canteen voucher!

Over the past fortnight, the following number of students have received positive referrals:

Respect = 179 students, Responsibility = 163 students & Personal Best = 210

Total of PBL's given this fortnight = 552

All students who have received only positive referrals this term will be eligible to collect a Chupa Chups lollypop in week 10. This is a big achievement for all eligible students!



“In 1969, Dali was approached to design a new Chupa Chups logo, and the result became as instantly recognisable as his melting clocks. Dali incorporated the Chupa Chups name into a brightly coloured daisy shape. Always keenly aware of branding, Dali suggested that the logo be placed on top of the lolly instead of the side so that it could always be seen intact.”
Quoted from BBC’s Modern Masters: Dali, Chupa Chups logo

TAS/VET REPORT

We have had a very busy term here in TAS. HSC students are in the final stages of their Industrial Technology Major Projects which are due in August. HSC VET students are working towards completing their competency-based work and the achievement of their Certificate Qualifications in their respective vocational areas. These students have also almost wrapped up their first rounds of Work Placement in their respective areas. Year 7/8 students have successfully completed another term in Technology Mandatory and are looking forward to rotating through their next round of content next semester. Stage 5 students are well into their elective subjects and have been developing skills and knowledge effectively, demonstrating enthusiasm and enjoyment along the way.

The TAS/VET staff were happy to see so many parents/caregivers and students at our Subject Selection Evening. We look forward to working with your students and providing them with opportunities and experiences across the wide range of study options that TAS/VET have to offer in the near future.

We are also excited to see our new technology learning space in the TAS area which will provide an air conditioned computing space for our students to use starting next term.

Students in TAS this month...

Agriculture & Primary Industries students 2019 Cows Create Careers Competition – Winning Senior School Hunter/Central Coast Region. These students won \$500 for our school. Congratulations to Kiara McCaw and Jeena Starkey for winning the award for best senior student entry for the Hunter Central Coast region. Kiara and Jeena won themselves a \$30 iTunes voucher each. Well done to all students involved this year on a fantastic effort.



TAS/VET REPORT cont/-



CAREERS & TRANSITION

This semester has been a busy one in the Careers and Transition office, with Term 2 being especially full on. This is the term where the University Admissions Centre open up the portal for students to apply for University courses. Mrs Twomey and Ms Green have been busy guiding students through the process and assisting with Early Entry applications.

Year 10 have been focussed on their future with several events in place to assist. CAT Chat in Week 3 this term, along with a talk by the Australian Defence Force, gave the students the opportunity to speak with representatives of various trades and industries. They have also been busy investigating choices for subjects in Year 11 and 12, working out their patterns of study, making choices as to ATAR or non ATAR subjects. Careers lessons have been spent identifying students interests, skills and qualities to assist with the process of deciding which subjects offer the best course for success. The key is to choose subjects that students are interested in and enjoy.

Part of the process included the Parent Information Evening on June 19 which enabled students and parents to speak directly to teachers to find out what subjects were all about.

Students and parents will be involved with the Subject Selection Interviews in Week 10 where teachers who have been updated in the NESA requirements for the HSC and ATAR will be able to check over the subjects chosen and ensure it meets the needs of students and their aspirations for their senior years at school.

To assist both Year 10 and 12 with their decision making (and give interested Year 11 a head start) 50 students from across the 3 year groups attended the Central Coast Careers Expo at Avondale College in Cooranbong. Mr Dwyer and Ms Green escorted the group who were entertained by the SkillsOne presentation that gave a brief background to the future workforce, accompanied by a musical performance. Following on, there was the Expo where an extensive number of displays and information stalls were set up by industry groups, trade organisations, universities and further education institutions.



Throughout the semester there have been other opportunities provided by the Careers team to assist students. The Central Coast Secondary School Mentoring program has had 7 mentors that have worked closely with 11 students enabling them to organise work experience, discuss career options, investigate further study options and engage with the education process.

Georgia Polous, a member of the Year 10 Mentoring Program, is interested in Ancient History and Archaeology. Her excellent mentor, Ian Potter, contacted the Australian Museum to enquire if somebody would be willing to meet and discuss:

- HSC subjects
- University selection
- Careers in Archaeology

CAREERS & TRANSITION cont/-

On Friday 3 May, a group of students including Georgia, along with Ms Green and Ian, headed down to Sydney to the Museum. While some of our students visited the museum exhibits, Georgia, Ian and Ms Green met with Ashleigh Harrington (Expo Coordinator and Educator, Science Engagement and Events | Engagement, Exhibitions & Cultural Connection)



Ashleigh's background is a Bachelor of Arts - Majoring in Museum Studies & Rome, Greece & Late Antiquity (minor in anthropology) and a graduate certificate in educational studies. She did archaeology subjects as part of her undergraduate degree and undertook an archaeological dig in Menorca.

Ashleigh provided an insight into her career, from high school student in Wagga Wagga to working at the Museum, in what she termed her 'dream job'.

The parting advice Ashleigh had to offer is what all students need to realise "Year 11 and 12 do not define you" students need to remember: no matter what happens, there is always more than one way to achieve your dreams – so dream big, work hard and make it happen!

The YES program offered by TAFE strives to assist students re-engage with the school system by offering taster courses for various trades and services. Selected Year 10 students had the opportunity to discover what was involved with Animal Care, Childcare, Make Up and Hair, Hospitality, Automotive and Plumbing across TAFE campuses at Gosford, Ourimbah and Wyong.

A number of students from Year 10 – 12 have taken the opportunity to participate in work experience which has assisted them with the difficult decisions regarding their future. Work experience is invaluable in giving a hands on look at what different occupations involve – both the positive and negative aspects – and is highly encouraged for all students who may be undecided where their real passion lies.

So as this very busy semester comes to an end, students and parents are reminded that the Careers office is always open (except when Ms Green is on class) so drop in for a chat or schedule a Career Check-up Chat.

TANSIA GREEN

Careers Advisor

CLEAN 4 SHORE

Students from Years 9-11 Marine Studies along with Mrs Rolfe and Ms Martin took part in our third Clean 4 Shore day for 2019. The students, most of who are veterans now, collected 520 kilograms of litter from waterways and mangroves around Fagan's Bay and Spider Island. The litter collected included 25 bags of polystyrene, plastic bottles and other small items, 17 car tyres, the front bumper of a car, buckets, milk crates, oyster products and a large commercial fish trap.

As an outcome of our regular engagement with Clean 4 Shore and its operator Graham Johnson (Jono) one of our students has now taken on work experience. This Year 11 student completed his first day in Week 8 and by all accounts Jono and our student had a very successful day working to support NSW National Parks and Wildlife Service and Central Coast Council to clean up an illegal dump site in Gwandalan Reserve.



YOUTH ARTS WAREHOUSE Flyer

THE YOUTH ARTS WAREHOUSE PRESENTS
AN ALL AGES, DRUG & ALCOHOL FREE LIVE MUSIC EVENT

METRO Fest

GOLD MEMBER
THE MOVING STILLS

SUPPORTED BY
LOOSE LEECHES
TURTLE CUSTARD & AW HECK

FRIDAY 26TH JULY
YOUTH ARTS WAREHOUSE
123 DONNISON STREET, GOSFORD
6PM - 10PM
\$10 PRESALES - \$12 ON THE DOOR

FOR TICKETS
[EVENTS.HUMANITIX.COM.AU/METRO-FEST](https://events.humanitix.com.au/metro-fest)

FOR MORE INFO
[YOUTHARTSWAREHOUSE.COM.AU](https://youthartswarehouse.com.au)

@youthartswarehousegosford @metro.fest

NARARA CRICKET CLUB Flyer

Narara-Wyoming Cricket Club
Founded 1898



Get into cricket this season!!



REGISTRATIONS are OPEN 1.7.2019

NWCC will field teams in the following:
Senior and Junior Competitions
Ladies T20 and Girls T20 Competitions

Register online for 19/20 Season by visiting:
www.playcricket.com.au
Enter '2250' as your postcode & select
'Narara-Wyoming Junior Cricket Club'

To find out more contact:
- Check us out on Facebook @ Narara-Wyoming Cricket Club
- Send us an email nwcc@outlook.com.au