



# Narara Valley High School

## Newsletter No 15

27th September 2019

### Coming Events:

14 Oct - School returns - All years  
16/18 Oct - Sustainable Biomes  
Excursion Yr 9  
25 Oct - Life Choices Foundation  
Yr 8  
28 Oct - CAPA Audition 2020 Yr 7  
28-30 Oct - Yr 7 & 10 Yearly Exams  
30 Oct - Riverside Dance Theatre  
Excursion

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### PRINCIPAL'S REPORT

Dear School Community,

As Term 3 draws to a close, and being my first few months at NVHS, I can only reflect with amazement on how quickly this period of time has flown by. The school has continually seen a huge amount of events this term and activities which provide great opportunities for our students. This week is the culmination of thirteen years of schooling for our Year 12 cohort; a massive achievement for many and one that will deliver some mixed emotions.

#### Farewell Year 12

Our most senior students have concluded their face-to-face time at Narara Valley High and will now face the challenges of the HSC exams and ultimately life. It was truly pleasing to share this last term with our students and we are looking forward, along with their families, to the Year 12 Formal in November. As our students move forward I remind them of three key things:

- The first is it's not over yet. You still have exams to prepare for and you need to stay focused on the end goal of marks good enough to get you to your destination.
- The second is your personal responsibility to the community. You have an opportunity to move into adulthood and become a productive member of our community. Someone who gives back in their job, to a local group you are involved with and socially as a possible mentor to other young boys and girls.
- Lastly, always know where you came from and show gratitude for the people who have helped you get here.

I would like to congratulate our students and their families on reaching this stage of schooling. It is a remarkable accomplishment and we wish you all the best for the HSC exams and your futures.

I wish everyone a safe and happy Spring holiday time. I hope that you have an opportunity to spend time with those closest to you; I hope that you can relax and refresh. If you are travelling at any time, please be safe in your journey.

## PRINCIPAL'S REPORT cont/-

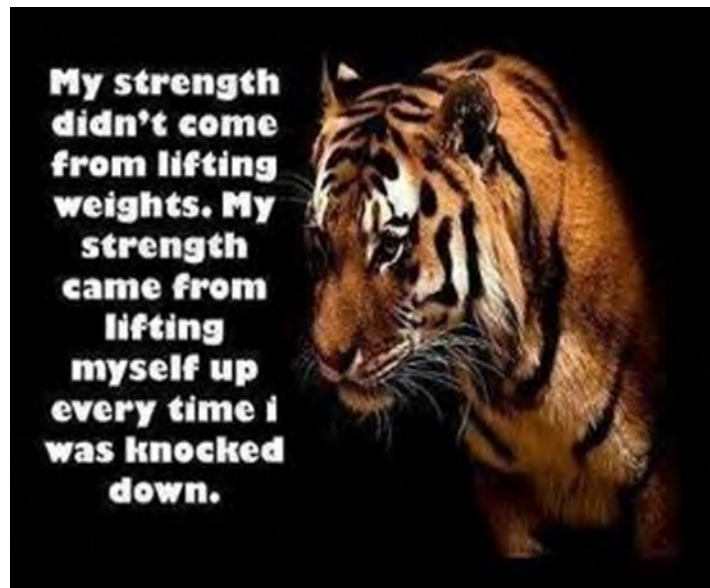
*When life is at its busiest and when I may be searching for perspective on how to move forward, I often think about times when I personally struggled.*

*Remembering the hardships, I may have faced, remembering the feelings of loneliness or the moments when all seemed lost. We all have these times.*

*What makes the difference is your response.*

*The only way forward is to pick yourself up and go again. If it hurts, then you know you are alive, and you should then know there is still opportunity.*

**YOU ALWAYS HAVE THE OPPORTUNITY TO SUCCEED.**



**MICHAEL GIBSON**

*Principal*

## DEPUTY PRINCIPAL'S REPORT YEARS 7 & 8

It has been a very busy Term Three. I would like to congratulate Year 7 and 8 on how well they have been engaged in their learning and continued to uphold our three school core values of Respect, Responsibility and Personal Best. This past fortnight saw our Year 8s being involved in the Reachout Program. All students' involved were actively involved and it was a huge success. A big thank you to Mrs Sellers and Mr Bush for organising this as well.

Also, in Year 7 it was lovely to see yet again some more creativeness demonstrated in 7 Tech classes. There were some fabulous pillow designed and created by our students. Captured is Jacob Whybrow in Year 7 showcasing his great design.

Year 7 have also been very busy completing their Roman Games Assessment Task. Congratulations to students and staff on your creativeness, commitment and thought provoking tasks.

### Congratulations to our three PBL raffle winners;

*Jade Estaban Year 12  
Dylan Macdermid Year 9 and  
Jeena Starkey Year 10*

All three students have been recognised for their commitment to our school's three core values of respect, responsibility and personal best during the last fortnight.

I'd like to also take this opportunity to wish our 2019 Year 12 students' the best of luck for their HSC Examinations scheduled for next term and also wish all our students' a restful school holiday break.

### DEANNA BEECROFT

Rel. Deputy Principal (Year 7/8)



## DEPUTY PRINCIPAL'S REPORT YEARS 9 & 11

Term three has been a busy one for all. Year 11 have finished their exams and the Preliminary Year of study and will start their HSC after the holidays. Any student wishing to reduce the number of units they will study for the HSC will need to get a note from their parents, collect a yellow change of course form and see Mrs Forrest. Courses will not be removed from a student timetable until week 3. This needs to be a carefully considered decision due to the impact on the final HSC results. If anyone is unsure I am more than happy to talk through options.

Year 12 courses start day one next term. It is vital students ensure the best possible HSC by keeping up to date, attending all lessons and asking for help when needed.

Year 9 have had a great term and have generally been working well. Term 4 will see yearly exams and students are encouraged to prepare for these to gain the best possible results. NAPLAN results will also be distributed as soon as the school, receives them.

School leaders are reminded to have their camp notes in to Mrs Forrest before the end of term. Leaders camp is the first week of Term 4 .

School uniforms are sold in the front office, if anyone requires new items this can be done online, over the phone or students can purchase themselves. Any donations of second hand items are always welcome. These are usually given to students in need or when uniform emergencies arise.

Students in Years 8 and 10 will have their 2020 subject selections published early in Term 4. Any student who needs to discuss their subjects can see me to sort out any issues.

### **SAMOAN FORREST**

Deputy Principal (Year 9/11)



## DEPUTY PRINCIPAL'S REPORT YEARS 10 & 12

### Year 12 Report

Congratulations Year 12 on an amazing six years of Secondary Education. As a cohort they have role modelled the PBL values of the school right up to the very end. They remained focused during their last lessons, celebrated with their peers and staff during their activities days and showed poise during their Presentation Ceremony. I would like to acknowledge the hard work and support provided by their Year Advisors, Mr Howe and his assistant Ms Grundy.

In the last fortnight I have reminded Year 12 of the Rules and Processes of the HSC Examinations. Here is the link if you would like to review them too: <https://www.educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/rules-and-processes>

In addition to this students have been reminded that they need to log into their NESA Student Online account and update their school issued email details to a personalised email account in order to access this site after the HSC Examinations. Here is the link to complete this process as well. <https://studentonline.nesa.nsw.edu.au/>

During the school holidays there will be some HSC Workshops available for students to attend. Class room teachers have communicated this information to their classes. We would like to thank our dedicated staff for providing students with this ongoing support during their holiday period.

Parents and carers have been emailed out with the final account balances for fees that have been accrued by students. We appreciate those parents who have already completed these payments and those who have contacted the school to organise payment plans to cover the costs. If any parents/carers would like to discuss fees they can contact the school office on 43 29 3780.



## DEPUTY PRINCIPAL'S REPORT YEARS 10 & 12 Cont/-



### Year 10

During the last few weeks of Term 3 I have been working with Year 10 students on ensuring that they meet the requirements of the RoSA by clearing any n-warning letters that have been issued to them. If your child has an n-warning letter they need to discuss the requirements with the class teacher and Head Teacher of the faculty that issued the letter. If your child has a n-warning letter that you would like to discuss please contact me during school hours. I am always happy to talk to parents and support our students to achieve their personal best.

Year 10 have had a busy term with lots taking the initiative in completing their first Work Experience. If any Year 10 student would like to do Work Experience during Term 4 they need to see Ms Green in the Careers Office to get a copy of the paperwork. If students don't have employer contacts in the field that they are interested in, Ms Green may have a contact that she can connect the students with.

The PE Faculty recently held a day of seminars for our Year 10 students. Aptly named 'Risky Business' it supported the content that students have been learning during their PDHPE lessons this term. During the day the students attended a range of sessions on sexual health and safe partying, and their attitude and behaviour were faultless. Awesome effort Year 10!

In closing, it has been my absolute delight in being the Relieving Deputy Principal this term. It was always going to take some adjustments for students with Mrs O'Heir being appointed Principal at BWSC – Umina but I have loved working with students and their families this term and I look forward to continuing in this role next term.

Have a happy, safe and relaxing holiday.

### **AMANDA BARRALE**

Rel. Deputy Principal (10/12)



## WELFARE REPORT

### Youth Frontiers: Raising Awareness & Funds for Youth Mental Health and Headspace

On Thursday of Week 9, several months' worth of planning came to fruition for one of our Youth Frontiers groups. Michelle Menier, Sarah Swindale and Eugene Young planned and executed a very successful whole school mufti day and a bake sale to raise awareness and funds for a very worthy cause – youth mental health. They raised \$710 on the day, which will be donated to Headspace.

Congratulations to this team, and a huge thank you to their mentor, Dorothea, who has been so generous with her time in supporting our students. A big thank you also to Brianna Woods, Chelsee Shaw and Ami-Lea Fitzpatrick who helped the team out on the day, as well as to all staff and students who brought in items to sell at the bake sale.

Headspace is an invaluable service for the Central Coast, with centres at Gosford and Lake Haven. The centres are free (or low cost) and provide support for:

- Mental health. Clinical mental health professionals are available to provide support, treatment and management plans for a variety of mental health concerns.
- Physical and sexual health. Many centres have on-site GP's who provide young people with a safe, confidential and judgement-free place to seek medical advice and treatment.
- Alcohol and other drugs. From providing information to treating addiction, alcohol and drug counsellors are available to address the complexities of alcohol and drug issues.
- Work and study. Counsellors and vocational workers are available to assist with a range of life skills, such as: managing workloads, dealing with stress, preparing job applications and career planning.

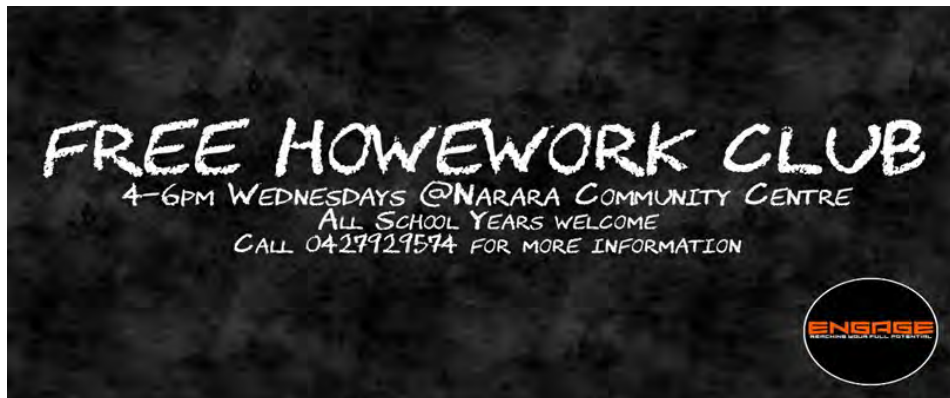
Headspace also provide free online and telephone support and counselling to young people who are going through a tough time and their families and friends. More information about Headspace can be found at: <https://headspace.org.au/>



## WELFARE REPORT cont/-

### Engage- Free Homework Program in Narara

The organisation Engage (a part of the Turning Point Foundation) are re-starting their homework program, which will run out of the Narara Community Centre from 4pm - 6pm on Wednesday afternoons. This program is free and is for any students of any age. They are inviting any young people or parents of young people from our school to go along and see how they can help them or their child with assignments, homework or preparing for assessments.



### R U OK? Day and Reach Workshops- Year 8 and Year 9

On Thursday, 12<sup>th</sup> September, Year 8 and Year 9 students participated in workshops for R U OK? day, which were generously fully funded by The Reach Foundation. The response to these workshops by both students and staff have been overwhelmingly positive and we are exploring further opportunities to work with The Reach Foundation in the future.

**R U OK? day** is a powerful reminder of the questions we need to be prepared to ask our young people when we notice that they may be going through a difficult time. We don't always have a great deal of spare time in the day, but try starting a simple routine with your child where you spend at least five minutes just focused on them each day, with no other distractions. They might take some time to open up, but the great thing about a routine is that they will come to expect it and know it is their time with you, which can lead to openness and further building on positive relationships.

I have included some resources below which may be useful for young people and their families who are experiencing mental health concerns. A General Practitioner (GP) or Paediatrician are also great starting points.

- For parents/families:

'Ask Izzy' website to utilise for services and supports in the local area: <https://askizzy.org.au/>

Family Referral Service (ph: 1300 006 480)

Mental Health Support line (ph: 1800 636 825)

Parent Line (ph: 1300 130 052)

- For young people:

Kids Helpline (ph: 1800 551 800)

eHeadspace: <https://headspace.org.au/eheadspace/>

Headspace (ph: 1800 650 890)

ReachOut website: <https://au.reachout.com/>





## WELFARE REPORT cont/-

Thank you Mr Howe!



The Welfare Team would like to offer their congratulations and gratitude to Mr Howe for his dedication and hard work with the graduating Year 12 class of 2019. He has been Year Adviser to this cohort since they started Year 7 in 2014 and has been tireless in his efforts to support and enrich the welfare of all of the students in his year group. We would also like to offer our thanks to Ms Grundy, who has been the Assistant Year Adviser to this group.

### MISS COHEN

(Rel. Head Teacher Welfare)

## MESSAGE FOR YEAR 12

Year 12 finished their final term at school with a action-packed and fun-filled week of activities including a pyjama mufti-day, a student action, music concert and of course graduation ceremony. Having been their Year Advisor all the way through from Year 7 to Year 12, I am immensely proud of the hard-working, kind and compassionate young men and women they have become and I wish them all the very best of luck, firstly in their HSC's in October and then in their future careers.

### MR HOWE

(Year 12 Year Advisor)

## ENGLISH REPORT

We have had a number of new students introduced to debating in Stage 6. The developing skills of Mackenzie Squires, Zac Bryant, Keegan Morley, Bronte Leadbitter, Sam Ray, and Jaymi Jarvis bode well for debating in 2020. The teams performed admirably against some very strong opposition and were able to win a few rounds within their zone.

Our Stage 5 went undefeated and won their zone. The team of Caitlyn Dixon, Caitlin McEwan, Ash Ajay, and Olina Case advanced to the regional semi-final where they lost a close decision to Merriweather High School. It was pleasing to see Olina Case selected for the Combined Regional Debate team where she will compete alongside students from Gosford High School, Merewather High School, and Lambton High School.

Our Year 8 team have won all three rounds in their zone and we wish them well as they advance to compete in a zone qualifying final.

Well done to all students who have competed in the Premier's Debating Challenge in 2019. Onwards and upwards in 2020!



## ENGLISH REPORT conti/-

### Write a Book in a Day

Two teams of students from NVHS recently participated in the *Write a Book in a Day* competition. Students from Years 9 and 10 attended Lisarow High School along with other teams from schools in the Valley Schools Network. Their mission was to write, edit and illustrate a 5000 work book from start to finish - all in 12 hours. To add to the fun and intensity, special parameters are downloaded on the morning of the event which decide setting, characters and conflict.

The finished books are donated to children's hospitals all across Australia. Funds raised through sponsorship go to *The Kids' Cancer Project*, a national charity to support scientific research to help children with cancer.

In this year's competition, 440 schools and writing groups raised \$472, 417 for this valuable initiative.

Thanks to Ms Grundy for her organisation and mentoring of students as well as Mr Cajic who gave design advice.

### English

- **Year 9 English** have finished their novel study and have received their interview assessment back. They are now studying *Voices in Poetry*, looking at how different cultures represent their perspectives. They will be assessed on this in the exam.
- **Year 10 English** have completed their Poet Study where the assessment task was a visual representation of ideas and a reflection statement on the choices they have made to construct their visual piece. Some excellent creations have been made by students showing engagement with the poems. They are now looking at short stories. They will write their own in the upcoming exam.
- **Year 11 English Advanced, English Standard** have completed their final topic, critical and close studies of a text: Shakespeare's *Othello* for Advanced, and either the Australian play *Blackrock* or *Jasper Jones* for Standard. Their examination responses have shown strong engagement with the societal issues of the texts and how relevant they are to today. The formative assessment has aided students in gaining feedback this term on how they demonstrate their understanding in analytical responses.
- English Studies have been studying *Digital Worlds* this term and submitted a portfolio for assessment. As with all the topics in this course, it is highly relevant.
- **Year 12 English** are finishing their schooling with a consolidation of learning by revision and practice tasks. Students are encouraged to access the NESA site for Exam Packs of previous HSC exams and marker feedback and advice.

## DRAMA REPORT

- **Yr 12 Drama** have been marked for their HSC performances and Projects. To prepare, they presented a great night of performances for their friends, families and staff.
- **Yr 11 Drama** have just presented their final performance and project assessment during exams. The teachers were thrilled with the effort and quality from students.
- **Year 10 Drama** are working on their extended responses to prepare for exams as well as a Dreamtime scenario.





## PDHPE REPORT

Welcome to another instalment of PDHPE news! The end of Term 3 has rapidly approached and we are now looking forward to a relaxing two-week break! It has been a very busy and productive term for all of us in PE with some outstanding sporting results and classwork occurring throughout the term. We are saying goodbye to our fabulous Year 12 students and congratulate Year 11 on completing their preliminary course.

- TSP trials were held in week 3 and we have accepted some exceptional talent for next year's program. If anyone is interested in applying we still have slots open for next year. Please see Mr Neate for more information.
- A reminder to all parents and students that PE uniform must be worn in practical classes. This is required equipment for the PE course.
- All sport fees must be paid ASAP for the remainder of the year and any previous fees that may have been missed.

### CHS Athletics

- Jeremy Belcher, Lachlan Rayner-Badior and Jarrod Rayner Badior represented NVHS as part of the winning CHS Touch team. Awesome result boys!
- George Wells finished with a gold in Discus, silver in shot put and bronze in javelin. An exceptional effort from an amazing athlete. Well done George
- Hannah Bolton competed in the 3000m walk and we are awaiting her results.
- Eli Taylor finished 4<sup>th</sup> in high jump. Well done Eli.

### TSP

Our TSP students competed in the second gala day of the year against Lake Munmorah, Terrigal and Wyong High Schools on Tuesday of week 8. It was a fantastic day for our students to showcase the skills they have developed throughout the year and see how they stack up against other schools. Unfortunately we didn't come away with any wins, however all the students in touch football, rugby league, soccer, netball and basketball reflected the PBL values of NVHS and ensured they participated to the best of their ability.

### Staff vs Students

Our annual battle royal with Year 12 takes place in Week 10 of this term. The staff will no doubt dominate netball, basketball, dodgeball, soccer and oztag, which is a fitting way to say goodbye to those students who we have taught over the last 6 years.

As per usual the students believe they have a chance, however experience will always beat enthusiasm.

Good luck to all involved.

### School Sport

#### Year 9 & 10 Sport

Year 9 and 10 sport choices have occurred for the remainder of the year. Could I please ask that all outstanding fees are paid ASAP.

#### Sydney North Trials

If any student wishes to trial for Sydney North please see Mr Koen in the PE staffroom, however be aware only those who are already playing representative sport should trial. The following trials will be occurring soon.



## BUSINESS STUDIES REPORT

As part of their final HSC revision on finance, Year 12 Business studies played the 'Balance Sheet Dating Game'. Students working in groups had 5 minutes to analyse a balance sheet, calculating both liquidity and solvency ratios, as well as considering the implications of factors such as intangible assets. They repeated this for five balance sheets, and then had to decide on which company they would buy and why based on their analysis.

This helped students consider all aspects of the balance sheet, as well as developing the quick thinking skills needed in the exam.



## MATHS REPORT

On the 12<sup>th</sup> of September Mr Wickert organised a great day of healthy and fun learning for the National Health and Physical Education Day. Students in his Year 7 and 8 classes participated in a treasure hunt, collecting health treats of fruit and vegetable snacks for their great problem solving efforts and teamwork. It was an interesting moment when students eagerly ran off to solve maths questions with such vigour. Well done to these students for their willingness to participate. I would like to thank Mr Wickert for his enthusiasm and Mrs Clift for sharing her resources. Both teachers are to be commended, on their efforts to ensure students are provided with different learning opportunities.

Teachers have been busy marking assessments as listed in the previous newsletter. Students are encouraged to look at these tasks with care and reflect on areas of strength and weakness. Teachers are happy to discuss individual results with students and suggest ideas on how to improve maths skills.

Year 12 students are encouraged to plan a thorough program of revision in preparation for the HSC exams next term. To consolidate skills and knowledge students can review past school- based assessments and teacher feedback. Furthermore, completing past HSC exams is highly recommended and an important component in HSC study. Marking papers and reflecting on errors needs to take place and writing summaries of key points could prove beneficial as students manage many concepts across numerous subjects.

I hope all students enjoy a safe and happy holiday.

### CAROLINE LEONARD

(Relieving Mathematics Head Teacher)

## TAS REPORT

We have come to the end of another busy term. Congratulations to all our students for their hard work and continual effort over the past weeks. We have seen some great projects, class work being generated, and some excellent skills being developed. We would also like to especially congratulate students of Year 12 who have been working hard over the past 2 years to complete major works and achieve Certificate Qualifications. The TAS/VET staff would like to wish them all the best for the future and good luck to those sitting the Higher School Certificate Examinations.

The Yr 12 Hospitality class completed their course with a dining extravaganza organised for their parents and family. The event was set up as Nation Stations and the students cooked dishes, served in finger food sizes, relating to either Asia, USA, South America, Europe and Australia. The students worked extremely hard during the day to prepare the dishes which were then cooked and served to guests in our impromptu indoor (due to weather!) market with mocktails. It was an awesome finish to the year and Ms Green would like to extend her congratulations to the students, she is so proud of all them and wishes them every success for their future adventures.

We hope everyone has a wonderful, restful break and look forward to seeing everyone next term.

### Stuart Harvey and the TAS/VET team



Grace Bryant major work submission Industrial Technology Timber .



Cassie Elborn and Deanna Borg (Yr 11 Primary Industries) preparing homemade chips with potatoes grown on the school farm.



## CAPA REPORT

### Dance

Congratulations to Ryleigh Beggs of Year 10 who performed in State Dance Festival as part of the Central Coast Senior Regional Dance Ensemble. The Festival showcases these students in six diverse performance programs throughout the week-long festival. The programs highlight the range of styles explored through the study of dance in public schools.

Each performance reveals the determination of students and teachers to explore the art of dance and to achieve performances of the highest quality. These performances are underpinned by technical training, stamina, creativity, confidence, cooperation and respect for one another fostered by their dedicated and talented teachers.

The Central Coast Senior Regional Dance Ensemble features elite dancers from across Central Coast public schools. They performed a work called "Head Above Water" choreographed by Tina Harridge, Emily Proust and the students themselves. Well done Ryleigh for representing the school in such a prestigious dance event!



### Music HSC

Congratulations to our talented Year 12 Music Students – **Nathan Ball, Rylan Broadbere, Jess Carter, Taeya Davison, Mia Gillard, Mitchell Hall, Darren Thai, Duncan Thomas, Laura Warden and Breanna Young** – who completed their HSC Music Practical exams on Friday 20<sup>th</sup> September. These students performed all 4 of their HSC practical performance and musicology pieces, and submitted musical compositions also. They have been working tirelessly on these pieces since the start of the year and are to be commended for their professional and enthusiastic approach to this part of their exams. Well done everyone!



## CAPA REPORT

### NVHS Concert Band

The Narara Valley High School Band are a fun-loving group of musicians who rehearse weekly on a wide variety of concert band music. We share a love of music and a desire to share this interest with our community by enriching the community culture through performance.

The repertoire of the band includes a wide variety of musical genres that would appeal to any age group, from Classical to popular tunes, including movie themes, jazz, big band, show music, military marches, as well as the compositions of local composers.

The band's members span from years 7-12, and we are always looking for new members to come and join us. The band meets weekly on Monday afternoon from 2:30pm to 4:30pm in the Performance Space. New members of all experience levels are always welcome!

For more information, please see Mr Ross in the CAPA Staffroom.



### 2020 CAPA Auditions

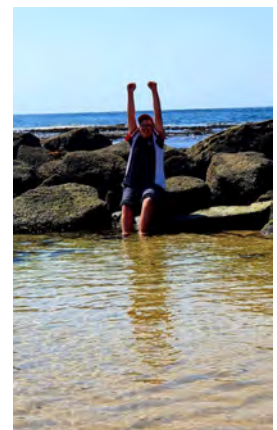
Auditions for places in the 2020 Year 7 and Year 8 CAPA classes will take place on Monday 28<sup>th</sup> October from 9-10.30am. Any Year 7 students interested in transitioning to the CAPA class in 2020, or any students with Year 6 siblings interested in a place in the Year 7 CAPA class in 2020, should see Ms Akhurst in the CAPA Staffroom for more information.





## SUPPORT REPORT

Week 8 Community Access Day was at Koala Park where we got to play Frisbee Golf at San Remo and then off to Norah Head beach activities for some fun in the sun!!





## SUPPORT REPORT

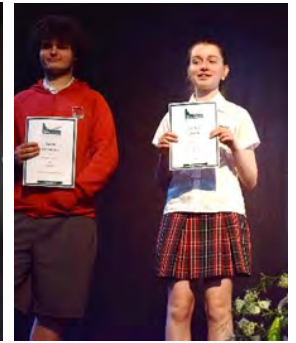
Our Enrichment classes are going full steam ahead with lots of learning and fun happening in each lesson.



On rainy school days we always find something to do that is entertaining.....







## *Narara Valley Students Shine*

*at*

*Valley Schools Presentation*

*Monday 2<sup>nd</sup> September*

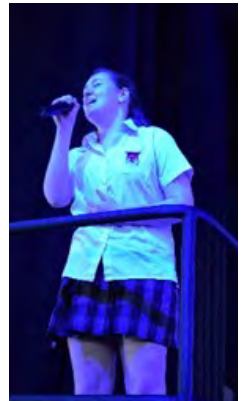
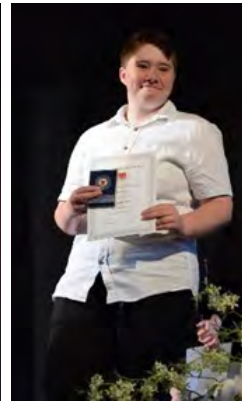






## *Year 12 Graduation*

*26<sup>th</sup> September 2019*





## PBL WEEK 8 WINNERS

**Respect:** Jeena Starkey (Year 10)

**Responsibility:** Jade Estaban (Year 12)

**Personal Best:** Dylan Macdermid (Year 9)

Congratulations to the above students for demonstrating our PBL values and winning the PBL raffle.

We have a total of **490** students who have not received any negatives this term and will be receiving a chuppa chup. To break the numbers down further here are the year groups:

Year 7 = 90 students with no negatives this term

Year 8 = 75 students with no negatives this term

Year 9 = 47 students with no negatives this term

Year 10 = 58 students with no negatives this term

Year 11 = 106 students with no negatives this term

Year 12 = 114 students with no negatives this term



Below are some of the positive things happening in and around our school at the moment:



Good luck to **Dylan Macdermid** on his 'Great Cycle' journey to raise money to fight kids' cancer.

What an amazing initiative, you make NVHS very proud!!!



Well done to the students who consistently take pride in being part of the Narara Valley High School community by displaying the PBL values. The teaching staff, community and student body are very grateful for every positive action that you make.

Well done and keep up the good work!

## OFFICE OF SPORT



## Spring School Holiday Activities

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

Activity / Location	Dates	Time	Cost
Archery (indoor) – Gosford	30 September or 8 October	12pm – 2pm	\$20
Gymnastics (indoor – 2-day) - Tuggerah	1-2 October or 8-9 October	12pm – 2pm	\$30
Parkour (indoor) - Tuggerah	1 October or 8 October	2pm – 4pm	\$20
Sailing – (3-day) – Gosford	2, 3 & 4 October or 9, 10 & 11 October	9:30am – 3:30pm	\$195
Surfing – (3-day – Avoca Beach	2, 3 & 4 October or 9, 10 & 11 October	3pm – 4:30pm	\$95
Surfing – (3-day) – Umina Beach	2, 3 & 4 October or 9, 10 & 11 October	10am – 11:30am	\$95
Tennis (3-day) – Gosford	1, 2 & 3 October or 8, 9 & 10 October	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](http://sport.nsw.gov.au/events) &  
then search by Central  
Coast Region

