



Narara Valley High School

Newsletter No 2

9th March 2020

Coming Events:

- 10 March - Clean4Shores Landcare
- 12 March - Yr 9 Japan Excursion
- 17/18 Mar - Yr 7 Immunisation
- 17 March - Yr 12 Syd Jewish Museum Excursion
- 20 March - Yr 11 RYDA
- 24 March - Syd Nth Swimming
- 26/27 Mar - Yr 7 Japanese Excursion
- 1-3 April - CHS Swimming
- 2 April - Yr 11 Bateau Bay Rock Platform Excursion

In this Issue:

Principals Report.....	1/2
DP Report Yr 7/9.....	3
DP Report Yrs 8/11.....	4/6
DP Report Yrs 10/12.....	7/8
Welfare.....	9
TAS/VET Report.....	10
PDHPE Report.....	11/12
Maths & Visual Art Report.....	13
Library Report.....	14
RYDA Info.....	15
Support Report.....	16
Music Report.....	17
Science & Clean Up Aust.....	18
P & C Info.....	19/21
Traffic Dept Info.....	22/23

PRINCIPAL'S REPORT

We are at the half way point of the term and there have been wonderful events already. The school has had some shelters constructed over picnic tables for additional shaded areas between B and C blocks and we are investigating the construction of a cola over the CAPA quad, providing shade for breakout classes during lesson plus additional shade for lunch and recess. Our guttering is also under repairs with many sections being replaced.

LMG Aboriginal Education Camp

The LMG Aboriginal Education Camp was a huge success. A three day camp was held at Kincumber Great Aussie Bush Camp where leaders from our high schools had leadership and Acknowledgement workshops. The second day we were joined by all of primary schools and other high school students for cultural activities. The high school students stayed overnight for more cultural and challenge activities. Students made new friendships and developed links with our primary schools. A huge congratulations to all students who attended for your excellent behaviour and enthusiastic participation. Thank you to all of the schools and their staff involved, particularly Kay Simmons, Bruce Waia, Sharleen Masters from Narara Valley High School and Carla Whelan from Lisarow High School.

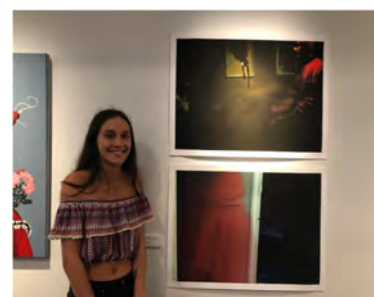


YEAR 7 2021

Transition for year 6 into year 7 has started this term. Each of our feeder primary schools have had information evenings at their schools and we held a general and specialty class information night at Narara Valley High School on Thursday March 5th. This night followed an open school EXPO, our school leaders took groups of parents around the school to view our facilities and meet our staff. This was a terrific afternoon with many families visiting the school despite the torrential rain. Information and application forms for our Targeted Sport, Creative and Performing Arts and Student Targeted Enrichment programs are available from the school or on our website.

Central Vision

Congratulations to Tamia Ropoama, Year 12 2019 for her Central Vision Photographic Award at Gosford Regional Gallery last week. This was a showing of artworks from Central Coast schools to display the array of artistic talent on the coast.



SAMOAN FORREST

Rel. Principal

PRINCIPAL'S REPORT cont/-

YEAR 7 2021 SCHOOL TOUR



DP's REPORT Yrs 7 & 9

What an extremely busy month it has been for both year 7 and year 9 students at Narara Valley High School.

It was fantastic to get away with year 7 students on the Great Aussie Bush Camp. The participation from our students in the various activities I managed to get around to in the three days was amazing. I congratulate all the students that attended the camp on their behaviour and willingness to step out of their comfort zone and participate in activities such as the High Ropes and Giant Swing. I am sure that all the students that attended took away some great memories from the experience.

I would like to thank all the staff that attended the camp, without dedicated staff members that are willing to spend time away from their own family's opportunities such as this would not be available to our students. On that note I was extremely impressed by our senior leaders whom also attended the camp. They displayed exemplary leadership skills and made the teacher's jobs much easier. I hope they also took away some great memories from the experience.

Year 9 students have had a very settled start to the year and seem to be enjoying their elective subjects. It is now getting to the stage where they will no longer be able to change electives as they need to complete the required course hours. I would like to congratulate Year 9 who are leading the school in Positive Behaviour for Learning (PBL) this term, with a massive 2270 PBL entries! It is fantastic to see so many students displaying Respect, Responsibility and Personal Best. Keep up the great work Year 9.

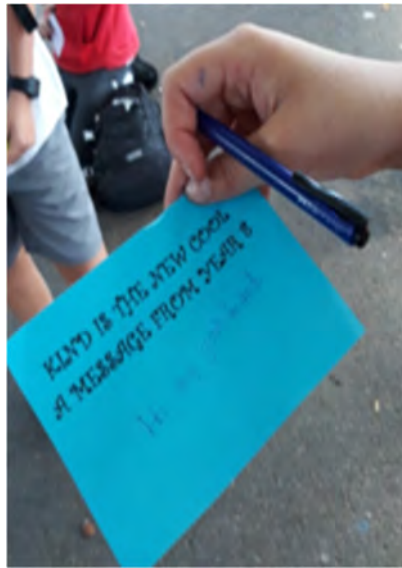
Mr G Fleming

Deputy Principal Years 7 and 9

DP's REPORT Yrs 8 & 11

I am pleased to announce that I have just been successful in receiving a grant that will fund the creation of an Aboriginal Yarning Circle surrounded by an edible Aboriginal garden. The Yarning Circle and edible garden will be utilised by our ATSI students and community, and also used to support teaching and learning in Science, HSIE and Agriculture classes across all three stages of High School education. Work should commence during Term 2 with our ATSI students contributing to the final design and plant selection.

We have been working with our Year 8 classes during their fortnightly Wellbeing sessions on the theme 'Kind is the New Cool'. Students worked in teams to reveal the message and then wrote a message to a peer that we have displayed on the Year 8 notice board. Ms O'Hara and the Year 8 roll call teachers will continue to work with Year 8 on developing respectful relationships with their peers this term.



DP's REPORT Yrs 8 & 11 cont/-

Year 11 students have finalised their Senior Jacket orders and these should be ready for students to wear in Term 2. This is the first year that we have allowed Year 11 to wear Senior Jackets. Students will be allowed to wear a plain black jumper or the school black jumper with their jacket when the weather gets cooler. In the meantime, we would like all Year 11 students to be wearing black shorts without large logos, a logo the size of a 20 cent piece is allowed, but students who wear shorts with large NIKE logos or CHAMPION logos will be issued with a uniform detention. If you have having financial difficulties paying for the correct uniform you can apply for financial assistance.



A reminder that Year 11 students need to finalise their payment for the RYDA excursion., see the RYDA Report Page

We recently spent time on a whole school assembly reminding students about BUS SAFETY. Of an afternoon if students catch bus 36 or Red Bus they need to leave via Gate C (near the zebra crossing). Students walking home or meeting parents also use this gate or B – Block gate.

Students catching buses 2500 to 2518 are to remain inside the school gates until their buses are called. We have had this routine in place for over a year and it has improved the safety of getting students onto the buses in the afternoon. One of the DP's calls the numbers for 3 buses at a time, this is the time when students can leave the school grounds and board the buses. Students need to ensure they make their way directly to the front of the school after class if they are catching a bus home and we ask them to keep the paths clear of congestion. Our aim to get the students on the school buses safely every day!

A message from BusWays:

Bus Safety Week reminds all road users to 'Be Bus Aware' Our school bus operator Busways is reminding all road users to be bus aware as the NSW Government's Bus Safety Week kicks off for the fifth year. Part of the 'Be Bus Aware' campaign, Bus Safety Week sees Governments, bus operators, and emergency services raise awareness about the importance of being safe in and around buses and spread the message to 'Be Bus Aware'. Bus Safety Week provides a timely reminder to parents to have a talk with their children about bus safety; to motorists when giving way to buses; to pedestrians to make sure they're alert of their surroundings; and to cyclists to ensure they can see where buses are. We all have a part to play in bus safety. The 'Be Bus Aware' campaign has been developed with input from Bus NSW, NSW Police and Transport for NSW.

For more information on bus safety or to learn about Transport for NSW's 'Be Bus Aware' campaign,

visit <https://roadsafety.transport.nsw.gov.au/campaigns/-be-b>

Please see the following info:

DP's REPORT Yrs 8 & 11 cont/-

BE BUS AWARE
Bus Safety Week - 24 February to 1 March 2020

We all have a part to play in bus safety



NSW | TOWARDS ZERO | Busways

BeBusAware.com.au

BE BUS AWARE

Be safe on and around buses



BE BUS AWARE

Buses can't stop quickly



NSW | TOWARDS ZERO | BeBusAware.com.au

BE BUS AWARE

Stay alert and cross with care



NSW | TOWARDS ZERO | BeBusAware.com.au

BE BUS AWARE

Slow down to 40 when lights flash



NSW | TOWARDS ZERO | BeBusAware.com.au

AMANDA BARRALE
Deputy Principal Years 8 & 11

DP's REPORT Yrs 10 & 12

I would like to take this opportunity to introduce myself. My name is Roy Goodenough and I am pleased to be relieving as Deputy Principal at Narara Valley High School. I have come from Tuggerah Education office, where I was a Learning and Wellbeing Advisor. Prior to that I was Head Teacher Support and relieved as Deputy Principal at Northlakes High School. I am extremely passionate about Public Education and work hard to ensure that all students are provided with opportunities to connect, succeed and thrive.

I have spent the last fortnight getting to know my Year 10 and 12 students as well as other students within the school. I have been very impressed with the overall level of manners displayed by students in class and in the playground. I have also enjoyed observing quality lessons being taught in our classrooms. I can see that our core PBL values of *Respect, Responsibility and Personal Best* are being followed by most members of our school community. In my report for this Newsletter I wanted to focus on two key areas that I believe are very important for our students and families:

1. **Year 12 survival tips** – As Year 12 can be very stressful for students and families.
2. **Practical tips for Parents and Carers (all years of school)** – NSW DOE intranet pages full of useful guides and resources to help parents, carers and students.

1. Year 12 survival tips

I have enjoyed meeting my Year 12 students over the past fortnight. I am extremely pleased to be your Deputy Principal and I look forward to working closely with you, Ms Green and your class teachers for the rest of the year. Remember to stay positive, be focused and most of all enjoy your last year in high school with your cohort of friends.

Year 12 can be a challenging year. It is your final year of school and as result can bring up a range of emotions such as excitement, nervousness, stress, nostalgia, anxiety, sadness or just impatience to get out into the world. The Good Universities' Guide to Year 12 lists some excellent survival tips for Year 12 students to follow as they embark on completing the HSC.

Ask for help when you need it

It's no secret that Year 12 can be stressful at times, and most students will find that at one point or another they start to feel the pressure. If you're struggling with something — be it a certain topic in class or just school or study in general — it's a good idea to talk to someone early, before stress starts to build up. This could be as simple as seeking out your teacher before class or chatting to your parents about your study set-up at home. Assistance can also come from your Careers advisor, Year advisor, Head Teacher Wellbeing, Learning and Support Teacher (LaST), Student Support Officer (SSO), former students and friends.

Stay organised

This is something you've probably heard time and time again but it really does pay to be organised! Consider making up a study schedule before exams, setting aside time for each subject throughout the week, starting assignments as early as you can, setting yourself deadlines to complete work and making the most of free periods or study blocks by heading to a quiet location free from distractions. If you have issues with N-Awards please see your teachers. Set out a plan to resolve them as quickly as possible.

Don't over-commit yourself

Year 12 is hard enough as it is, let alone when you're trying to balance sporting commitments, part-time work, leadership responsibilities, music or drama rehearsals, family commitments and a social life. If you find that you are struggling to keep up with your workload at school, you may want to ease up on some of your extracurricular activities. It's also important to learn to say no to things when you really have no time to spare — you'll find that most people understand how stressful Year 12 can be.

Mix up your study routine

You're going to spend a lot of time studying in Year 12, so try to mix up your study routine. This will help you stay focused and productive and allow you to absorb as much information as you can. Consider switching between different study techniques — from using flashcards or mind maps, writing summaries and watching online tutorials to getting a friend or family member to quiz you, completing practice tests under exam conditions and working through questions from the text book.

Cont/-

DP's REPORT Yrs 10 & 12 cont/-

Take time to research your post-school options

Taking time to research and make plans for post-school life can provide a nice break from studies, while also helping you to stay motivated by reminding you of the bigger picture. This may include researching institutions and courses of interest, making travel plans for the holidays, organising things for your gap year and putting together course applications.

Stay calm and keep things in perspective

It can be hard to look past graduation and into the future. Our advice: Year 12 is an important year but it will not dictate the rest of your life and there is always more than one pathway into a course or career.

2. Practical tips for Parents and Carers

Check out the NSW Department of Education's intranet to find practical help for parents and carers. There is an extensive amount of resources to support parents as their child progresses through school. Each Heading below represents a page that can found on the intranet. Please follow the link to find some extremely useful resources, videos, apps, tips and organisations available for parents to access: <https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers>

Quick guide for parents

This alphabetical index provides a list of common topics of inquiry. This is a comprehensive guide to the information most important to you.

NSW School Updates app

The NSW School Updates app allows parents and carers to receive operational status updates for NSW public schools. The app will complement the other means of communication available to parents and carers from schools and the Department of Education to ensure families receive timely, accurate information in a crisis.

Learning resources

English and maths glossaries, tips, curated links to resources. The best educational resources for parents who want to help their children thrive at school.

Help with homework

Homework tips for overcoming barriers to study. Homework is often revision of what is covered in class. As well as regular weekly homework, your child may have assessments such as assignments or projects with due dates.

Year by year

Your child at preschool, primary school and high school. Information relating to transition and coping with change. What your child can expect in preschool, primary school and high school.

Additional learning needs

Additional learning needs in pre, primary and high school. Tips and resources for parents of children with additional learning needs as they prepare to start school or go back to school in 2020.

School transitions

From preschool to primary school and primary to high school. Your child's transition from year 6 to year 7 is significantly influenced by their sense of belonging, relationships, and learning support in school and at home.

Student support

All NSW public school students have a right to an inclusive learning environment and to feel happy and safe at school. In this section you will find information on supports for Aboriginal students, CALD, and refugee students.

I look forward to working with my students and their families throughout the year.

ROY GOODENOUGH

Deputy Principal—Years 10 & 12

WELFARE REPORT

Great Aussie Bush Camp—Year 7

The torrential rain just as we were leaving on Monday morning did nothing to dampen our Great Aussie Bush Camp spirits! Year 7 enjoyed an amazing three days of fun and excitement with a strong focus on team work and building resilience. Many students



participated in the full range of activities, including kayaking, the giant swing, the dual flying fox, archery, the high ropes and of course, the infamous mud run. On Monday night we played fun games and Tuesday evening saw us dancing the night away at hands down, the BEST fluoro themed disco I have ever had the privilege of attending. Many of our students pushed themselves out of their comfort zones and worked through fears, poor behaviour temptations and homesickness and I am extremely proud of all of them. Special shout out to our School Leaders who were simply exceptional in their roles of mentoring, guiding and leading our youngest students by example. They did an incredible job. Thank you to ALL



the amazing staff who attended camp and worked relentlessly to support Year 7 night and day.

Ms Grundy (Year 7 Advisor)

Vaccinations

Date – 17th March 2020

Please return your vaccination forms to the front office. If your child is having their immunisations elsewhere can you please advise us.

Year 8

Reminder for Year 8 Parents: ‘Future Proofing’ Study

The following email has been sent to parents of Year 8 earlier this week -

Dear Parents and Carers,

If you haven’t already, this is a reminder to submit your decision about your child’s involvement in the ‘Future Proofing Study’ which starts at the beginning of Term 2.

Please visit this website to learn more about the study and submit your permission form: <https://www.fpstudy.org.au/2zuQW>

You may also be interested to read [this article about the study in ‘Education Review’](#).

We hope you consider your child’s participation in this important study. If you have any questions regards this study please don’t hesitate to contact the school.

International Womens Day 2020

Narara Valley will be celebrating this event on Monday morning 9th March. We have Guest speakers from “She Story” and The women’s Health Centre as well stalls with information from a range of Community links for females. We are looking forward to hosting this event that endeavours to empower young women.

For more information about She story click on the following link <https://www.shestory.com.au/about>

JEANETTE SELLARS (Rel H.T Welfare)

TAS/VET REPORT

The TAS Faculty would like to welcome everyone to a new school year. We hope you and your students have had an enjoyable and restful break. The staff are excited about a few changes and updates to our Stage 5 courses this year and look forward to sharing them with your students.

Students have made a great start this term beginning new projects, trying new things and developing new skills. Our Year 7 students are settling in well and are enjoying the wide variety of learning areas.

VET subjects are underway and students are working towards qualifications in the areas of Hospitality, Primary Industries, Construction, Metals and Engineering, Business Services and Retail. Students have completed a VET induction this week. Students who do not yet have a USI (Unique Student Identifier) will need to ensure that the paperwork is completed and returned to class teachers. Mandatory Work Placement has also been discussed with students and the process for completing registrations is underway. Please support us in getting forms completed and returned efficiently when the time comes.



Our new Hospitality cohort looking fabulous in their Chef's uniform.

Could we also ask families to start paying our Faculty fees as soon as possible. Invoices have been sent out, but if there are any concerns, please don't hesitate to contact the front office or Head Teacher Stuart Harvey regarding this.

We look forward to sharing our TAS/VET news and progress with you throughout the year.



Our Agriculture and Primary Industries students enjoying a sheep shearing demonstration with Al McLaren from McLaren's of Hawksbury Shearing and Rural Services. Thanks Al.

Stuart Harvey

Head Teacher TAS/VET

PDHPE REPORT

The second instalment of PE news and already the year is off to a flying start! With the swimming carnival already been and gone as well as all of sporting teams beginning their knockout competitions it has been a very busy few weeks in the PDHPE department!

Our classes have begun the year in a positive way and the majority of students are displaying the school's core value of Respect, Responsibility and Personal Best throughout both practical and theory lessons. Could I please remind all students and parents that they must bring their PE uniform, otherwise there will be further consequences.

Currently our Junior students are working on the following in class;

Year 8 – Health is wealth (practical and theory)

Year 9 – What makes me (theory) & A show of force (practical)

Year 10 – Equal opportunities to get involved (practical and theory)

Swimming Carnival

The school swimming carnival was held on Friday 21st February, Week 4 at Gosford Pool. The day was a balmy 24 degrees and water was sparkling with anticipation as the 4 houses of Kenny, Gardner, Mackay and Saxby arrived with enthusiasm at heart. The day began with our long-distance races and we saw some outstanding performances from a range of students. Once the shorter distances kicked off we saw a battle take shape between Kenny and Gardner that would go down to the wire. A special mention must go to our fantastic Year 12 students who attended the carnival with bright colours, enthusiasm and a sense of good fun that was reflected throughout everyone's enjoyment across the day.

However, this enthusiasm and good will did not translate into a positive performance for the student body in the student vs staff race. With the day winding down the crowd was swelling with anticipation as the staff and senior students took their places on the blocks. With a closely fought race it took a come from behind swim by the PDHPE staff team to ensure victory for the staff.

Overall the day was a roaring success and huge thank you must go to Mrs Morrison for organising the entire carnival. To all staff and students I thank you all for your efforts and participation over the day.

Zone swimming carnival will be held on Thursday 5th March at Peninsula Leisure Centre. Further details will be given soon.

Sporting Teams

There are a variety of sporting teams beginning their journey in 2020 over the coming weeks. These include the Girls and Boys Cricket teams, Girls and Boys Basketball teams, Girls and Boys Volleyball teams, Under 15 girls Netball, Girls Touch Football and Under 14's Rugby League and Tennis teams. Please ensure you are listening out for any sporting team announcements at roll call.

TSP 2020

TSP has begun for the year with 40 students enrolled across year 7 & 8. Further information will be provided throughout the year regarding TSP

Please email Mr Evan Neate for any information evan.neate1@det.nsw.edu.au

Cont/-

PDHPE REPORT cont/-

Sydney North Trials

If any student wishes to trial for Sydney North please see **Mr Koen** in the PE staffroom. The following trials will be occurring soon.

SPORT	GENDER	AGE	WEEK	DATE
AFL	Boys	U/14	6	3/3/20
Netball	Girls	Opens	6	4/3/20
Basketball	Boys + Girls	Opens	6	6/3/20
Rugby League	Boys	Opens	8	17/3/20
Soccer	Boys	Opens	8	19/3/20
Hockey	Boys + Girls	Opens	8	19/3/20
Touch Football	Boys + Girls	U/15's	8	20/3/20
Soccer	Girls	Opens	9	23/3/20
Rugby Union	Girls	Opens	10	3/4/20
Lawn Bowls	Boys + Girls	Opens	11	7/4/20

ACTIVE KIDS VOUCHER

From January 2018 families can claim the Active Kids Voucher via the Active Kids Voucher program which is offering parents/guardians the opportunity to apply for sporting vouchers for all school aged children. The voucher of \$100 can be used for registration and participation purposes for sport or fitness activities. Every family with a child enrolled in school from kindergarten to year 12 is eligible.

You can apply for your Active Kids Voucher now – follow the link below (you must have a Service NSW account)

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

EVAN NEATE

Rel H.T. PDHPE

MATHS REPORT / VISUAL ARTS REPORT

All Year 11 Mathematics Students will be completing their first Assessment Task during March. Reminder that if any student is absent appropriate documentation must be provided to the Head Teacher. All students are to attend all timetables lessons on the day of any assessment task.

- * Mathematics Extension 1 will be completed on Monday 23rd March.
- * Mathematics Advanced will be completed on Tuesday 17th March
- * Mathematics Standard will be completed on Wednesday 11th March

Year 10 Mathematics Stage Examinations will be held on Monday 9th March in their allocated class times. Reminder that if any student is absent appropriate documentation such as a doctor's certificate must be provided to the Head Teacher.

Year 9 will complete their first Mathematics Examinations in their appropriate stages on Tuesday 17th March during their class time.

Year 8 will complete their first Mathematics Examination on either Thursday 12th March or Friday 13th March.

- * Cornforth, Bragg, Blackburn and Eccles on Thursday 12th March
- * Florey and Marshall on Friday 13th March

Just a reminder to all students and parents that it is essential for all students to have the correct equipment, such as; work book/grid book, pens, ruler and calculator. Calculators can be purchased from the school's front office at a cost of \$22. It is imperative that all students have a calculator to complete set class work and assessments.

Reminder that study sessions are available for students who require additional assistance in Mathematics. These sessions are run on a Monday afternoon in A5 from 2:30 – 3:30 for all students. Please come prepared with questions for Mrs Air

Mrs S. Dougherty

Relieving Head Teacher Mathematics

* * *

Congratulation to the following Visual Arts students Bree Akhurst, Natasha Jollow, Jade Esteban, Priya Kumar, Tamia Ropoama whose artworks have been selected for 'A Central Vision' exhibition

The opening will be Friday 6th of March from 6pm at Gosford Regional Gallery.

A reminder that CAPA fees are currently due, invoices have been emailed if you haven't received your invoice please contact the office.



LYNNE AKHURST

H.T. CAPA

LIBRARY REPORT

Dear Parents,

We'd like to introduce you to our school's educational video resource, ClickView. Used by over 3,400 schools, this Australian platform provides access to thousands of videos and educational resources for all subjects, in a safe and secure environment.

The platform hosts a wide range of classroom-friendly video content, from popular films to documentaries and Australian-made educational videos. This ClickView-produced educational content is curriculum-aligned and designed to give Australian students a deeper understanding of topics and concepts.

The videos are also a fantastic resource for you to use with your child at home to revise a topic, help with research projects, or to approach discussions and understanding around student wellbeing.





We're providing a safe way for your children to view valuable video content online. The inbuilt rating system means children can only view content that is age-appropriate.

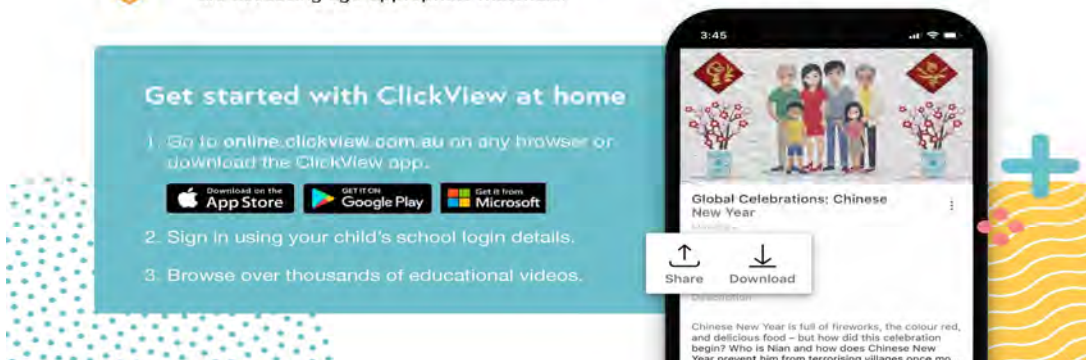
You can access ClickView anywhere, at any time. Type www.clickview.com.au into your browser, download the free app for iPad or iPhone in the Apple Store or the Android app via Google Play. Simply sign in using your child's school login credentials. If you have questions or need further information, contact Susan Thomas in the Library



How can ClickView support your child's learning?

ClickView provides teachers and students access to thousands of interactive videos and related resources to support learning and teaching. All ClickView produced content is developed with subject experts, ensuring it's age appropriate and aligned to the Australian Curriculum.

-  **High-quality resources for learning**
ClickView provides a library of video content explicitly aligned to the curriculum. Students and teachers can confidently access high-quality video resources that have been purpose-made in Melbourne, or educationally curated from a selection of pay-TV or free-to-air programs.
-  **Engaging and interactive**
Teachers can find, edit and share relevant educational videos with students, including interactive learning tasks, through which teachers can monitor each student's understanding. Students can upload and share their work with teachers and other students to demonstrate their learning.
-  **Access videos anytime, anywhere**
Teaching staff can share clips with students to view at home so they can use class time for quality discussions, higher-order thinking and problem-solving.
-  **Safe and age-appropriate**
ClickView resources feature Australian content classifications to help ensure students are accessing age-appropriate materials.



RYDA REPORT



RYDA is coming up for Year 11

Date - Friday March 20th (Week 8)

RYDA is essential road safety education for young drivers and their passengers. It's also a great day out of the school classroom for students to collaborate with their friends and work on personal strategies, plus get tips from road safety experts.

ELONA SMALL

Year 11 Advisor

SUPPORT REPORT

PE



HSIE: The Stone Age



[This Photo](#) by The Wollombi class were re-enacting humans of The Stone Age building a campfire.



Transient Art



MUSIC REPORT



NVHS Music Tour 2020

Elective Music students have been gearing up for another epic Primary School Tour for 2020! Each year, a group of elite musicians are chosen to engage on a 3 day whirlwind tour to our feeder primary schools to deliver an earth shaking, toe tapping and thrill-seeking concert for all students to watch and enjoy, and, as always, have a sing and dance out their energy. This year's tour took us to Gosford East, Lisarow, Niagara Park, Wyoming, Narara and Ourimbah Public Schools, and wowed audiences with hits from Taylor Swift, the Jonas Brothers, Fleetwood Mac, The Choirboys and 5SOS. Huge congratulations need to go to **John Bullard, Lachlan Rush, Luke Wieringa, Abigail Butler, Connor Gyorffy, Danikka Vassallo, Daniela Vassallo, Sam Cove and Morgan McElhone** for their incredible efforts, as well as **Ms Diamandis and Mr Legg** for their support, **Ms Akhurst** for her organisation and coordination, and of course **Mr Ross** and tutor **Mr Brad Hughes** for their contributions as everything as roadies, techies, tour bus drivers and accompanying musicians.

Ella Powell – debut EP

Congratulations also go this week to Year 11 student **Ella Powell** on the launch of her debut EP "Watching Over Me". Recorded as part of her participation in the 2019 Talent Development Project, this EP launch follows her tremendously successful live launch at The Savoy at Long Jetty earlier in the year. Well done Ella, and we look forward to hearing more of your wonderful compositions as they are released throughout this year. You can listen to Watching Over Me by Ella Powell on Spotify and Apple Music right now. Check it out!



Music @ NVHS Assemblies

Congrats also go to **Daniela Vassallo and Connor Gyorffy** for making a terrific contribution to our first assembly. Our assemblies are a great opportunity to present new musical works to an attentive audience, and every fortnight a new set of musicians will take to the stage to entertain the staff and students of NVHS. Well done guys!

NVHS Concert Band

The **Narara Valley High School Concert 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.



SCIENCE REPORT / CLEAN UP AUSTRALIA REPORT

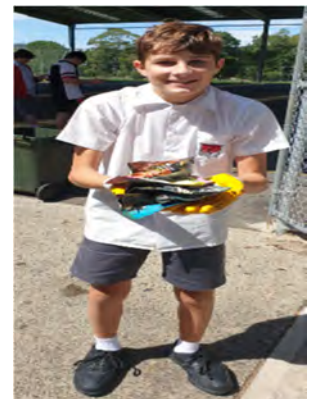
Year 11 Investigating Science

Students are studying how Aboriginal & Torres Strait Islander peoples use observations of their natural environment to maintain sustainability. Bruce was invited to speak to students during their Science lesson about Firestick Farming & Bush Medicines. Students were inspired by his wealth of knowledge and found his information interesting. His talk generated many questions and beautiful discussion.

We thank Bruce for this wonderful experience!



In aid of 'Clean Up Australia Day', Year 8 and Support classes were involved in a whole school clean up on 28th of February. Alongside their studies of Australian Environments, the students learned the importance of looking after our school and the benefits of caring for our environment. Each class put in a commendable effort and made a huge difference to the cleanliness of Narara Valley High School. We were able to recycle a massive quantity of the waste that was collected. Clean Up Australia Day has been an incredible start to the new recycling efforts and pursuits being introduced to the school in 2020. All of the Student and teachers who volunteered on the day should be incredibly proud of themselves and a massive thanks to everyone who was involved!



MR CARROLL

Clean Up Day Co-Ordinator



P and C REPORT

Dear Parents, Carers & Students

Welcome back for another great year at NVHS. I hope you all had a lovely holiday break. Our first P+C meeting was held last Monday (24th February) and it was lovely to see some new faces amongst the long time members and staff. Our meetings are open to all Parents & Carers at NVHS and we would love to see you there.

Our next meeting will be Monday 23rd March at 6pm in the staffroom. This meeting will be the AGM, immediately followed by the March meeting. At the March meeting everyone needs to rejoin the P&C for 2020, so please bring your completed form and \$2.00 on the night. Everyone is welcome and we look forward to old and new faces on the night.

Below are the following dates for the P&C meetings for 2020 they will take place at 6pm in the staffroom:

Term 1 -Monday 23rd March for the AGM followed by the first official meeting for 2020

Term 2 - Monday 1st June

Term 3 - Monday 24th August

Term 4 - Monday 2nd November for the final meeting

If you would like to join the P&C please complete the Membership Form and return to the office with your \$2.00 fee.

Please feel free to contact me on 0403 159 269 or nvhspandc@gmail.com if you would like to discuss anything further.

Jo Gates

NVHS P&C President

P & C REPORT cont/-



Membership Application

Please return this form and your \$2.00 to the school office, or bring to a meeting.

MEMBER NAME: _____

(Please note a membership form is required for each individual)

P&C MEMBER TYPE: SCHOOL PARENT/RESIDENT
(CIRCLE AS APPROPRIATE)

Child/s name/s

Class

_____	_____
_____	_____
_____	_____

CONTACT PHONE NUMBER: _____

EMAIL ADDRESS: _____

What emails would you like to receive?

Everything including P&C Federation

NVHS P&C Only

I include a payment of **\$2.00** to become a financial of the Narara Valley High School P&C Association. I acknowledge that I am aware that I agree to follow the Constitution, By-laws, Code of Conduct and Sub-committee rules as adopted by the Narara Valley High School P&C Association.

SIGNED: _____

DATE: ___ / ___ / ___

NVHS P&C respect your right to privacy and will only use your contact details for P&C purposes

P&C USE ONLY

Date received: _____

Date accepted: _____

Secretary signature: _____

P & C REPORT cont/-

EXCLUSIVE OFFER FOR

Narara Valley High School P&C

20% off

football, footwear, clothing,
hockey & netball gear at

rebel

West Gosford
7th & 8th March 2020

Full priced items only. Excludes licensed products & gift cards.
Not in conjunction with any other offer.

Thanks to our partnership with
rebel Community Givebacks
5% of what you spend at rebel comes back to us
to spend on sports equipment and teamwear.



Simply link your **rebel active membership** to our club
next time you shop at rebel

Not a member? Joining is free & easy. Ask instore for details.

TRAFFIC REPORT

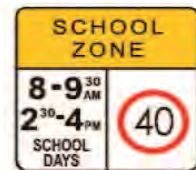
Safety learning program



Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

- ✔ A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- ✔ **School Bus lights** – buses use signs and orange flashing ‘wigwag’ lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the ‘wigwag’ lights are flashing as there may be children crossing or about to cross the road.



- ✔ A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP

BUT YOU MUST

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones
HEAVY FINES and DEMERIT POINTS APPLY**

- ✔ A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



- ✔ A **No Stopping Zone** means no stopping at any time.

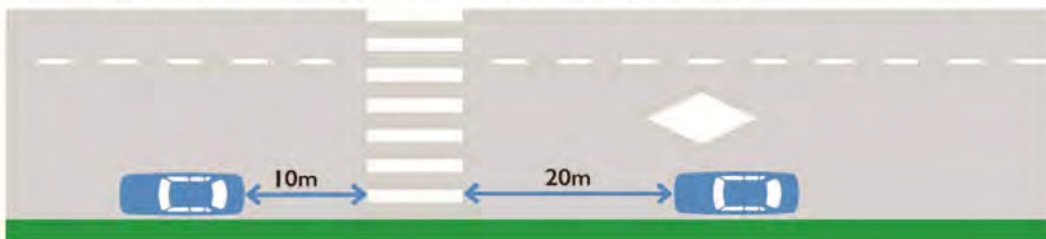


TRAFFIC REPORT

Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

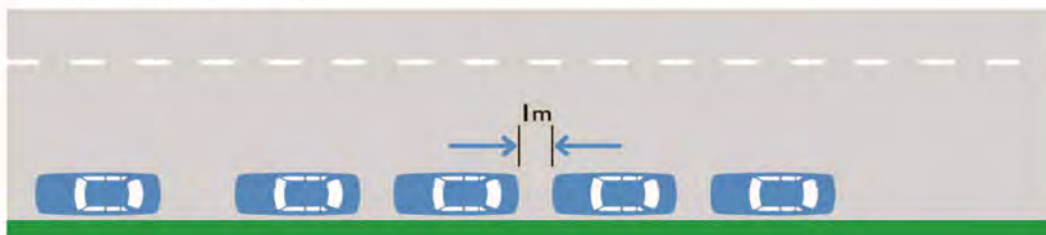
- ❑ Double parked (that is in the road alongside a car that is parked)
- ❑ Across a driveway or footpath
- ❑ On a median strip or traffic island
- ❑ On footpaths and nature strips
- ❑ On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- ❑ Within an intersection
- ❑ Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- ❑ In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- ❑ At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- ❑ Within three metres of any double centre lines
- ❑ Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.

