



## Narara Valley High School

Respect Responsibility Personal Best

T: 02 4329 3780

E: [nararavaly-h.school@det.nsw.edu.au](mailto:nararavaly-h.school@det.nsw.edu.au)

*Acting Principal: Samoan Forrest*

### Narara Valley High School – Black Snakes News

**Week 6B Term 3 – 2021**

#### Communication

Staff at NVHS are working overtime to ensure that families of our students are well connected and that we are communicating all information on a variety of platforms. Please visit our school website, Google Classrooms, Facebook page along with parent and student emails.

School Website: <https://nararavaly-h.schools.nsw.gov.au>

#### Senior Jacket Organisation

Attention Year 10 students and families

Mr Heron has posted information on your "Class of 2023" Google classroom to inform you about your senior jackets. You can now submit and pay for them as of 11 August. If you have any questions about Senior Jackets, please email Mr Heron.

Please click on the link and follow the prompts.

[https://www.reformclothing.com/au/order/137321962?fbclid=IwAROPISCFrvU-MTav\\_dNbf36mBISxLDCr\\_AC9LZcDHBmX0RFsI4UNQm7xc\\_Y](https://www.reformclothing.com/au/order/137321962?fbclid=IwAROPISCFrvU-MTav_dNbf36mBISxLDCr_AC9LZcDHBmX0RFsI4UNQm7xc_Y)



#### ATAR-Eligible Virtual Courses

Year 10 students can now express their interest via our VET Coordinator or Careers Advisor to enrol in ATAR-eligible virtual courses that lead to a nationally recognised qualifications.

Visit [edu.nsw.link/SkillsAtSchool](https://edu.nsw.link/SkillsAtSchool) to find out more. Hurry! Expressions of interest close on 3 September 2021.

#### 2022 Student Leader Applications

ATTENTION STUDENTS IN YEARS 7 to 11.

Just a reminder that 2022 School Leader Applications for Years 7 to 11 are on each Year Groups Google Classroom. Applications will close this Friday 20 August 2021. Please speak to your Year Advisor if you have any questions.

#### NVHS Videos

Be sure to check out Facebook where we are sharing messages from our staff and students while we are all online learning.

Our latest Video is a message from our fantastic School Leaders.

<https://www.facebook.com/profile.php?id=100063820731692>





### Wear it Purple Creative Arts Competition

This month we celebrate the 'Wear it Purple Day', the event strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.

We are going to create a video to post on our school's social media platforms that celebrates this event.

You can get involved by creating any of the following with this year's theme in focus 'start the conversation':

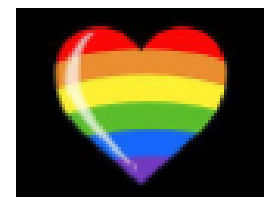
- Paintings
- Drawings
- Photography (no faces included)
- Song lyrics (a picture of them)
- Poetry (a picture of the poem)
- Collage of images
- Sidewalk chalk drawings

Send a picture of your creative arts project to be included in our video (if possible, can all pictures be in PNG format when being sent).

All images should be deidentified – no names or faces please.

Email your files to [nicole.ludlam@det.nsw.edu.au](mailto:nicole.ludlam@det.nsw.edu.au) AND [lauren.taylor7@det.nsw.edu.au](mailto:lauren.taylor7@det.nsw.edu.au)

Photos of your work sent by Monday 23<sup>rd</sup> August





# Narara Valley High School

Respect Responsibility Personal Best

T: 02 4329 3780

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

Acting Principal: Samoan Forrest

Narara Valley High School

## Narara Valley High School Student Well-being

NVHS Learning and Student Support Services Google Classroom

NVHS PAWS Google Classroom

Narara Valley High School - Website

Black Snakes News

Welfare Support Student Referral

### NVHS Student Wellbeing Website

This week we have launched out Wellbeing Website. Students will now have a platform where there are links to online support services, view our school's videos published through online learning, upcoming events and daily competitions with the chance to win prizes and added extras.

We hope that all students can have a look and get involved with the range of wellbeing programs and initiatives NVHS has to offer.

Please use the below link to check out the NVHS Wellbeing Website:

<https://sites.google.com/nvhs.net/nvhs-student-well-being/home>

This week's wellbeing challenge is a guessing competition. Students can enter the competition by guessing which NVHS staff are the following. Please use the link on the Wellbeing Website.



A



B



C



D



E



F



G



H



MINDFUL PRACTICE

3

AGE 2-110

## MINDFUL BODY



Sitting quietly, cross-legged on the floor or comfortably in a chair.

You are going to learn to **T A M E** your by sitting in your Mindful Body.



www.lifeskillsgroup.com.au

▶ **Build Self-Awareness and Self-Management**

1. **T is for take a breath.** Do this by gently breathing in through your nose. Feel your belly rise as you breathe in and soften as you breathe out.
2. **A is for align your spine.** Thread an imaginary piece of string through the tippy top of your head and gently pull it up towards the sky.
3. **M is for mind on breath.** Focus your attention on your breath and only your breath. Notice the feel of your nostrils as you breathe in, feel your belly rise, and notice your belly soften as you breathe out.
4. **E is for eyes closed or gently lowered.** If you find it difficult to close your eyes, lower your gaze downwards. See if you can sit in your mindful body for one minute. If your mind wanders, simply refocus your attention on the breath.
5. Take another mindful breath in. As you breathe out, listen for any sounds in the room. Notice the parts of your body in contact with the floor. Gently open your eyes.

+
 • We can come into our mindful body at the beginning of each mindfulness activity.

?

 What sensations do you notice?  
 When would it be helpful to use your mindful body?  
 Did your mind wander to the past or present?

⚙️
 Improves posture and develops awareness of body and breath.

🧠
 Higher brain function, increases awareness and focused attention.

❤️
 I am focused.



Colouringbook.pics have free  
 Mandala colouring for kids  
 and adults. Access through:  
<https://coloringbook.pics/antitress-colorings/677/mandala/>