



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 – Black Snakes News

Week 9A Term 3 – 2021

BLACKSNAKES - Week 9 Fitness Challenge

Blacksnake Breath Taker

21-15-9

Push Ups

Squats

Burpees

Your score = The time it takes to complete all repetitions.

Complete 21 reps of each movement, then complete 15 of each movement and finish with 9 reps of each movement.

Advanced - Complete a 2nd round of 21-15-9 after a 5 minute rest and complete within 10 seconds of your first round's time.



2023 Senior Jacket

Just a reminder that 2023 Senior Jacket payments need to be finalised by the end of term.

If you have any questions, please email Mr Heron at

darren.heron4@det.nsw.edu.au – Link below:

https://www.reformclothing.com/au/order/137321962?fbclid=IwAR2sFdnCKM3Lz59e78K6jrR_uAd8DJLN0y-RqhhwqTyIxY7IqBKYZ_vYkdE



SASS and SLSO Appreciation Week

This week we acknowledge the dedication and work of our SASS and SLSO staff. THANKYOU for being there to support students, staff and our families every day of the school year.

Please head over to our school's Facebook page to watch the video our staff put together as thanks.





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Support Unit Artwork

Broad-tooth Rat artworks from our Support Unit students to promote Aussie Ark. Aussie Ark provide healthy habitats for these lovely animals.



Year 10 Café

Year 10 Café were tasked with creating and 'sharing' party food to farewell our intern Miss Dean, who was an awesome asset to our classes during remote learning. We wish her well, and hope to see her again soon.



Thanks Miss Dean.
Year 10 Café loved
having you with us
online this term.



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Let It Out

Let It Out is an online Q&A and expression session for Central Coast young people with qualified youth workers from RYSS. This is a platform where you express yourself creatively or just connect with other young people who are feeling the hang ups through lockdown. There are fun interactive activities, share our art, anime, songs, and other creative outlets or simply just hang out and meet new peeps.



<https://m.facebook.com/.../a.7541836.../3588132224623045/...>

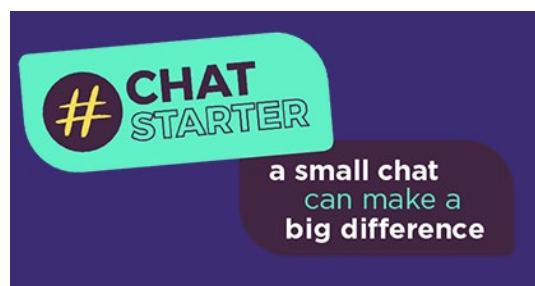
Chatstarter

Chatstarter is helping parents and young people support each other through understanding the importance of recognising when someone is going through a difficult time.

#ChatStarter was developed by the [National Mental Health Commission](#) in partnership with parents and young people who have experience of mental health challenges and Australia's national mental health organisations - [ReachOut](#), [Butterfly Foundation](#), [Orygen](#), [batyr](#), [headspace](#), [Beyond Blue](#) and [Kids Helpline](#).

Having a small chat can make a big difference. The easy-to-use tips and resources below have been developed by mental health clinicians to help build your confidence and capability to support a friend or loved one who may be experiencing distress or a mental health challenge today.

https://www.headtohealth.gov.au/covid-19-support/chatstarter?fbclid=IwAR1SQZ6gliDKjgbO2_T3pTmw9KlpJiKYgYu9ZA4K5DrTk4zt02Q8XS9Xk_w



Chatstarter - Helping parents and young people support each other

Butterfly Foundation

Upcoming Parent/Carer FREE online information session.

Thursday 9th September 7-8pm

With a focus on prevention, this session for parents explores the particular body image challenges facing males and practical strategies to support the development of healthy body image in boys.

This webinar is offered as part of Butterfly's Body Kind Families initiative and by registering you will automatically receive access to free Body Kind Families resources.



https://events.butterfly.org.au/portal/event/?id=EP_BCCT_Parent_Webinar2172523616&Name=09%2F09%2F21%20BI%20in%20Boys&fbclid=IwAR3RUT70YHPKKWnRvT9U8W3923U2n_p0J8DmGzveXHvE2kq-Wd--XVer_Xw



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“Pause” for PAWS

This past Wednesday 8 September was our first ‘Pause for PAWS’ wellbeing day.

We have received the most beautiful messages and emails from members our school community about how positive the day was. With the ability to “switch off” for the day, families have really got on board and spent some quality time together doing something they love.

Next Wednesday 15 September we will again go ‘offline’ for the day.

There will be no online classes. Year 11 students will still complete scheduled assessment tasks.

Parents/carers have been sent an email from the relieving Head Teachers Wellbeing, Mrs Rolfe and Mrs Ludlam with further information.



School is open for students unable to be supervised at home as per the existing arrangements under current Public Health Orders. Students who attend school will be provided with resources to engage in wellbeing activities.

Mrs Rolfe and Mrs Ludlam look forward to seeing many more photos of how students spend the day so please email them.

E-safety Commission – Webinars

<https://www.esafety.gov.au/parents/webinars>

Webinars for parents and carers

Join one of our free webinars for parents and carers.

These live webinars explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online.

All sessions are delivered by eSafety's expert education and training team.





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HEAD TO HEALTH POP UPS

Head to Health Pop Up services have been developed to support the mental health of people in NSW, of all ages, during extended lockdown.

<https://thephn.com.au/programs-resources/headtohealth>



Black Dog Institute

Social and emotional wellbeing resources for First Nations people. For Aboriginal and Torres Strait Islander Peoples

<https://www.blackdoginstitute.org.au/resources-support/for-aboriginal-and-torres-strait-islander-peoples/>



Beyond Blue

There are many organisations dedicated to providing support for young people. If you don't feel comfortable talking to anyone you know, you might feel better calling a helpline, joining a forum discussion or trying an online program.

<https://www.beyondblue.org.au/who-does-it-affect/young-people/helpful-contacts-and-websites>



**Be
gentle
with
yourself,
you're
doing the
best you
can.**

**Anything is possible
when you have the
right people there to
support you.**



MISTY COPELAND





Teen and Life:

Transitions and Connections Webinar Series

Preparing for transitioning into high school, through adolescence and out of high school brings a new set of experiences and challenges for young people with a disability.



Lifestart is offering a free interactive webinar series to assist young people and their parents/carers to have the skills and confidence to navigate these new experiences together. Join the webinars live for an opportunity to ask questions or listen to a recording later. This series will be presented by Lifestart staff and guests experienced in working with young people and with lived experience.

[Click here](#) to see a list of all events or click on the webinars you are interested in below and follow the prompts on Eventbrite.



Getting it Right with School Meetings

Achieving Greater Outcomes

11 October 2021 at 7.30pm

Hear first-hand - a parent's experience and their tips.



Choosing a high school

Advice from parents and young people

18 October 2021 at 7.30pm

A Tik Tok sensation - Ash Magic - and a parent share their journey.



What comes next?

Hear real stories of post-school outcomes

25 October 2021 at 7.30pm

Fashion designer, Radio announcer and a public speaker/small business owner - so many opportunities.



Keeping Connected

Creating possibilities post high school

1 November 2021 at 7.30pm

Young people share with us what worked for them.

Contact us

If you would like more information on our Webinar Series please contact the BelongINC team:

info@belonginc.org.au

1800 317 030

