



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 7A Term 3 – 2021

Covid 19 Update

At NVHS we appreciate the support of our community in following the NSW Health advice and stay at home orders by facilitating online learning. All schools are under clear directions to minimise the number of staff and students on site. We will obviously respond to further information from the NSW Government and Department of Education for what this term looks like post 28 August.

A reminder that:

- Minimal supervision is still available for students who cannot be educated from home or whose parents or carers are essential workers.
- Any student attending school is required to wear a mask, follow social distancing requirements, and practice strict hygiene procedures including washing hands and using hand sanitiser and wipes.
- Students who attend school are asked to meet in the quad area each morning at 8:15am.
- Updated advice for families can be found on the Department of Education's website.

<https://education.nsw.gov.au/covid-19/advice-for-families>

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/>

Learning and Support

Students are encouraged to reach out to their classroom teachers if they have any concerns with the lesson content. Staff are available via email and on their google classrooms each lesson to assist all students. The Wellbeing Team have also set up a 'Learning and Support' google classroom, where SLSOs are available to assist students with any work they may have queries about.

You can access the google classroom through the following code.

We have also placed a link to a 'Student Welfare Self-Referral' form on this google classroom. If students would like to be in contact with welfare support (such as Head Teacher's Wellbeing, Year Advisors or School Counsellors) they need to complete this form, and someone will get back to them via email.

Student Welfare Self-Referral form:

https://docs.google.com/forms/d/e/1FAIpQLSfj1VlzIB3GleP8XQRtEu52a7scpWbI9Rjv4nNCX52Nkh_0pw/viewform?vc=0&c=0&w=1&flr=0





Blacksnakes Book Club

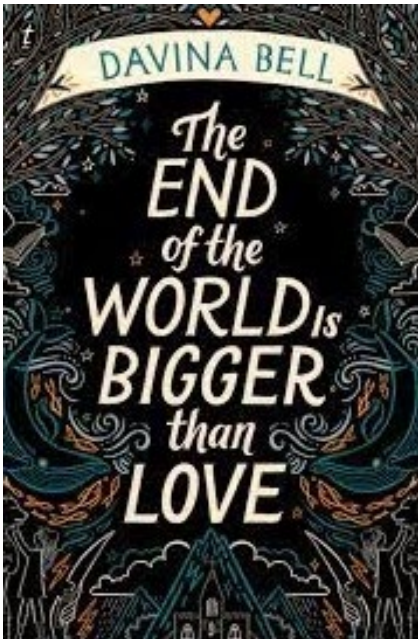
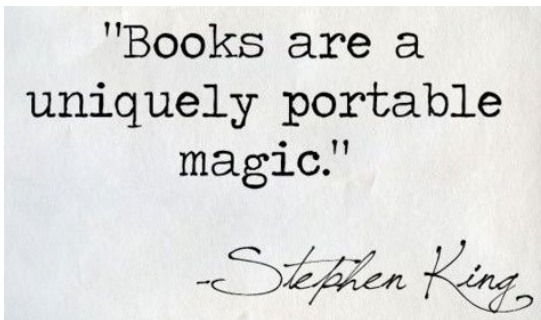
Our resident Librarian, Ms Thomas has set up a google classroom called 'Blacksnakes Book Club'. This classroom is a creative space in which we can share any great books we have been reading but also to share any creative writing we have been doing during lockdown - stories, poems, songs, scripts, graphic fiction...

You can post on the stream which means everyone can read your work and offer feedback OR you can head to the classroom and submit pieces that Ms Thomas will be able to offer feedback on.

Classroom code: **vaabjx7** so you can check it!

Children's Book Council of Australia 2021 award for best book for older readers with her young adult fiction. Bell's book is a genre-bender: part magical realism, part dystopian, part psychological thriller; there's a coming-of-age storyline and a romance plot.

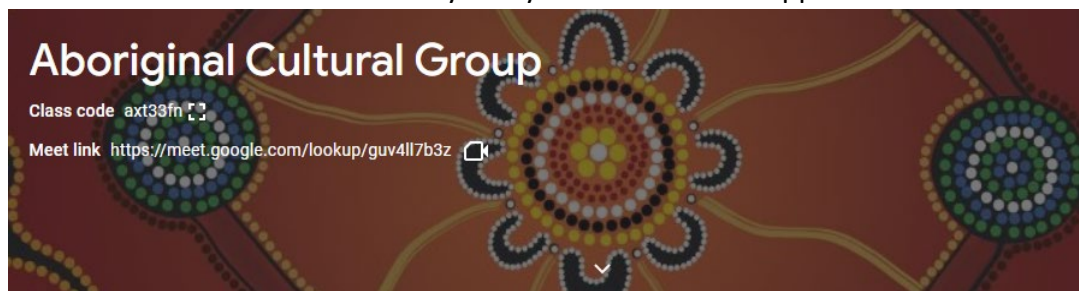
Ms Thomas will be checking the classroom daily and adding new novel recommendations.



Aboriginal Culture Group

Google Classroom: axt33fn

All NVHS ATSI students are encouraged to use this Google classroom to communicate with our Aboriginal Educational Officers Bruce and Kay. They are available to support our ATSI student with any questions they



have about their class work. Bruce and Kay love the student involvement and connection on this platform while we are all online learning.



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Community Partnerships – A special thanks

Narara Valley High School have been fortunate enough to link with the Narara Community Centre (Community SOS Central Coast).

This amazing service has been a dear neighbour to the school, providing families with the crucial support they need through trying times. This includes food hampers with staples such as rice, pasta, fresh fruit and vegetables. The People's Food Pantry/Co-Op is also available to the public and provides bags of quality groceries to those in need at a fraction of the cost of supermarkets.

Above all, we appreciate the care and kindness shown by the community centre.

You can reach out to them on 4329 4477, Monday to Friday from 9:00 AM to 3:30 PM.

A big, warm thank you from Narara Valley High School to you!



The Gosford CBD Community Hub has been a 'favourite' in our contact list here at Narara Valley High School!

A big thank you to the service, which is new to our area. Located in the heart of Gosford, the Hub provides information, referrals, food relief, financial support and just a drop-in space to feel safe.

You can find the Gosford CBD Community Hub on the ground floor in the Waterfall Arcade, opposite the Gosford train station and close to parking at the Imperial Centre or Marketplace.



Feel free to give them a call on 4326 7359 Monday to Friday, from 9:00 AM to 4:00 PM!



Senior Jacket – Attention Year 10

Class of 2023 please use the following link to finalise your payments for your senior jackets.

https://www.reformclothing.com/au/order/137321962?fbclid=IwAR2sFdnCKM3Lz59e78K6jrR_uAd8DJLNOy-RqhhwqTyIxY7lqBKYZ_vYkdE

CLASS OF
-2023-
SENIOR JACKETS

Payment Details can be found on the "Class of 2023" Google Classroom
Class Code: qqbasyf

\$106.00

PAYMENTS DUE 17TH SEPTEMBER

NVHS Support Unit

Our Support Students and Staff have created this fantastic sharing board today.

There are little inspiration cards for anyone to take...we will top them up and add to the board next week.

Week 7 FITNESS CHALLENGE

Congratulations to our students and community members who completed the challenge last week. Here is the Week 7 Challenge that you can start on Monday 23rd August.

Workout: Blacksnake 10-minute plank!
Accumulate to a 10-minute plank.

This can be done over a session or a day or a week.
e.g. 1min 20sec plank, would leave 8min 40sec plank.
Your score = The amount of attempts it takes to achieve the 10 minutes.

Record your rounds across the length of time you choose to take.

Tip - If you don't have much experience with planks, break them up into sets avoiding fatigue.
Enjoy!





Week 7 – Wellbeing Challenges

NATURE SCAVENGER HUNT

Find:

- A CURVED LEAF
- A FOOTPRINT OR TRACK
- A SPIDER WEB
- A SPOTTED ROCK
- TWO TYPES OF BIRD
- SOME WATER
- AN INSECT
- A SMOOTH STICK
- A COLOURFUL FLOWER
- AN EVERGREEN TREE

TAKE PHOTOS AS EVIDENCE

Submit a photo collage of all 10 to go into a prize draw

Send in your photos to lauren.taylor7@det.nsw.edu.au or nicole.ludlam@det.nsw.edu.au

BLINDING LIGHTS

Week 7 Wellbeing Challenge.

The Weekend Blinding Lights dance challenge taking NVHS by storm this week.

BLINDING LIGHTS DANCE CHALLENGE

Use the following link to the dance challenge tutorial:
<https://www.youtube.com/watch?v=0ifulHhI7Fk>

Every entry goes in the draw to win this week's gift card.

Get your family involved, friends on a google meets or facetime. NVHS staff will be involved encouraging their classes to participate.

Send in your clips to nicole.ludlam@det.nsw.edu.au or lauren.taylor7@det.nsw.edu.au

NVHS Student Well-being Website

Last week we launched our 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, 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>



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 AND lauren.taylor7@det.nsw.edu.au

Photos of your work sent by Monday 23rd August

