Narara Valley High School – Black Snakes News
Week 10B Term 3 – 2021

As we now finish a term of online learning, we would like to congratulate our students for the commitment and effort to their schooling in these unprecedented times.

We look forward to seeing you all in Term 4. As we draw closer to the end of the holidays please be sure to check out our social media page for up to date information about students return to school processes.

Have a safe and happy holiday.

Year 12 – Class of 2021
Year 12 reports have now been uploaded to the parent portal. Please contact the school with any questions regarding this upload.

Wellbeing Pack Drive Through
Yesterday would have been Year 12’s school graduation ceremony but with COVID regulations and a full term of home learning meant that it all looked a little different. As a staff our hearts broke that our Year 12 students had a different end to their 13 years of schooling. But in true NVHS style we rallied together and got to congratulate our students, say a quick hello and pass on a wellbeing pack in a drive through send off. It was a roller coaster of emotions for both staff and students, but we are so grateful to have been able to pass this pack on which included heartfelt messages from your teachers.

We are so proud of you, you’ve got this.
FREE HSC STUDY DAY hosted by The State Library of New South Wales.


A message for our Year 12 students, parents and carers.

If you still need additional information on early entry to University.

https://www.facebook.com/events/1048190275932433/
UAC - SRS

A final reminder to Year 12 students that the UAC - SRS (School Recommendation Scheme) closes on the 19 September, 2021.
UAC’s early offers will be released on the 12 November, 2021.
Additional information regarding SRS can be found on the UAC website.
https://www.uac.edu.au/current-applicants/schools-rec...?fbclid=IwAR09JMxCFcZbRWOa6UFHiKFhFmAS5tmRN6Xa9nXbaNTP9hD_nyOuyUKHFQ

Year 9 Science - Eccles Class

Environmentally Friendly House Challenge. Fantastic work Year 9 and Ms Barron.
Year 11 Photography

A showcase of some beautiful Year 11 Photography work that has been completed by students during remote learning.

Pfizer Vaccine Clinics

Gosford and Wyong Hospital are open on weekends for walk in vaccinations or you can book a vaccination through the NSW Health link.


https://www.nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/vaccination-bookings-16-to-59-years?fbclid=IwAR3r1B-Q7a4sdaPd8owpf52xNRuTTxZpYPlkrCkRlqSpTLppNp1xJVAs0
Gosford Community Hub

Please join Wyong Neighbourhood Centre and Gosford Community Hub for some school holiday fun!! We will be hosting an online Facebook event, with different activities throughout the 2-week school holiday break.

This will include craft activities, kids cooking activity, competitions and a lucky door prize for one family (** PLEASE NOTE ONLY FAMILIES WHO REGISTER WITH US WILL BE INCLUDED IN THIS PRIZE DRAW**). We will be providing some materials required for some of the activities. Information about registering for this event and items we will provide will be detailed on the Facebook event. Please call (02) 4326 7359 if you have any questions or would like some more information.

RYSS – Regional Youth Support Services Holiday Program

For Term 4 we are taking our Abilities Groups online! These are 8-week programs of fun and interactive workshops to support social relationships and peer connections during this time of disconnect.

Resources/ingredients kits will be delivered weekly or prior to the start date. These kits will contain everything participants will require to engage in creative and skill-based activities while hanging together safely online with RYSS support workers and trained facilitators.

RYSS Abilities Group Programs are 8-week social engagement and living skills-based programs open to young people aged 12 and over who are eligible for NDIS funding in a range of core and capacity building areas. For more information or to enrol please visit:

**Y4Y - Youth For Youth**

The Central Coast **Y4Y - Youth For Youth** team invite young people of the Central Coast NSW region to step up to the lockdown challenge and spend your holidays being anything but boring.

We challenge YOU to immerse yourself in the **#Y4YLockdownChallenge**.

**How does it work?**

**Step 1.** Register > receive an info pack (the day before your challenge weeks starts)

**Step 2.** Follow centralcoasty4y on INSTAGRAM > view daily challenges

**Step 3.** Complete daily challenges > Share on INSTA with us

- 2 weeks > 7 x challenges to complete each week.
  - 20-27 SEPT
  - 28 SEPT - 03 OCT

Do one week or do two.... The choice is up to YOU!

Central Coast Library – Holiday programs


Please explore the above link. It has a range of online holiday programs to keep your children busy and engaged.

Holiday programs – Central coast council links

These and many more at:


Waves of Wellness (WOW) Foundation

Is a mental health surf therapy charity, committed to changing lives by delivering for-purpose, innovative support programs for people experiencing mental health challenges.

We believe dealing with mental health is not just about dealing with crisis, it’s also about finding healthy outlets for people who are struggling, recovering, and doing fine.

https://www.foundationwow.org/
Tuning in to Teens
Emotionally Intelligent Parenting
A free, six-session parenting program for parents of adolescents aged 10 – 18, who live on the Central Coast

Would you like to learn how to:
• Improve ways of talking with your teen?
• Develop a better understanding of your teen?
• Help your teen learn to manage their emotions?
• Help to prevent behaviour problems in your teen?
• Teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop emotional intelligence Emotional intelligence and may be a better predictor of academic and career success than IQ!

Adolescents with higher emotional intelligence:
• are more aware, assertive and strong in situations of peer pressure
• have greater success with making friends and are more able to manage conflict with peers
• are more able to cope when upset or angry
• have fewer mental health and substance abuse difficulties
• have more stable and satisfying relationships as adults
• have greater career success

Where: ONLINE (via ZOOM you will need access to a device and internet to participate)

When: Every Thursday from October the 7th 2021 - November the 11th 2021. 10am-12pm

Bookings essential. For further information and bookings please contact: RAPT Case Worker - Sharis Amos 0417 238 816

Online Collaborative drawing game
Narara Valley High School
Respect  Responsibility  Personal Best

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https://garticphone.com/

Services and supports

Lifeline
24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au

Kids Helpline
Free confidential 24 hour telephone and online counselling for young people between 5 and 25 years
Telephone: 1800 55 1800 or www.kids helpline.com.au

Suicide Call Back Service
24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

Mindhealthconnect
Website aggregates mental health resources and content from the leading health organisations
www.mindhealthconnect.org.au

beyondblue: National depression initiative
24-hour telephone support and online chat service with links to local services
Telephone: 1300 22 4636 or www.beyondblue.org.au

e-headspace
Online counselling for young people aged 12 to 25 years — www.eheads pace.org.au

Useful training

LivingWorks Australia
Targeted training for communities, caregivers and professionals - www.livingworks.com.au

Mental Health First Aid
Training for those assisting adults, young people, Aboriginal and Torres Strait Islander and Vietnamese communities with mental health problems or in a mental crisis - www.mhfa.com.au/cms

Question, Persuade, Refer (QPR) Suicide Prevention Training
Free online training course for Australian residents — www.suicideprevention.salvoa.org.au/training

For a more comprehensive list of links refer to the 'Supporting information' section at www.conversationsmatter.com.au