



## 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 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.





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**FREE HSC STUDY DAY hosted by The State Library of New South Wales.**

[https://www.sl.nsw.gov.au/learning/schools-and-teachers/hsc-help-2021?fbclid=IwAR2GA9-AdZ50430FyV-Bo7K4Lrlsodovc\\_n\\_8t8H1ieQR5VgT3atRo5LQcc](https://www.sl.nsw.gov.au/learning/schools-and-teachers/hsc-help-2021?fbclid=IwAR2GA9-AdZ50430FyV-Bo7K4Lrlsodovc_n_8t8H1ieQR5VgT3atRo5LQcc)

📢 Do you have a HSC student at home?


We're inviting students to join us online for a full-day of HSC exam tips on Thursday 23 September.

Our expert teachers and librarians will answer all their burning questions on:

- 📖 Extension and Advanced English
- 📖 Modern and Ancient History
- 📖 Society and Culture

Students can submit their questions by sending us a DM and we'll answer them all on the day.


More info and book here: <http://ow.ly/BjA150G8BPh>



**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/>



WED, 15 SEP

**Early Entry and EAS Q&A**

Causes · 177 people

☆ Interested





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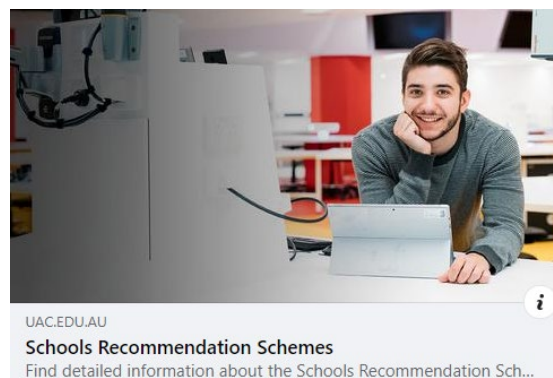
### UAC -SRS

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.

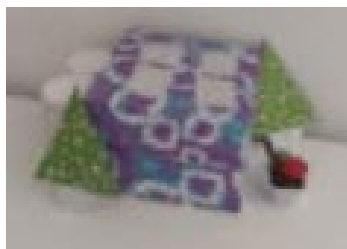
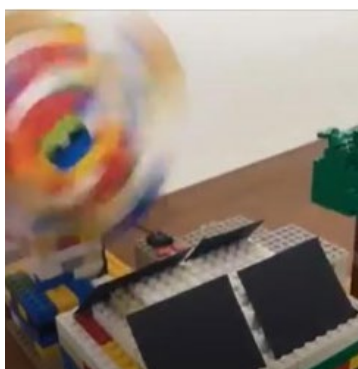
Additional information regarding SRS can be found on the UAC website.

[https://www.uac.edu.au/current-applicants/schools-recommendation-schemes?fbclid=IwAR09JMxCfCZbRWoA6UFHiKFhFmAS5tmRN6XA9nXbaNTP9hD\\_nyXOuyUKHFQ](https://www.uac.edu.au/current-applicants/schools-recommendation-schemes?fbclid=IwAR09JMxCfCZbRWoA6UFHiKFhFmAS5tmRN6XA9nXbaNTP9hD_nyXOuyUKHFQ)



### Year 9 Science - Eccles Class

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





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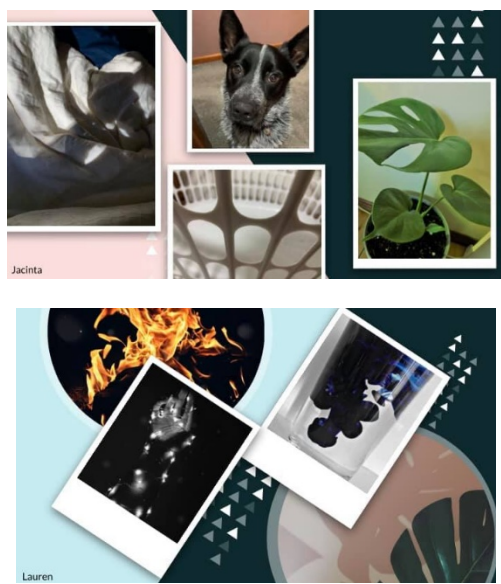
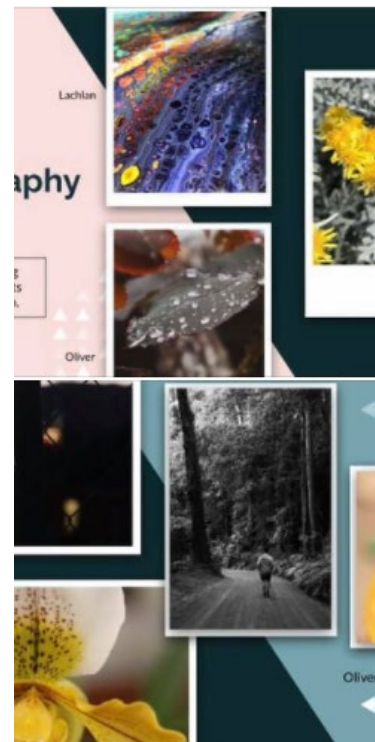
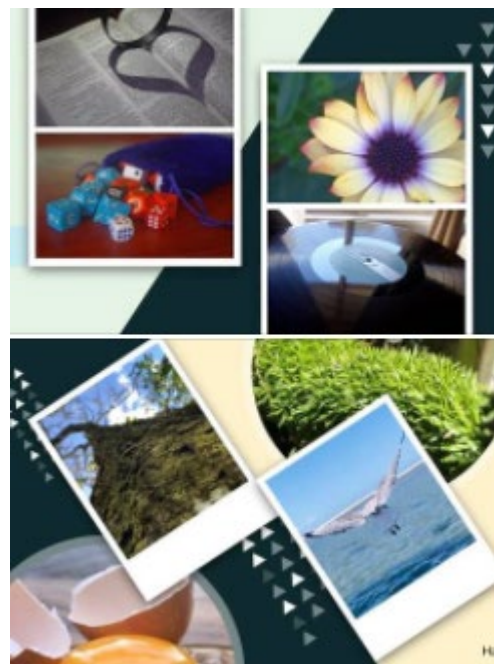
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## Year 11 Photography

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



### Pfizer Vaccine Clinics

For Aboriginal and Torres Strait Islander People

**Nunyarra has extra appointments available on:**

- Thursday 16th Sep
- Friday 17th Sep
- Saturday 18th Sep
- Thursday 23rd Sep
- Friday 24th Sep
- Saturday 25th Sep

**FOR AN APPOINTMENT:**

**Nunyarra Aboriginal Health Unit**  
PH: 43202698

If the phones are busy please leave a message or give us a call back.

**BOOKINGS ONLY**

## 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.cclhd.health.nsw.gov.au/services/aboriginal-health/>

<https://www.nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/vaccination-bookings-16-to-59-years?fbclid=IwAR3r1B-Q7a4sdaPd8owpf52xNRuTTxZpYPIkrCkRVlqSpTLppNpv1xJVAs0>





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### 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:

<https://www.ryss.com.au/online-abilities-programs>





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RYSS Regional Youth Support Services Inc.		ZOOMING ABILITIES TIMETABLE		I ♥ ndis	
<b>WEEK 1</b> 15/09		<b>VIRTUAL ZOO TOUR FOR ART INSPIRATION</b> We will sketch our way around a virtual zoo tour for inspiration and draw our favourite animal to share with the group.	<b>WEEK 5</b> 13/10		<b>AIR DRY CLAY SCULPTURES</b> Roll up your sleeves and get your hands dirty in our air dry clay sculpture session with our artist facilitator.
<b>WEEK 2</b> 22/09		<b>STAR WARS &amp; WOODWORK</b> May the force be with you creating a woodwork Baby Yoda, followed by a Star Wars themed trivia.	<b>WEEK 6</b> 20/10		<b>HEALTHY MINDS &amp; HEALTHY BODIES</b> Our Abilities Fitness trainer will run us through a work out to get our bodies moving followed by a positive mental health "Let it Out" session from the RYSS Youth Collective team.
<b>WEEK 3</b> 29/09		<b>MINECRAFT CHALLENGE</b> Can you take on this Minecraft challenge and help build and create our own Minecraft World hosted by a Minecraft Master.	<b>WEEK 7</b> 27/10		<b>HEAD TO HEAD - TRIVIA &amp; GAMES ARVO</b> There are prizes up for grabs in the Abilities Games Arvo. We will compete in trivia and UNO competitions and see who will take out the title of Abilities Game Champion!
<b>WEEK 4</b> 6/10		<b>SCAVENGER HUNT &amp; CUPCAKE CREATIONS</b> Do you have what it takes to be the household scavenger hunt champion? After this fun game we will decorate freshly baked cupcakes for a treat!	<b>WEEK 8</b> 3/11		<b>POSITIVE ASPIRATIONS PAINT &amp; DRAW</b> Draw and paint your own mini canvases with your post lock-down hopes, aspirations and inspirational messages to support one another.

### 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!

To register - [https://centralcoasty4y\\_lockdown\\_challenge.eventbrite.com.au](https://centralcoasty4y_lockdown_challenge.eventbrite.com.au)







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### Central Coast Library – Holiday programs

<https://www.eventbrite.com.au/o/central-coast-library-service-31062501025>

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



### Central Coast Library Service

<https://www.centralcoast.nsw.gov.au/libraries>

### Holiday programs – Central coast council links



#### School Holiday Program: The Great Recycle Maker Challenge

This online challenge puts your design and engineering skills to the test! About this event Put your design and engineering skills to the...

Sat, 18 Sep to Sun, 03 Oct 12:00 am to 11:30 pm

Free



#### School Holiday Program: Doodle Prompt Challenge - Flower Power!

Join us for an online Doodle Prompt Challenge! About this event Get creative, pick up your markers and paper, and join the Spring online...

Sat, 18 Sep to Sun, 03 Oct 12:00 am to 11:30 pm

Free



#### School Holiday Program: Ghost Story, a Creative Writing Event

Exercise your creative writing skill with this guided experience, where YOU are the story's main character. About this event Exercise your...

Mon, 20 Sep to Fri, 01 Oct 9:00 am to 4:30 pm

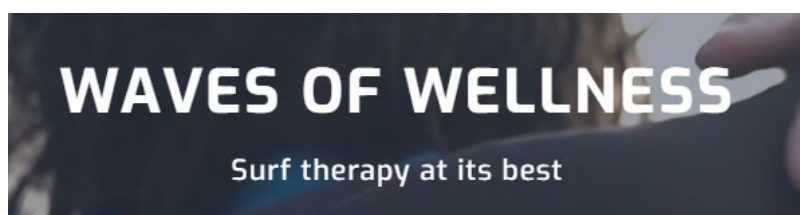
Free

These and many more at:

<https://www.centralcoast.nsw.gov.au/whats-on?category=1492>

### 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/>



**Uniting**

## 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 230 816

Online Collaborative drawing game





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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](http://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.kidshelpline.com.au](http://www.kidshelpline.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](http://www.suicidecallbackservice.org.au)

#### Mindhealthconnect

Website aggregates mental health resources and content from the leading health organisations  
[www.mindhealthconnect.org.au](http://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](http://www.beyondblue.org.au)

#### e-headspace

Online counselling for young people aged 12 to 25 years – [www.eheadsace.org.au](http://www.eheadsace.org.au)

### Useful training

#### LivingWorks Australia

Targeted training for communities, caregivers and professionals - [www.livingworks.com.au](http://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](http://www.mhfa.com.au/cms)

#### Question, Persuade, Refer (QPR) Suicide Prevention Training

Free online training course for Australian residents – [www.suicideprevention.salvos.org.au/training](http://www.suicideprevention.salvos.org.au/training)

For a more comprehensive list of links refer to the 'Supporting Information' section at  
[www.conversationsmatter.com.au](http://www.conversationsmatter.com.au)

