



Newsletter No. 4

24 June 2022

Coming Events:

2022

- 27 June - Zone Athletics
 - Mixed Open Netball
 - Syd Nth Open Touch
 - Escape Room Excur
- 28 June - TSP Excursion
- 30 Jun - Yr 11 English
 - Presentaion Day
- 1 July - Last day of School T2
- 18 July - School Dev. Day
- 19 July - Students return T3
 - Yr 11 SLR GYM
- 22 July - NSW HS Cross Country
- 26 July - Parent/Teacher Night
- 28 July - Yr 9/10 Open Oztag
- 3 Aug - Yr 7/8 Open Oztag

In this Issue:

Principal's Report	1
DP Report Years 7/9/11.....	2
DP Report Year 8/10/12	3
I.L. Literacy & Numeracy	4-5
Welfare Report	6-12
Science Report.....	13-15
Young Parents Program.....	16-17
Support Unit Report	18
PDHPE Report.....	19-20
Zone Athletics.....	21
CHS Volleyball Report.....	22
Athletics Carnival Info	23-25
UNSW and CHES Flyer	26
PCYC Flyer.....	27
NSW Education Info	28-29

PRINCIPAL'S REPORT

Narara Valley High School has had yet another productive and enjoyable term, with many curricular and co curricular activities featuring.

Narara Valley High School Annual Report - 2021

This term we finalised our Annual Report for 2021 in line with revised Department of Education timelines for submission. The Annual Report is available through the school website. It documents the school's progress against our Strategic Improvement Plan targets, alongside various other data. I would like to thank Ms Ferrara for her assistance in the Annual Report's completion and encourage all members of our school community to access it via the website, as described. Now that the Annual Report is completed, the school will consider necessary revisions to the Strategic Improvement Plan (SIP). The SIP will continue to focus on key areas for improvement across the school in a manner that is "narrow and deep." We will communicate this process as it unfolds, including opportunities for school community input.

Subject Selection for 2023

On Tuesday 21st of June, the school held subject information evenings for students in Years 8 and 10 to assist with subject choices as they enter Years 9 (elective courses only) and 11 respectively in 2023. I would encourage all students in these year groups to engage with this process to the highest extent possible and encourage all families to read the additional information provided by Mrs Forrest in this newsletter. Please get in touch with us if we can be of further assistance. Information gathered in this process assists the school in making vital curricular decisions for 2023, so we want all students to make the most informed choices possible. I would like to thank all staff involved in Tuesday night's information sessions. They did a wonderful job.

Yondr pouches and Attendance

All Narara Valley High School students have been issued a Yondr pouch, which must be brought to school and used appropriately every day. It has been very pleasing to see the vast majority of students in full compliance with this requirement, as demonstrated in the morning "spot checks" that have taken place several times recently. Please contact the relevant year group Deputy Principal or me, if assistance is needed in this area. It is essential that students are present for school on time every day, unless they are ill or have a serious matter preventing them from attending. Whilst the majority of students fulfil this vital requirement, the school has been in contact with families where this may not be the case. Students who attend school on time stand to gain the maximum benefits on offer, in terms of learning and wellbeing. Parents and caregivers are encouraged to contact the school at any time to discuss issues surrounding their student's attendance.

Please take some time to enjoy the articles that follow in this newsletter. They celebrate another great term at Narara Valley High School.

ANDREW SKEHAN

Principal

DP's REPORT Years 7, 9 and 11

As a busy term draws to a close, I would like to congratulate the majority of students who have demonstrated our core values of Respect, Responsibility and Personal Best through out the first half of this year.

I would like to thank Ms Grundy, Year 9 Adviser, for organising the Stand Tall excursion. I hope students enjoyed it and took something away from the day. It is fantastic to see opportunities such as this available to students again. If interested, students can watch a live stream of the event via the link in the flyer below;

STAND TALL 2022
LIVE STREAM EVENT
DREAM AGAIN

DATE AND TIME: 8 June 2022 from 9am-2pm
WHERE: Livestreamed from Darling Harbour Sydney
TO REGISTER: Scan the QR code or visit our website.

Stand Tall's Sydney Livestream is back in 2022 and will take place on 8 June. Our inspirational event for secondary students brings a host of speakers together in one room to arm students with the skills of resilience, the strength to stand up to bullying, the keys to motivation, the power of perspective and the benefits of making good and wise decisions. These come together to build hope for the future in these teens, a vital component to their mental wellbeing. And it happens all in one day.

FOR ALL HIGH SCHOOL STUDENTS!
For more information and to register:
<https://www.standtallevnt.com/sydney2022>
or scan the QR code

Year 11 have now completed two sessions with Elevate education on both time management and study skills. I would like to remind students that they can access resources from these sessions at the following website:

<https://austudent.elevateeducation.com/>

I would like to remind students in year 11 that they now only have one more term to go before the start of their final year of High School.

Finally, Semester One reports will be issued for students in Years 7, 9 and 11 at the end of this term, with a parent teacher evening scheduled for Tuesday the 26th July. It is a great opportunity for students to reflect on their efforts so far this year and discuss with their family and teacher strategies they can work on to improve their achievement in each of their subjects at school.

GEOFF FLEMING

Deputy Principal Years 7, 9 and 11

DP's REPORT Years 8, 10 and 12

Term two has raced through and we are now at the end of the term. Reports will soon be released and Parent Teacher Evening will be Tuesday evening, 26/07/22- Week 2 Term 3.

Subject Selection Evening for Years 8 and 10 was held and many parents and students attended to assist them to make subject choices for the next two years. Students will have talks from staff to give them more course information to assist them with selection. From here the year groups divide- Year 8 will make their online selections early in Term 3 when they will be given support to log on and make selections. Year 10 can book interview time slots through the parent portal to work with a teacher to make selections based on individual needs. Parents are invited to join students through their interview in Week 1 Term 3. Students will make their selections at the interview online.

Computer generated choices mean that students must select courses in order of preference, their most wanted elective as number one and so on. All students will be assisted with this process at school. Lines for classes are generated and any students with clashes or missed lines will be spoken to individually. This entire process will take the term to complete. Year 10 are reminded at this point that they need to have completed their RoSA satisfactorily (no N-Determinations.....) to be able to enter the senior years toward their HSC.

Year 12 are heading into their final term of school, which will be a very busy term. Trials will be held in Weeks 5 and 6, School Recommendation scheme applications are due and some students will be heading off to the snow...years in the making! Practical courses will have their HSC Exams and submissions. All students need to ensure they use their holiday time wisely to balance revision and relaxation. Some students will need to catch up on clearing missed tasks and a little look for those formal outfits all need to fit in. Year 12- relax, seek help if needed and continue to work hard....you are nearly there!

Term 3 will see the process for School Leaders. This will start in Week 3 with self- nominations, teacher recommendations, interviews and elections by Week 8, just in time to farewell the outgoing 2022 Year 12. More information and application forms will come next term.

It has been a very productive and busy term. I look forward to Term 3, students taking on advice in their reports and being ready to learn.

Any questions or clarification please contact the school on 43293780 and we will help you out. Have an awesome, warm break.

SAMOAN FORREST

Deputy Principal Years 8, 10 and 12

INSTRUCTIONAL LEADER—LITERACY & NUMERACY

Term 2 is almost done and there is a lot to celebrate. The Literacy and Numeracy team has been hard at work, going into classes and providing support for students across the school, helping to share messages about our strategies with students and teachers, and building relationships and skills through small group learning environments. While the program has had to adapt to the changing circumstances that continue to arise from COVID, there have been opportunities to observe students' skills and track their improvement and growth into the Plan 2 platform. Parents of students who have been part of the small group learning program will be having reports emailed to them from their small group teachers.

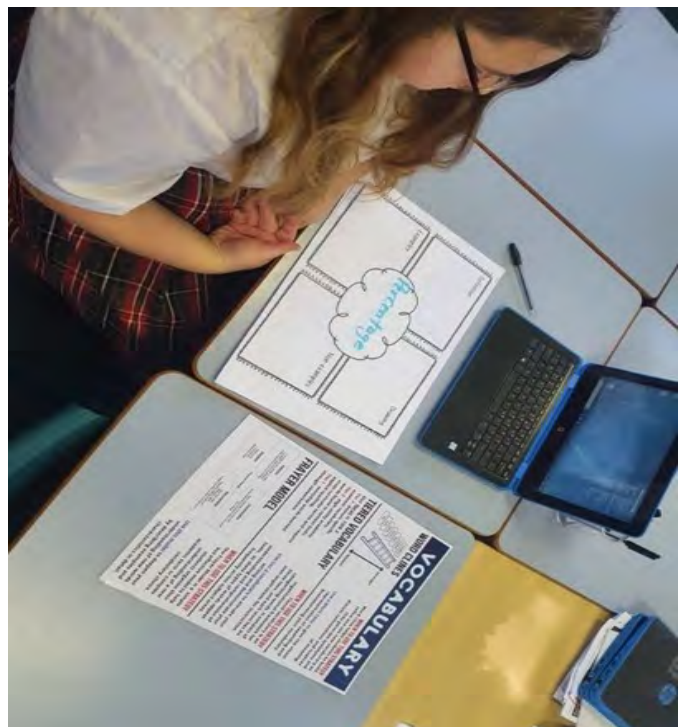
As we draw this term to a close, it is important to revisit the teaching and learning cycle, look at where we are now and plan for the next steps. From these discussions and analysis, we have looked at our data and identified the area of focus. We will be ready to begin next term and an email we be sent to parents early Term 3 informing them of the details.

Enjoy the holidays, rest up and we look forward to working with students and staff next term.



Ms Hoffman seen here with Gabriel Thornhill Yr 11, has been providing support for students with achieving their HSC Minimum standard in writing. So far, she has a 100% success rate-no pressure Gabe!

Nina Wilson in Year 9, working on percentage vocabulary with Mrs Spadina.



INSTRUCTIONAL LEADER—LITERACY & NUMERACY



Year 9 students Gabriella Kylma and Minjy Lee working with Mrs Spadina on Multiplicative strategies using Nearpod.

Seeking and acting on feedback
Integrating what works best in our school to 'What works best'.

NSW

1. **INFERENTIAL COMPREHENSION**
Inference is the process of drawing conclusions using evidence. You probably practice inference every day. For example, if you see someone eating a new food and they make a face, then you infer that they don't like it.
Inference formula:
Background knowledge + Clues = Inference
Inference can be referred to in many different ways in the classroom:

2. **WRITE A COMPLEX SENTENCE**
The sentence is a group of words that express a complete thought. It has a subject and a predicate. The subject is who or what the sentence is about. The predicate is what the subject is doing or what is happening to the subject.

3. **BODY PARAGRAPH STRUCTURES**
Point / Purpose
Evidence
Link
Topic sentence
Supporting sentences
Concluding sentence

4. **Head Teacher Yr 8 and Yr 9 cross-KLA program evaluation led to consistent template**

5. **Weekly updates at exec meeting. Modified delivery to in-class / small group combo with split negotiated with teachers and students**

6. **High leverage strategies and 8 ways conversation starters and questions of practice**

7. **Classroom & group work**

Melissa Ferrara was again invited to present to teachers across the state on our approach and some of the resources we have developed and refined.

MELISSA FERRARA

Instructional Leader—Literacy & Numeracy

WELFARE REPORT

RYSS – Regional Youth Support Services

Our school community would like to Lani, Marcus and Caroline from RYSS Gosford for the facilitation for programs for all year groups this semester.

RYSS staff spent six Thursdays onsite this term running through stage specific programs that align with curriculum and aiming to education students about their health, wellbeing and local supports for youth on the Central Coast.



We look forward to continuing to foster the connection with RYSS and plan future events for our students.



WELFARE REPORT

Bright Girl Health – Know your flow

Year 7 and 8 female students were part of a 'Bright Girl Health' presentation. The 'Know your Flow' program educated students about puberty, hormones and the menstrual cycle. All students displayed our PBL values of respect, responsibility and personal best.

All students were given a sample bag which included a voucher for a free pair of Modibodi underwear.

For further information please refer to the information emailed to parents/ carers which included links to resources and a downloadable parent ebook.



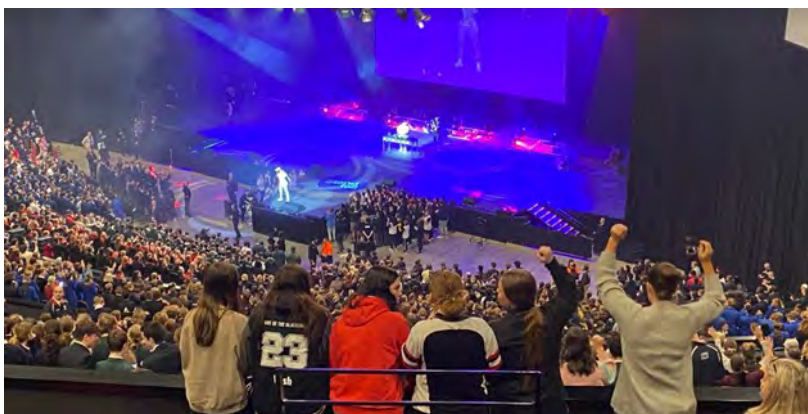
WELFARE REPORT

Stand Tall

Year 9 Students travelled to Sydney on June 8th for the 2022 Stand Tall event. Working with educators, Stand Tall addresses national high school curriculum outcomes for PDHPE by gathering world class athletes, popular musicians, and inspirational speakers, who all share their life experiences in a relevant and relatable way to Australian teenagers. One massive day of positive input into a young Australian can change a life.

Thank you to all the wonderful staff who accompanied the students on this event.

If you would like to read more about the 2022 event please use the following link: <https://www.standtallevnt.com/sydney2022>



WELFARE REPORT

Upcoming Wellbeing Programs

We are pleased to inform you that Narara Valley High School hosted a presentation called 'Clearing the air' on Friday 24th June onsite.

This wellbeing presentation was organised to provide students with up to date information about Vaping, where the online presenter educated students about a range of topics and attempts to clear the air by unpacking the myths vs the facts.

Educational presenter Azelene Williams shared her lived experience whilst providing critical information and practical suggestions on how to speak to students about vaping.

The program was delivered via live stream in two sessions:

Session 1 - 8.30am-9.30 (Years 10, 11 and 12)

Session 2 - 9.30am-10.30am (Years 7, 8 and 9)



Secondary School VAPING
'Clearing the AIR' presentation.

There is a lot of misinformation about vaping. Let us clear the air for you by unpacking the myths vs. facts

MYTH
KIDS WHO USE E-CIGARETTES DON'T SMOKE

45 minute live stream presentation

Education presenter Azelene Williams shares her lived experience whilst providing critical information and practical suggestions on how to speak to students about vaping

'Clearing the AIR' Topics

1. What is vaping?
2. Vaping & E-Cigarettes - Fact or Fiction?
3. Vape & E-Cigarettes Anatomy
4. Nicotine
5. Peer Pressure or Social Norms
6. What attracts young people to vaping?
7. Vape & E-cigarette Marketing
8. Vaping & E-cigarette Lung Diseases
9. School policy, advocacy & the law
10. What can you do about the Vape & E-Cigarette Problem?
11. A Good Reason to Quit
12. Social Triggers when Quitting
13. How To Quit Vaping

Secondary School Education

CONTACT US

Perennial Health Institute
Greenwood, WA

0432 563 413
admin@perennialhealthinstitute.com



WELFARE REPORT

Community Announcement



2022 NVHS NAIDOC DAY



We will be putting on a BBQ for all student's.
Please bring a gold coin donation.

There will also be opportunities for students to taste Kangaroo meat, Wattle seed ice cream and Lemon Myrtle Damper.

ACTIVITIES:

- ▶ Indigenous Games
- ▶ Mural Colouring
- ▶ Move it Mob Style
- ▶ Cookie Decorating
- ▶ Braclet Making

GET UP STAND UP SHOW UP

WELFARE REPORT

Community Announcement

NVHS is excited to host RYSS and their Outreach Program. RYSS will be onsite until the end of term on Thursdays between 9.30am and 11.30am in our Library Seminar room to assist students with:

- Mentoring
- Employment support
- Resume writing and applying for jobs
- Homelessness support
- Rent Choice Youth Advice and information about community services
- Financial support: Budgeting and Centrelink assistance

Please see HT Wellbeing if you have any questions regarding this program.

NEED HELP?

A person from the community to listen to you who are external from the school staff

- Mentoring
- Employment support: Resume writing and applying for jobs
- Homelessness support: Rent Choice Youth
- Advice and information about community services
- Financial support: Budgeting and Centrelink assistance

RYSS (02)43232374
Regional Youth Support Services Inc.
Practical Support for Children, Young People & Families
www.ryss.com.au

Talk to your Wellbeing teacher to make an appointment

WELFARE REPORT

Community Announcement

**EVERY DOLLAR COUNTS
OVER 160 GROCERY ITEMS**

**No charge for
donated
fruit & veggies
bread & pastries**

**ON A
TIGHT
BUDGET
SHOP
WITH US &
SAVE**

GOSFORD FOOD CO-OP

Second Bite
Ending Waste. Ending Hunger.

FOOD BANK
FIGHTING HUNGER
IN AUSTRALIA

EVERY DOLLAR COUNTS when you are on a tight budget, especially now more than ever with the rising cost of fuel and electricity. Would you like to SAVE \$\$\$ on your weekly grocery shop? The Gosford Food Co-op has over 160 low cost grocery items, with FREE fruit & vegetables, bread & pastries. Subject to availability, everyone is welcome.

To access our low cost groceries the co-op has an annual membership of \$5.00 per year. You must join the co-op to shop and to access all of its cost saving benefits. All of our grocery items are purchased from Food Bank and it is a community funded social enterprise. Our aim is to help reduce the rising cost of living and help individuals and families have access to good nutritional food.

Another bonus is that you will be helping the planet by reducing food waste. Please bring along your own re-usable shopping bags when you do come in to shop. For more info please call our hub on 94326-7359, the co-op is open Monday to Thursday 9am - 4 pm.

NICOLE LUDLAM/LAUREN ROLFE

Rel. H/T Welfare

SCIENCE REPORT

As we near the halfway point of the school year, the Science faculty has remained busy in continuing to deliver quality lessons:

- * Year 12 students are fast approaching their HSC and should all now be preparing for their Trial HSC Exams which are scheduled for next term. Students are encouraged to access materials provided by their classroom teachers on both Google Classroom and Edrolo.
- * Likewise, Year 11 are close to finishing their courses before they progress into Year 12 in Term 4 and they too should be interacting with resources made available online to further consolidate their understanding.
- * Year 10 have been busy working on their Biology unit, while Year 9 complete their “Stuff of Matter” and “Mythbusters” topics and Year 8 conclude the “Under our Feet” topic.
- * Meanwhile the Year 9 and 10 Marine Studies elective students have enjoyed creating posters to celebrate “World Oceans Day” that was held on Wednesday 8th June, along with continuing to maintain our aquariums in L4.

Other faculty highlights to finish Term 2 include:

- * Clean4Shore where Year 9 Marine Studies got to have their first experience in cleaning up Brisbane Waters.
- * The Science and Engineering Challenge was a success, with selected students from Year 9 and 10 demonstrating the school’s PBL values while engaging in a variety of challenging tasks at St Edward’s College on Tuesday 21st June.
- * Year 12 Chemistry, Physics and Investigating Science were also fortunate to attend the Australian Nuclear Science and Technology Organisation (ANSTO) in Lucas Heights on Friday 24th June where the students were able to meet with some of Australia’s premier nuclear scientists and tour the facilities.

With subject selection for Year 10 into 11 and Year 8 into 9 electives being finalised in Term 3, students are encouraged to seek feedback from their classroom teachers who can assist them in providing information for the relevant Science-based subjects on offer in 2023 .



SCIENCE REPORT



SCIENCE REPORT



YOUNG PARENTS PROGRAM

We have been very lucky in YPP this term!!! We have had our Creche and YPP Classroom completely renovated. The Young Parents and their children are loving the look and feel of these fresh new spaces for them to do their study and play.

Whilst we were waiting for the renovation to be completed, we were lucky enough to be able to use the spaces at Central Coast Community College to do our study and we also used their creche. Many of our young parents also had the wonderful opportunity to be “models” for the Beauty Students at the CCCC during the time that we were there.

Our young parents are all continuing to study courses of their choosing:

Willow is studying an Advanced Certificate in Dog Care, Dog Training and Psychology.

Julia is studying Certificate III in Early Childhood

Bella is currently completing a hairdressing apprenticeship.

Shakya has just completed a Traffic Control course and has started paid work in this area.

Taylah is continuing her Bachelor of Education in Primary Teaching and has just completed her fourth practicum at a primary school. Taylah is eligible to start doing casual teaching now.

Shae, who completed her Bachelor of Education in Primary Teaching whilst coming to YPP, started her first contract at a Primary School at the beginning of the year.

Four of our young parents – Bree, Yazmine, Berni and Jess have almost finished their Teachers Aide SLSO course and have all started to get some paid work by filling in for absent staff.

We have also had two of our students – Talissa and Rebecca have just completed courses and are starting paid work with these new qualifications:

Talissa Henderson

Has just completed her Certificate III in Individualised Support Aging and is a qualified AIN – Assistant in Nursing.

This involved 20 weeks of face to face learning through the ET peninsula employment program.

Talissa has been offered a variety of paid roles at the Peninsula Aged Care Village.

Rebecca Bennett

Has just completed her Certificate III in Pathology & Collection.

This involved 6 weeks of online learning followed by 10 weeks of face to face classes in Parramatta for 2 days per week and completion of 35hrs work placement.

If you are a parent under the age of 30 and you would like to come along to our Young Parents Program, we are taking New Enrolments NOW!

Our Young Parents Program is held every Wednesday & Thursday during school terms from 9am-2pm.

We provide a teacher and a dedicated classroom for you to complete your studies whilst your young children are looked after in our lovely renovated creche by our caring and qualified staff.

Please contact the school office on 4329 3780 or Louise Miller on 0422 840 161 for more information.

YOUNG PARENTS PROGRAM



SUPPORT UNIT REPORT

Congratulations to Emmett Fortis, Joshua Roberts and Luke Roberts for advancing to the Zone Cross Country.

Luke Roberts came 1st, Emmett Fortis came 2nd and both are moving on to the State Cross Country. Joshua Roberts came 4th. Congratulations Boys!



The Narara Valley High School Boccia Team competed in their first Knockout competition on Friday the 3rd June. They won 3 out of their 4 rounds and came so close to moving onto the next phase, narrowly missing out to Henry Kendell High School. Congratulations team!

Emmett Fortis

Lachlan Brandt

Lachlan Hillier

Skye Overall

Jasmin Cooney

Ms Johnson



PDHPE REPORT

The fourth instalment of PE news and already Term 2 is about to be completed! All carnivals are now complete, and we have our zone athletics carnival happening in Week 10 and we are now into the Sydney North stage for Cross Country. There are plenty of knockout competitions in the process of being played with plenty more to come! Needless to say, it has been a very busy few months in the PDHPE department!

Our classes have begun the term in a positive way and the majority of students are displaying the school's core values of Respect, Responsibility and Personal Best throughout both practical and theory lessons. Could I please remind all students and parents that they must bring their PE uniform, otherwise there will be further consequences.

A few whole school announcements to be aware of:

Sport Fees:

Out of school sports will not be able to occur unless these are paid.

Sport Selections:

Ensure you have selected your preferences Year 9 & 10.

Upcoming Sports:

U15s Boys & Girls Basketball- Week 9 Friday with Mr Bush
Opens Mixed Open Netball- Week 10 Monday with Mrs Morrison

Term 3 Sydney North Trials & Teams:

- Athletics Carnival (Week 2)
- Orienteering (Week 4)
- Water Polo (Week 7)
- Boys Cricket (Week 8)
- Girls Cricket (Week 9)

Student Achievements:

Jordan Small: NSWCHS Soccer Team, finished 2nd.

Emmerson Squires, Kobi Rodrigues, Ryan Kesby, Logan O'Brien: Sydney North Touch Football

Montana Mullins: Sydney North Rugby League

Zone Cross Country: Mia Akhurst 3rd Place, Georgia Alvaro 5th Place, Kaleb Lia 4th Place, Jordan Small 1st Place

Sydney North Cross Country: Luke Roberts 1st place, Emmett Fortis 2nd place, Josh Roberts 4th place

PDHPE REPORT



ZONE ATHLETICS

Monday 27th JUNE 2022 [week 10 Term 2]

Zone Team

BOYS					
12 Years	13 Years	14 Years	15 Years	16 Years	17+ Years
DEGUARA Keanu	BICE Nathan	BREEN Hayden	BAKER Isaia	PAPALEXION Dion	CUTBUSH James
GRAY Tommy	CURTIS Spencer	D'SOUZA Jaden	BOLGER Micah	SINGH Harley	GYORFFY Connor
HERNANDEZ Rafael	DRAPER Darren	DUGAN Joel	CARDOZO Jude	SMALL Jordan	KESBY Ryan
RYAN Lucas	DWYER Jordan	ISAAC Benjamin	GARBYAL Xavier	WELLS George	LENTON Travis
	HOLLINS Lachlan	MASON Tully	POWER Isaac		LIA Kaleb
	HUNTER Ethan	TYLER Jansen	PUGH Ben		MACDERMID Dylan
	KIMPTON Taj	WARBURTON Ronan	WEBBER Aiden		MOBBERLEY Bryce
	MOXHAM-HALE Charlie	WEIBEL Harley			REDDY Kartik
	RICHARDS Huddson				WILKINSON Cory
	SCHOLES Lincoln				
	THORNHILL Thomas				

GIRLS					
12 Years	13 Years	14 Years	15 Years	16 Years	17+Years
GARBYAL Cor-delia	AKHURST Mia	CLARKE Alyssa	GIOKAS Renna	COOK Alaysha	CLARKE Mia
FRENCH Annika	BARNES Maggie	FISHER Charlotte	MACDONALD Sienna	MASON Hannah	ENDERS Peggy
DE KALB Scout	ERDOS Isabella	HILL Samantha	KEEHAN Emily	ROSE-THOMPSON An-neliese	MALONE Erin
VUNA Leilani	HENNESSY Isabella	JAMES Bella	TEDMAN Annabel-la	WAKELIN Amelia	MCEWAN Caitlyn
	LIEDBERG Jacinta	KYLMA Gabriella	LEE Minjy	WARBURTON Jade	SPENCER Steph-anie
	SINGH Tayla	VESCIO Mia		SCOTT Amelia	WADE Lara
	WELLS Phoebe				WHITFIELD Isabel-la

- * Please report to Mr. Bannister when you arrive.
- * All students are required to wear a Narara Valley singlet during competition.
- * Entry is \$6 for students and \$3 for spectators.

All students have been given an information sheet which includes the events in which they are competing and a copy of the program. All relevant information has also been posted on the PDHPE noticeboard. Please keep me informed if anything changes which will affect your participation in the Zone Carnival.

If you need any further information, please contact me on the email below.

Mr. B. Bannister



CHS SPORTS REPORT

SPORT: Volleyball [Boys]

EVENT: Round four match between Narara Valley and Fort St. High School

VENUE: Narara Valley School

DATE: Thursday 26th May 2022 [10.30am – 12pm.]

RESULT: Fort St High 3 sets defeated Narara Valley 0 [25/16, 25/17, 25/12]

TEAM:

Jon Conejos, Leo Crisp, Connor Gyorffy [C], Jasper Hawkins, Kairell Iole, Bryce Mobberley, Ahmed Mohamadi, Abdul-Aziz Quddeh, Harley Singh, Jordan Small, George Wells, Jacob Williams-Parks.

Helpers: Kaleb Lia, Erin Malone, Jacob Hunt, Byron Hansen, Daniel Vescio, Connor Coates.

COACH: Mr Bannister [PDHPE]

Match Report: I thought the team played up to expectation and demonstrated the skills they had acquired through the regular training over recent times. Some of the longer rallies were very exciting with several won by us. A highlight was a sensational block by Harley Singh off a very hard and aggressive spike. Everyone played to their ability level and were very supportive of each other. Connor Gyorffy did a great job leading the side. Despite the final score line, the team can be proud of their performance and the way they operated as a representative team from the school.



2022 Athletics Carnival

Due to condition of the field at Mingara we had to conduct the Javelin and Discus on Tuesday 17th at Adcock Park. Luckily the field conditions there were very good.

Firstly, a big thanks to all the students who participated and contributed to the consolidation of the school's sporting culture.

Close to 50 per cent of the student population attended the carnivals.

Records were broken and Age Champions came from all houses.

Results were close and reflected a strong competitive atmosphere.

The following outlines the carnival results.

RESULTS FROM THE 2022 ATHLETICS CARNIVAL									
HOUSES	Bannister	Gardner	Mackay	Saxby	HOUSES	Bannister	Gardner	Mackay	Saxby
Event	Event Total	Event Total	Event Total	Event Total	Event Description	Event Total	Event Total	Event Total	Event Total
BOYS					GIRLS				
Shot Put	86	67	37	62	Shot Put	55	74	31	70
Long Jump	94	67	59	49	Long Jump	49	84	33	51
High Jump	90	76	42	47	High Jump	57	74	21	57
Discus	23	15	31	64	Discus	17	26	2	41
Javelin	29	25	23	49	Javelin	16	17	0	44
Support Unit	47	52	39	27	Field Events	194	275	87	263
Field Events	369	302	231	298	Relays	NR	NR	NR	NR
Relays	26	28	24	26	100m	111	121	76	82
100m	169	170	79	70	200m	71	73	32	61
200m	124	88	62	111	400m	8	21	8	5
400m	40	68	13	22	800m	8	20	0	0
800m	33	14	8	9	1500m	8	7	0	0
1500m	14	20	10	12	Walk	8	18	0	0
Walk	14	9	7	4	Track Events	214	260	116	126
Support Unit	36	59	67	20	Girls	408	535	203	411
Track Events	456	456	270	274	Boys	825	758	501	572
All events	825	758	501	572	Attendance	106	104	75	89
					Totals	1339	1397	779	1072

1ST GARDNER

2ND BANNISTER

3RD SAXBY

4TH MACKAY

<u>AGE CHAMPIONS [2022]</u>		
AGE GROUP	GIRLS	BOYS
12's YEARS	Cordelia Garbyal	Tommy Gray
13's YEARS	Mia Akhurst	Darren Draper
14's YEARS	Sharlotte Fisher	Jaden D'Souza
15's YEARS	Emily Keehan	Ben Pugh & Xavier Garbyal
16's YEARS	Jade Warburton	George Wells
17+'s YEARS	Mia Clarke	Bryce Mobberley

New Records set at the carnival

<u>EVENT</u>	NEW RECORD		OLD RECORD		
Boys [senior] 4 x 100m Relay	51.44	SAXBY	53.20	SAXBY	2021
Boys 16's Shot Put	15.10m	George Wells	13.48m	Harvard Ma'u	2012
Boys 16's Discus	48.93m	George Wells	34.80m	Harvard Ma'u	2012
Boys 16's Long Jump	6.10m	Harley Singh	5.96m	Malcolm Wills	2003

Zone Athletics Team

BOYS					
12	13	14	15	16	17+
DEGUARA Keanu	ANGST Benjamin	ARCHER Bowie	BAKER Isaia	PAPALEXION Dion	CUTBUSH James
GRAY Tommy	BICE Nathan	BREEN Hayden	BOLGER Micah	SINGH Harley	GYORFFY Connor
HERNANDEZ Rafael	CURTIS Spencer	D'SOUZA Jaden	CARDOZO Jade	SMALL Jordan	KALEB Lia
RYAN Lucas	DUGAN Patrick	DUGAN Joel	GARBYAL Xavier	WELLS George	KESBY Ryan
	DRAPER Darren	ISAAC Benjamin	POWER Isaac		LENTON Travis
	DWYER Jordan	MASON Tully	PUGH Ben		MACDERMID Dylan
	HOLLINS Lachlan	TYLER Jansen	WEBBER Aiden		MOBBERLEY Bryce
	HUNTER Ethan	WARBURTON Ronan			REDDY Kartik
	KIMPTON Taj	WEIBEL Harley			SCOTT Declan
	MOXHAM-HALE Charlie				
	RICHARDS Huddson				
	THORNHILL Thomas				

GIRLS					
12	13	14	15	16	17+
GARBYAL Cor-delia	AKHURST Mia	CLARKE Alyssa	GIOKAS Renna	COOK Alaysha	CLARKE Mia
FRENCH Annika	BARNES Maggie	FISHER Shar-lotte	MACDONALD Sienna	MASON Hannah	DOUGLAS-HARDING Maddie
DE KALB Scout	ERDOS Isabella	HILL Samantha	KEEHAN Emily	WISE Tayla	ENDERS Peggy
	HENNESSY Isabella	JAMES Bella	MANCZAK Nadia	ROSE-THOMPSON Anneliese	MALONE Erin
	LIEDBERG Jacinta	KYLMA Gabriella	TEDMAN Annabella	WAKELIN Amelia	MCEWAN Caitlyn
	SINGH Tayla	VESCIO Mia	LEE Minjy	WARBURTON Jade	SPENCER Stephanie
	WELLS Phoebe			SCOTT Amelia	WADE Lara
					WHITFIELD Isabella

- * We need nominations for the Triple Jump. [15 years and above]
- * We need a student from the 12 years [boys] for the relay.
- * There are also events that are not conducted at the Zone Carnival, but which are included in the Sydney North Program. These are mainly the hurdles and longer than 1500m events.
- * Students will need to submit, prior to the carnival, an authorized record of achievement in these events.

See Mr. Bannister for details and Nomination Forms.

BWHSSA ZONE ATHLETICS CARNIVAL

MINGARA ATHLETICS CENTRE

DATE. Monday 27th June 2022

Team Manager

Brian Bannister [brian.bannister@det.nsw.edu.au]

UNSW and CHESS Flyer info

We have student programs running for gifted students during the July school holidays. For these programs we offer both face to face and online options so perfect for students in NSW.



Expand student minds in a fun & challenging setting with

2022 GERRIC Student Programs

July 5 - 8 | Online & On-campus

9:00am - 3:00pm Online UNSW Campus, Kensington

UNSW SYDNEY Australia's Global University

Follow the QR Code for more information

GERRIC & Professional Learning
School of Education, Faculty of Arts, Design & Architecture
UNSW SYDNEY NSW 2052 AUSTRALIA

Central Coast Winter Chess Tournament for ages 6 to 17

Entry fee \$20

includes lunch-pack

Payment details and food options on contact with...

Gary Losh

glosh6090@gmail.com

0432 453 726



Rated by NSW Junior Chess League

Monday 11 July

Must pre-enter by Thursday 7 July

Coast Community Church, Adelaide St, Tumby Umbi
9.30am – 4.00pm

With an educational chess puzzle competition and lots of prizes. Practice puzzles provided on entry.

Minimum ability: Must know how to move the pieces and complete games largely unassisted.



FREE

Gymnastics

Sausage Sizzle

Games

Boxing

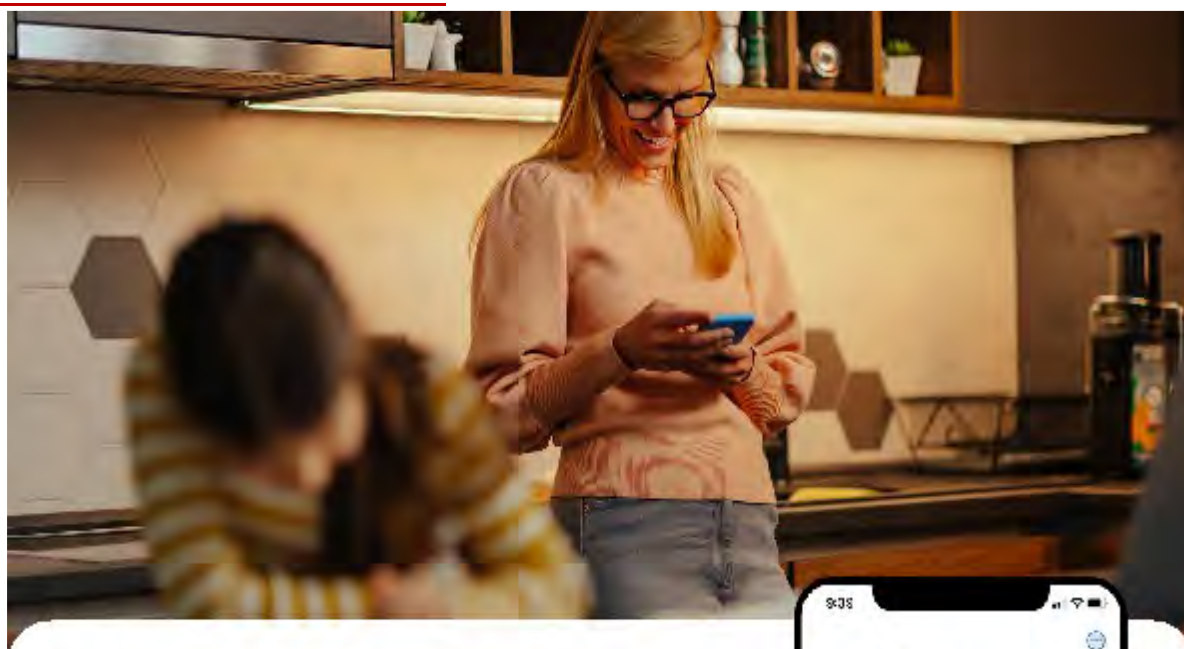
**PCYC Winter Holiday
Break Sports Camp 11-17yrs
Tuesday 5th July
4:30-6:30pm**

**Register Today
4344 7851**



LIFE CHANGING





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NSW DEPARTMENT OF EDUCATION

During winter our risk of catching viral illnesses such as flu and COVID-19 is higher, and we urge all parents and carers to please keep your children at home if they are unwell.

Use a rapid antigen test if your child has any COVID-19 symptoms, even if mild. If they test positive, register the result with Service NSW and they'll need to self-isolate for 7 days. If the result is negative, keep them home until they are well and free of any symptoms.



Feeling unwell?
Please stay at home