



# Newsletter No. 5

# 12 August 2022

## Coming Events:

### 2022

- Aug 15-26 - HSC Trials
- Aug 16 - CAT Chat - Performance  
& Physical Fitness  
Yr 9-12
- Aug 18 - Central Coast Schools'  
Showcase
- Aug 25 - NSW Deputy Principal  
Combined Music Item
- Aug 29 - Yr 7 Vaccinations
- Aug 30 - Disaster Relief Program  
- Yr10 & 11
- Sep 5-8 - Snow Trip
- Sep 12-23 - Yr 11 Yearly Exams
- Sep 13 - Central Coast Dance  
Festival - Yr9

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## PRINCIPAL'S REPORT

Narara Valley High School students and staff have had a great start to Term 3 after the winter holiday break. This term is a very busy one for our senior school. Year 12 are in preparation mode for the Trial HSC Examinations and are putting the finishing touches on major works. Mrs Forrest will provide more detail on this in her report. Year 11 students are in the final term of their preliminary courses, with examinations scheduled for later in the term.

### Attendance

We greatly appreciate the support of our parents and carers who have kept students at home when they have been sick. As we all know, this is an important safeguard against the spread of Covid 19 and influenza. However, it is essential that any absence is explained by parents and carers. This can be done by replying to absence texts or contacting the school by phone or email. If parents and carers have questions or need assistance in relation to their child's attendance, they are welcome to contact the school office.

### Uniform

Narara Valley High School is a uniform school and it is imperative that all students adhere to uniform processes every day. Please refer to our school website for information on [school uniform requirements](#). If a student is unable to wear an item of uniform in the short term, they must bring an explanatory note from their parent or carer and present this at the school library before roll call. They will then be issued a uniform pass. Failure to comply with uniform procedures will result in a student having to attend lunch detention that day. If financial difficulties prevent a family from purchasing items of uniform, they are simply asked to ncontact the school office to arrange a discussion with the relevant deputy principal or myself. I would like to thank parents and carers for their ongoing support of our uniform requirements.

### Yondr Pouches

All students are required to bring their Yondr pouch to school every day and lock their phone in it when they arrive. Locking stations are located at each entrance to the school. This is a school wide requirement to ensure that students are focused in classrooms and spend more time socialising and/or being active during break times. If a student has any special circumstances whereby they need access to their phone during the day, this must be discussed with their Deputy Principal. Further information on the [Yondr pouch](#) system is available on our school website.

### ANDREW SKEHAN

Principal

## DP's REPORT Years 7, 9 and 11

It is hard to believe that it is already Term 3! I hope all students enjoyed the break and have returned to school well rested and excited about being back in the classroom learning environment.

At the end of last term students should have received their Semester One reports. I hope the information in these reports has been useful for students in reflecting how their learning has developed thus far and what strategies they may be able to implement to improve their results moving forward. It was a pleasure to see many parents attend the Parent Teacher interviews and it was fantastic to see meaningful discussions on student's education taking place on the evening.

Meanwhile Year 11 have commenced their final term before they begin Higher School Certificate courses in Term 4. I would like to take this opportunity to remind students that it is important to organise their time productively. To help you plan your time efficiently, you will need three kinds of timetables:

1. A term planner to map out key events/tasks for the term
2. A weekly timetable so you can structure your time in the short term while allowing flexibility.
3. A diary with daily 'things to do' lists to keep you on track.

### Planning for the Term

Enter in important events like assignment deadlines, exam dates and major tasks and family/social commitments. Put this up above your study desk (you do have one, I hope!!!). It gives you an overall view of the extra busy times so you can organise around them.

### Planning for the Week

You need copies of a blank weekly timetable in one-hour blocks. Each week fill in:

- Lesson times
- Chores/domestic commitments
- Other classes/sport time
- Leisure/free time *Note: If you do not build in free time you will resent your timetable and not keep to it. Exercise is also important to keep your mind fresh and alert. Try to do some exercise at least a couple of times a week.*
- Divide the rest of your time into homework and study time.

### Planning for the Day

The 'things to do' list is important and should be included in a diary so you can carry it with you and shuffle things around when necessary. Each night you need to make yourself a list of what to do the next day. For example:

1. Read Biology textbook Chapter 2
2. Analyse English essay question and start thinking about how I will answer it.

With the end of Year 11 exams fast approaching it is now a perfect time for students to organise their time so they are prepared to achieve the best possible outcomes in the courses they are studying.

### GEOFF FLEMING

Deputy Principal Years 7, 9 and 11

## DP's REPORT Years 8, 10 and 12

Term Three is steaming ahead and we have Year 12 at the pointy end of their school life. HSC exams for practical subjects are underway with HSC performances happening over the next few weeks and HSC practical projects due for submission. Trial exams are in weeks 5 and 6, 15<sup>th</sup> to 26<sup>th</sup> of August. These will be supervised by the HSC exam Presiding officer to prepare students for the actual HSC exams. Timetables were emailed to students and exams will be primarily held in the studio. In case of illness, students will need to contact the school and obtain a doctor's certificate on the day of illness and missed exam.

Over the remaining weeks of school, Year 12 need to ensure they attend every day. A study planner should be used to manage time and commitments for school, study, work and relaxation to help ensure the best possible results. Trial exams will help to consolidate study and provide feedback and direction for further study. Many students have applied for early entry to University and I encourage all students wanting to go to university to apply, especially for the School Recommendation Scheme.

I wish Year 12 all the best for their upcoming Trials.

Parent Teacher night was held earlier in the term and it was great to see so many parents at school again. If you have any concerns about your child at school send an email or call their Year Advisor or myself for any clarification and assistance.

Attendance is an issue that impacts the progress and learning of every student. Week 5 will see the next attendance letters sent home for students who need to improve their attendance. Every day counts. Lateness to school and classes also has an impact on learning and needs to be a student's responsibility to be punctual. Students should aim for 90% attendance and be at school on time every day.

Years 8 and 10 have now finished their subject selections. These selections will be used to form lines, classes and staffing requirements. As this process continues, students will be updated on classes they have been placed in and classes will be published in Term 4. This process has a great deal of work in the background and takes time. If students need to make changes they can see me for assistance, remembering they need to choose classes they want to do not just follow their friends. 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. There will be a small window of opportunity to change at the start of 2023 during the first 4 weeks of Term 1.

The process for School Leaders for 2023 has begun. Forms are available from a Deputy or the front office. Students self-nominate then obtain teacher recommendations, interviews and elections for incoming Captains and senior prefect will follow in the upcoming weeks, just in time to farewell the outgoing 2022 Year 12. Completed forms need to be returned to Mrs Forrest this week.

Any further clarification or assistance please do not hesitate to email or call 43293780.

### SAMOAN FORREST

Deputy Principal Years 8, 10 and 12





## WELFARE REPORT

### Wellbeing Initiatives



#### Jeans for Genes Day Fundraiser

Thank you to all the staff and students for their contributions and donations to a successful Jeans for Genes day fundraiser last week. We raised \$400 to donate to the Children's Medical Research Institute.



#### Share the dignity

Throughout the month of August NVHS is a collection point for donations for the Dignity Drive. Students, staff and members of the community are welcome to donate pads, tampons, menstrual cups or period underwear to the school during this time. We look forward to donating these at the end of the month.

<https://www.sharethedignity.org.au/>









#### RYSS Programs

One of our local services RYSS has a wide range of programs they offer for young people on the Central coast. Please see below the information on Resilience building and Skills based programs that are running through the One 3 One Youth Hub .

## WELFARE REPORT



### Useful apps for your device:

<p><b>Mindful Gnats</b></p>  <p>An app designed to teach young people simple mindfulness and relaxation skills.</p> <p><i>Available on iOS and Android devices.</i></p>	<p><b>MindShift</b></p>  <p>An app designed to help teens and young adults cope with anxiety.</p> <p><i>Available on iOS and Android devices.</i></p>
<p><b>Headspace: Meditation &amp; Sleep</b></p>  <p>An app designed to train your mind and body for a healthier, happier, stress-free life.</p> <p><i>Available on iOS and Android devices.</i></p>	<p><b>What's Up? – A Mental Health App</b></p>  <p>An app that uses recognised therapies to help you manage your mental health, including a habit tracker and activities to identify what you are feeling.</p> <p><i>Available on iOS and Android devices.</i></p>
<p><b>SmilingMind</b></p>  <p>An app aimed at helping young people de-stress and stay calm.</p> <p><i>Available on iOS and Android devices.</i></p>	<p><b>SuperBetter</b></p>  <p>An app aimed at building personal resilience and boosting physical and emotional wellbeing.</p> <p><i>Available on iOS and Android devices.</i></p>
<p><b>Happify</b></p>  <p>Activities and games to help reduce stress, overcome negative thoughts and provide effective tools to improve emotional well-being.</p> <p><i>Available on iOS and Android devices.</i></p>	<p><b>Happyfeed: Gratitude Journal</b></p>  <p>Train your brain to focus on the positive and become more resilient in harder times by keeping a journal of things you are thankful for.</p> <p><i>Available on iOS and Android devices.</i></p>



## WELFARE REPORT

### Support numbers:

 <p><b>Phone number:</b> 1300 130 052</p> <p><b>Available:</b> Weekdays: 9am - 9pm Weekends: 4pm – 9pm</p>	 <p><b>Phone number:</b> 1800 551 800</p> <p><b>Available:</b> Any day, any time!</p>
 <p><b>Phone number:</b> 1800 737 732</p> <p><b>Available:</b> Any day, any time!</p>	 <p><b>Phone number:</b> 1300 224 636</p> <p><b>Available:</b> Any day, any time!</p>
 <p><b>Phone number:</b> 13 11 14</p> <p><b>Available:</b> Any day, any time!</p>	 <p><b>Phone number:</b> 1800 152 152</p> <p><b>Available:</b> Any day, any time!</p>
 <p><b>Family and Community Services Helpline</b></p> <p><b>Phone number:</b> 132 111</p> <p><b>Available:</b> 1800 152 152</p>	 <p><b>Australian Government</b> <b>Department of Health</b></p> <p><b>National Coronavirus Helpline</b></p> <p><b>Phone number:</b> 1800 020 080</p> <p><b>Available:</b> Any day, any time!</p>

NICOLE LUDLAM/LAUREN ROLFE

Rel. Head Teacher Welfare

## SCIENCE REPORT

As we enter the second half of the school year, the Science faculty remain busy in preparing for the term ahead;

- Toward the end of Term 2, Mr Miller accompanied the Year 12 Physics and Chemistry students down to ANSTO, Australia's only operational nuclear facility. Students were introduced to the processes of creating nuclear medicine and the experimental processes around nuclear energy at Lucas Heights.
- Science Week 2022 kicks off in Week 5, Term 3. This year's topic for Science Week is **Glass: More Than Meets The Eye**. Students will have a range of practical activities that explore the nature of glass and light interacting with it, including the making of a kaleidoscope.
- Year 8 have begun their exploration of Chemistry. Hamish and Jared from 8 Fearnley display models of complex compounds studied in class.
- Year 9 and 10 have both begun their Physics units of work looking at energy. Year 9 students will use experiments to investigate phenomena around sound, light and heat where Year 10 students will focus on motion and Newton's Laws.

Subject selection for Year 8 into 9 and Year 10 into Year 11 electives are currently being finalised. Students are encouraged to seek any information regarding their interest for the relevant Science-based subjects on offer in 2023.



**10th August** - Year 10 Marine Assessment due

**12th August** - Year 9 Science Physics Incursion

**15th August** - Year 10 Science Trail Excursion

**18th August** - Year 10 Science in-class task

**20th August** - Year 9 Marine Assessment task due

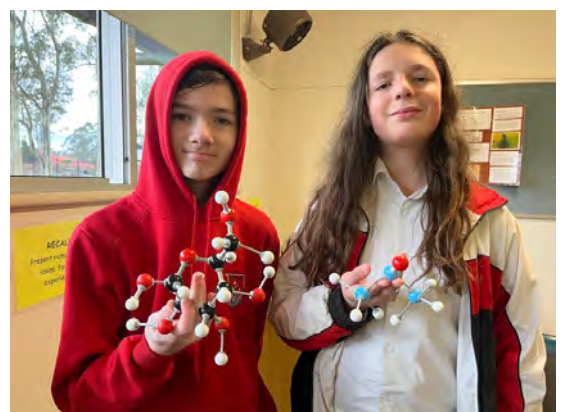
**Weeks 5 + 6** - HSC Trial Examinations

**Week 7** - Year 10 Valid examination

**9th September** - Year 8 IRP due

**AMANDA BARRALE**

Head Teacher Science



## PDHPE REPORT

Welcome to another installation of PDHPE News! Term 3 is well under way!

As Term 3 begins we are slowing down on the sporting front in PDHPE. We had an extremely busy Term 2, with a variety of achievements throughout different sports. The most notable being our Year 9/10 Boys Touch Football team making it through to the state finals where they finished 3rd in their pool.

Sydney North Athletics was completed at the end of Term 2 and we are awaiting results to see which of our students has progressed to the CHS level, however, in big news from the world of Cross Country, Luke Roberts has qualified for Nationals to be held in Adelaide after an outstanding performance at the CHS tournament where he finished 3rd in his race. This is a huge achievement and we wish Luke all the best competing later this month.

We are all anticipating the overall house champions points, however Mr Bannister is keeping these results very close to his chest!

### School Sport

Please ensure all outstanding fees are paid immediately as students will not be able to attend outside school sports until fees are paid for this semester and last semester.

### TSP

TSP has our coaches running sessions each fortnight during Term 3.

If there are any current Year 7 & 8 students who might be keen to participate in TSP, please contact Mr Neate in the PE staffroom. For more information on our program, please visit <https://narravalley-h.schools.nsw.gov.au/learning-at-our-school/targeted-programs.html>

If you have any queries regarding PDHPE, please don't hesitate to contact Mr Neate via email – [evan.neate1@det.nsw.edu.au](mailto:evan.neate1@det.nsw.edu.au)

### EVAN NEATE

Head Teacher PDHPE



## TAS REPORT

What a busy start to Term 3.

Term 3 has seen students continue to produce some amazing practical pieces of work as can be seen below, ranging from plenty of food dishes to textiles and timber items.

Our Year 12 IT Timber and Multimedia students submitted their major projects yesterday and we congratulate them on finishing these pieces of work which is worth 60% of their HSC mark.

We wish our Year 12 students all the best for their Trial Exams.



### Fee Reminder

A reminder to parents of students who are studying our TAS electives that our courses have a fee attached to them. We thank those parents who have paid and remind parents who haven't that these fees are used to purchase materials that your child uses to complete their projects in the classroom. Any issues with these payments, please contact the office.

Year 11 Pavlova Task as part of their Food Quality Unit



### JEANETTE SELLARS

Rel. Head Teacher TAS

## ENGLISH REPORT

### \*\*\*Book in a Day\*\*\*

We have five groups of students who will spend an enriching day as a part of this Kids' Cancer Project. Students will receive parameters with characters, settings, themes and words to create an entire book of up to 5000 words with illustrations. The books will then be bound to be enjoyed by children with cancer who are in hospital. Thanks to Ms Grundy who co-ordinates this project.

### Debating

The NSW Premier's Debating Challenge is in full swing. Congratulations to our Year 11 team who were victorious in their debates with Vicentia High, Music, Conservatorium High, and Peel High. Unfortunately, the team lost in the 4<sup>th</sup> round against Peel High School. The team of Xavier Cardozo, Dylan Bladergroen, Regan Cooper, and Darcy Turl are to be commended for their performance this year.

We look forward to our Stage 4 and Stage 5 teams entering the competition this term. Good luck!

### Public Speaking

Congratulations to our talented Year 8 students Claire Dixon and Gabriella Papworth-Lints who competed in the local final of the Legacy Junior Public Speaking Competition.

Both girls were sophisticated and engaging speakers and offered unique perspectives on contemporary topics.

The competition against students from around the state was fierce and Gabriella made it through to the next round.



### Year Reports

- Year 9 English have begun work on their media study. They are working on a variety of activities related to aspects of the media including bias, critical reading, fake news. Their assessment is a presentation.
- Year 10 English have completed their unit on Romeo and Juliet by Shakespeare, understanding how the ideas are relevant and the ways they are transformed for new audiences. They have now started their Poet Study. In previous units they have studied a variety of poetry but in this unit the focus is on the work of a verse novel. The assessment task is an essay.
- Year 11 English Advanced, English Standard and English Studies completed some very impressive Multi-modal presentations for their modules for Term 2. The use of new technologies was excellent and many students showed perseverance, thoughtfulness and creativity in the completion of their tasks.
- Advanced and Standard are now working on their critical and close studies of a text: Shakespeare for Advanced, and the Australian plays Blackrock and Jasper Jones for Standard.
- English Studies are studying Digital Worlds this term. As with all the topics in this course, it is highly relevant.
- Each of these courses will have their assessment at the Yearly Exam.
- Year 12 English in all courses are finishing their content of the final topic. Advanced and Standard then are revising and preparing for the Trials which replicate the HSC. Students are encouraged to access the NESAsite for Exam Packs of previous HSC exams and marker feedback and advice.

### JANELLE RAE

Head Teacher English

## CAPA REPORT

### Music Theatre successes

Students and staff from the Creative Arts Faculty continue their involvement with theatrical endeavours across the Central Coast. This term, we congratulate **Xander Rush**, **Sunrise Michelle** and **Lillian Martinson** who have concluded successful runs in Central Coast Music Factory's *Shrek Jr.* and Gosford Musical Society's *Aladdin Jr.* and *School of Rock: the Musical* respectively. We also were delighted to see several NVHS alumni in the cast and band of *School of Rock*, including past students **Jessica Nader**, **Bradley Hughes**, **Yves Allman** and **John Bullard**, as well as guitar powerhouses and NVHS Music teachers **Mr Ross** and **Mr Legg** rocking out in the band!

We also wish our best to all those involved in upcoming productions at Jopuka Productions, Gosford Musical Society, Wyong Music Theatre Company and Attic Theatrical and many more. Break a leg for your performances and we look forward to seeing your talents on opening night! Keep an eye out around the CAPA staffroom for updates on the various performances our gifted students (and staff!) are involved with. An don't forget to keep your CAPA teachers posted as to all the Creative and performing arts opportunities you are involved with, so we can celebrate your successes here!





## CAPA REPORT cont.

### Central Coast Schools Showcase 2022

Our congratulations also go to the NVHS students involved in the 2022 **Central Coast Schools Showcase**. Showcase is a regional variety concert series held annually at the Laycock Street Community Theatre as a platform to showcase the very best performing arts students from schools from every corner of the Central Coast.

Once again, Narara Valley High School was at the forefront of this celebration of achievement and excellence in Music, Drama and Dance, and students from Years 7-12 represented the school in flying colours in over several extraordinary acts of highly refined performance distinction.

And in addition to these achievements in performance, the NVHS Tech Crew, ably lead by our Music teacher and Showcase Technical Director **Mr Ross**, coordinated and executed the technical staging of the shows, delivering flawless direction of staging and performance technology for all 66 acts over two long and demanding days and nights.

NVHS would like to recognise and commend the efforts of these talented and inspiring young individuals, including **Connor Gyorffy, Lavender Woodbridge, Cooper Newton, Brendon Kenny, Joseph Alvaro, Sunrise Michelle, Zac Wiseman, Lincoln Burkinshaw, Josh Ray, Sebastien Duck** and **Will Parkhouse**, as well as all the NVHS students who represented in **regional ensembles**.



### Music HSC

We'd like to wish our Year 12 Music Students – **Connor Gyorffy, Cooper Newton, Daniela Vassallo** and **Lavender Woodbridge** – all the best for their upcoming Music HSC practical exam. These students perform all of their HSC practical performance and musicology pieces, and submit musical compositions also. They have been working tirelessly on these pieces since the start of the year and are ready and raring to go. Break a leg everyone!

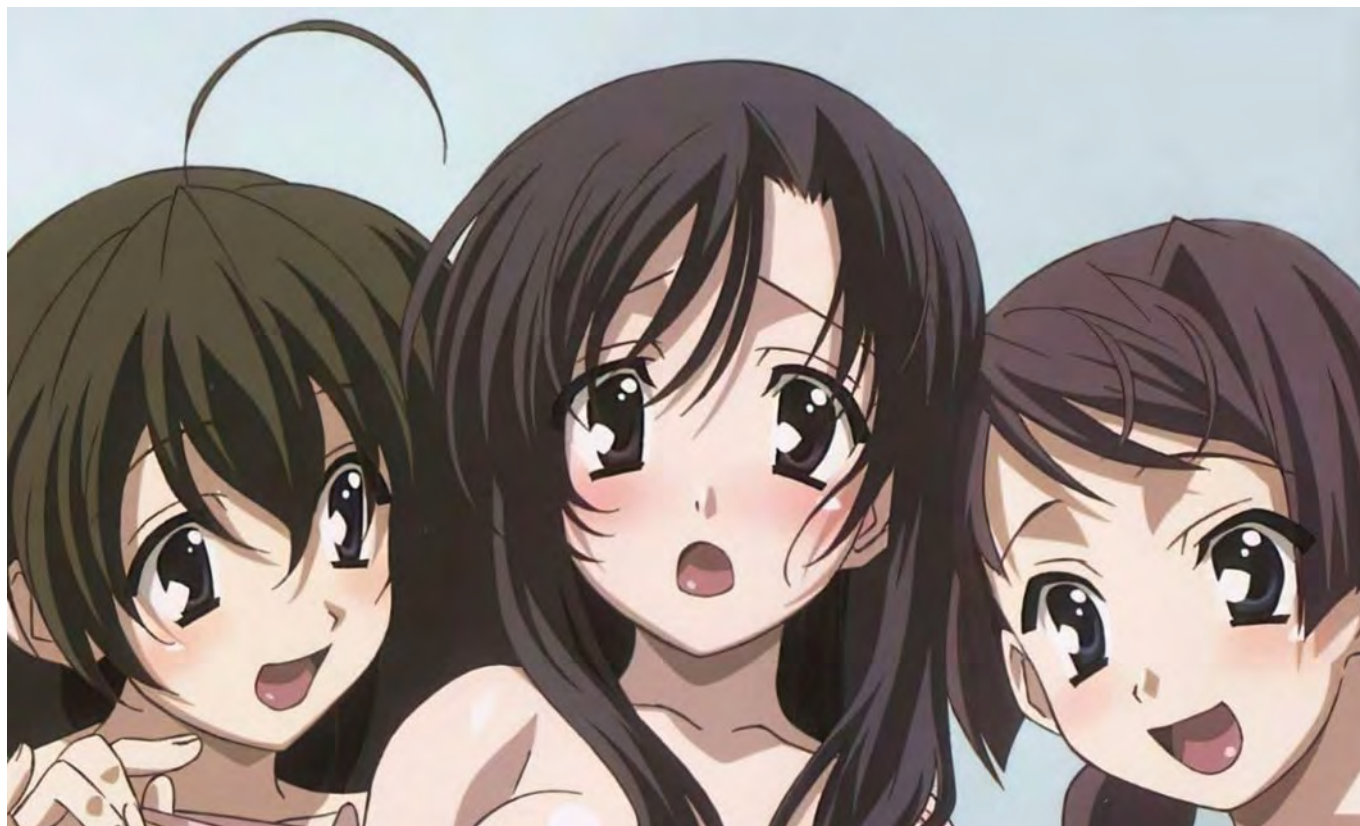


### LYNNE AKHURST

Head Teacher CAPA

## LIBRARY REPORT

### MANGA DAY



Look out for Thursday, Week 8 where our Manga supplier will make his annual visit to the Library. Students are invited to come and browse the collection and assist in making recommendations for purchase.

All welcome!

SUSAN THOMAS

Librarian

## YOUNG PARENTS PROGRAM

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

- We have welcomed Shakira and her son Alex to our YPP family. Shakira is studying Certificate III in Dental assisting whilst bringing Alex along to Creche.
- Julia has gained a fantastic job at a child care centre off the back of her studying Certificate III in Early Childhood. Well done Julia!!!

A big Congratulations to Brianna Radburn, Yazmine Thorley, Bernadette Hofkamp and Jessica Andrews.



They have just completed their Certificate III in Learning Support (Teachers Aide/ SLSO)

The girls completed their work placements at Narara Valley High School in the areas of Literacy Support, mainstream and Support unit classes.

They have all started to get some paid work by filling in for absent staff.

Well done girls! I am so proud of you!!!

### LOUISE MILLER

Coordinator YPP

**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 0422840161 for more information.**



COMMUNITY ANNOUNCEMENTS

# Multicultural Women's Wellness & Cancer Screening Day **FREE**

Come and learn more about breast, bowel and cervical screening  
Peninsula Women's Health Centre at  
20a McMasters Rd, Woy Woy  
on Thursday 1st September 2022  
From 10.00am to 2.00pm



**Soup lunch available**

- Individual bra fittings and care packs from Support The Girls Australia
- Cancer Council NSW information sessions
- Multilingual Community Educators
- Information available in 23 languages
- Wyoming Women's Health Centre Practice Nurse on site

**Limited spaces, to register call 4342 5905**



## COMMUNITY ANNOUNCEMENTS

Central Coast NSW is set to fly its Rainbow Flag again with the much-anticipated Annual Coastal Twist LGBTIQ+ Arts and Culture Festival. After a 2-year absence from lockdowns the festival is back with more surprises, vibrancy and fun and some of the biggest headliners to date!

Please visit the following website if you would like more information: <https://coastaltwist.org.au/>





## COMMUNITY ANNOUNCEMENTS

# LOOKING FOR NEW PLAYERS

STAGE 2 "GIRLS ONLY" CRICKET (AGES 12 – 15YRS)



- NEW TO CRICKET (TRY STAGE 2 FIRST)
- T20 CRICKET (SATURDAY MORNINGS)
- SHORTER PITCH LENGTH (18M)

REGISTER NOW or CALL FOR MORE INFORMATION

0409 568 011

Go to [PLAYCRICKET.COM.AU](https://PLAYCRICKET.COM.AU),

search  **NARARA-WYOMING** for Junior registration links