

NARARA VALLEY HIGH SCHOOL

NEWSLETTER

October 2023

PRINCIPAL REPORT

It has been wonderful to see Term 4 getting off to such a great start at Narara Valley High School for so many different reasons.

Year 12

Of critical importance this term are of course, the HSC examinations currently taking place. Year 12 students have set about completing their examinations in a thoroughly diligent and studious manner. Our Year 12 farewell festivities at the end of Term 3 saw the students end their high school journey in great spirits, despite the enormity of this milestone.

My sincere congratulations to the whole cohort for the way in which they finished. I would like to particularly recognise those students who received awards at the Year 12 presentation assembly across all aspects of school life. Some of these are detailed in this newsletter.

A huge thank you to Mr Heron, Ms Green and all of our Year 12 teachers for the support they gave to the group.

Staff Movements

This term we have some staffing changes to announce.

I would like to welcome Mrs Carla Debenham to Narara Valley High School, who joins us as Head Teacher HSIE following a merit selection process last term. My thanks to Ms Grundy who seamlessly led our HSIE team as relieving Head Teacher for the last 12 months.

Mrs Dougherty will act as Head Teacher Mathematics this term following Mr Maranik successfully gaining a position outside of the Department of Education. We wish Mr Maranik all the very best for the future.

We also farewelled Ms Hannah Clendenning from our Support Unit at the end of Term 3. Ms Clendenning has taken up a permanent teaching appointment at Brisbane Water Secondary College, Woy Woy campus, and we wish her every success in this.

Building Updates

As with this time last year, the Department of Education is undertaking roofing works on some of the buildings. This continues the work begun last year and ensures that our buildings are maintained to a high standard.

2024 Leaders

Congratulations to our new leaders who attended the Leadership camp in Week 1. Thank you to Mr Bush and Ms Valle who organised and led this camp. It was my pleasure to attend for a short while and present to the group.

Year 7 - 10 Exams

Students are now busily preparing for end of year examinations and assessments. If your child requires any additional assistance at this time, please ensure you contact their Year Adviser or Deputy Principal through the school office.



ANDREW SKEHAN
Principal

2023 PRINCIPAL HONOUR ROLL

Congratulations!

CONGRATULATIONS TO OUR GRADUATING YEAR 12 STUDENTS IN 2023

We congratulate all of the Year 12 students who graduated and received special awards at the graduation ceremony, with a special mention to the students that made the Principal's Honour Roll for 2023:



**Dylan
Bladergroen**



**Xavier
Cardozo**



**Regan
Cooper**



**Sunrise
Michelle**



**Molly
Williams**



**Zac
Wisemen**

2023 DUX

Congratulations to Sunrise Michelle and Xavier Cardozo who were joint DUX in 2023.



**Sunrise
Michelle**



**Xavier
Cardozo**



UPCOMING EVENTS

OCTOBER

- Oct 30 til Nov 3— Week 4, Year 7 & 10 Exams
- Oct 30 - Schools Spectacular First Combined Rehearsal

NOVEMBER

- Nov 1 - 2023 Junior State Debating Championship Trial
- Nov 1 - Support Unit Transition - Group A
- Nov 3 - Regional Final of the NSW Premier's Debating Challenge (Year 8)
- Nov 6 til Nov 10— Week 5, Year 8 & 9 Exams
- Nov 6 - Year 12 Sign Out Day
- Nov 7 - TSP Beach Fitness and Games
- Nov 7 - TSP/Year 9 PASS Olympics Unleashed
- Nov 9 - Valley Schools Celebration Evening
- Nov 13 til 17 - Year 10 Eye on my Future incursion
- Nov 14 - Coast Shelter Volunteering
- Nov 15 - Schools Spectacular Rehearsal
- Nov 16 - School Chess Competition
- Nov 20 - Year 7 2024 Transition Week
- Nov 22 - Schools Spectacular Rehearsal
- Nov 27 - First Nations Transition Day
- Nov 28 - Year 7 2024 Orientation Day & Parent Information Evening
- Nov 30 - Blokes Breakfast Movember Fundraiser



DECEMBER

- Dec 5 - Year 10 Love Bites
- Dec 6 - TSP Game Day
- Dec 8 - Year 7 Beach Day
- Dec 11 - Flatty Cup Fishing Competition
- Dec 12 - Coast Shelter Volunteering
- Dec 12 - CAPA Concert
- Dec 13 - Year 7 - 11 Presentations
- Dec 15 - Year 12 2023 Morning Tea
- Dec 15 - Last Day of School for Students

*Dates current at time of this issue and may be subject to change.



DEPUTY PRINCIPAL REPORT YEAR 7

As the demands of Term 4 increase, I want to encourage all students to continue their hard work and dedication to their studies. Students are reminded to plan their time effectively in preparation for submission of assessment tasks and studying for their examinations. The Yearly Examinations are an essential part of the learning process, allowing students to demonstrate their understanding of the topics covered throughout the year. To excel in exams, I encourage regular revision, seeking help from teachers, and practising time management skills. Examination timetables have been distributed to all students.



Our transition process to welcome our 2024 Year 7 cohort will begin over the coming weeks. Our teachers and school leaders will be involved in creating some taster lessons for incoming students in Week 7. These lessons will provide our students with a snapshot of high school life and help to familiarise them with our school. Leaders will assist students to find their way around our school, answer questions and help them to feel comfortable moving into high school.

The statewide Year 6 Orientation Day occurs on Tuesday 28th November. This day will see all of the incoming cohort attend the school for the full day. A parent information evening will be held that evening to provide parents with additional information about the transition to high school.

WELCOME



Tell Them From Me Parent Survey

A gentle reminder to complete the Tell Them From Me survey. This presents an opportunity for parents and caregivers to provide valuable feedback about the learning and well-being procedures and practices at Narara Valley High School.

Survey Link: <http://nsw.tellthemfromme.com/nvhs>

Your feedback is invaluable to us, and your input will help us make important decisions that benefit our entire school community. The survey will cover various aspects of our school, such as curriculum, communication, and wellbeing. The information will be utilised to shape our school wellbeing structures, teaching and learning strategies and whole school initiatives. Your responses will be kept anonymous, and your honest feedback will help us identify areas of improvement and continue to build a positive learning environment for our students.



NATALIE KARAZINOV
Rel. Deputy Principal
Year 7

Education

DEPUTY PRINCIPAL REPORT YEAR 8, 10 & 12

Year 12

I would like to congratulate Year 12 students who have just about finished their HSC exams. I would like to thank Mrs Green and Mrs Sellars for their efforts in greeting students as they arrive and finish each exam, and I am looking forward to seeing them all celebrate together at the Formal.

I would like to take this opportunity to congratulate all of the Year 12 students who graduated and received special awards at the graduation ceremony, with a special mention to the select few who achieved outstanding course results and made the Principal's Honour Roll for 2023:

Dylan Bladergroen	Xavier Cardozo
Regan Cooper	Sunrise Michelle
Molly Williams	Zac Wisman

Furthermore, I need to congratulate Sunrise Michelle and Xavier Cardozo who have been selected as joint DUX in 2023.



Sunrise is an extremely talented musician and dancer, whom also performed exceptionally well in Advanced English, Mathematics and Society and Culture.



Xavier also is an extremely talented musician, studying both Music 2 and Music Extension via distance education which shows his amazing dedication and ability in completing such difficult courses independently. Xavier also performed exceptionally well in English advanced, English Extension, Ancient History, Biology and Society and Culture.

Year 8 & 10 Yearly Exams

Year 8 and 10 students will be completing their Yearly Exams over the next few weeks. This is an opportunity for students to not only gain experience undertaking end of course exams but also demonstrate the outcomes they have achieved throughout the year in the courses they have studied.

*Good!
Luck!*



GEOFF FLEMING
Deputy Principal
Year 8, 10 & 12



DEPUTY PRINCIPAL REPORT

YEAR 9 & 11

As we commence Term 4, it is a crucial time for our Year 9 students as they prepare for their upcoming exams, while Year 11 is stepping into Year 12, a pivotal year in their academic journey. This newsletter aims to provide guidance for both year groups to ensure their success.

Year 9 Study Tips for Upcoming Exams

Year 9 students, your end-of-term exams are just around the corner. Here are some study tips to help you make the most of your preparation:

Plan Your Schedule: Create a study timetable to allocate time for each subject. Balance your study sessions with short breaks to stay focused.

Organise Your Notes: Ensure your class notes are organised and up-to-date. Highlight key points and create summaries for each topic.

Active Learning: Engage actively in your studies. Try to explain the material to yourself or a friend. This reinforces your understanding.

Practice Past Papers: Past exam papers are invaluable. Use them to practice and get familiar with the exam format.

Ask for Help: Don't hesitate to seek help from teachers or peers if you're struggling with any subject. They're there to support you.

Healthy Lifestyle: Eat well, get enough sleep, and exercise. A healthy body supports a healthy mind.

Stay Positive: Stay optimistic and confident in your abilities. Positive thinking can boost your performance.



Advice for Year 11 as You Begin Year 12

Year 11 students, the transition into Year 12 marks the start of your senior years, and it's a journey that requires dedication and commitment. Here's some advice to help you navigate this critical year:

Set Clear Goals: Define your academic and personal goals for the year. Having a clear purpose will motivate you.

Time Management: Manage your time effectively. Create a study timetable that allocates time for study, assignments, and leisure.

Seek Support: Don't be afraid to ask for help. Teachers, counsellors, and peers are here to support you.

Subject Selection: Be mindful of the subjects you choose. Make sure they align with your interests and future aspirations.

Regular Revision: Continuously revise and consolidate your knowledge. This will make exam preparation in Year 12 much easier.

Stay Informed: Stay up-to-date with school and HSC (Higher School Certificate) requirements and deadlines. Don't miss important dates.

Balanced Lifestyle: Maintain a balanced lifestyle by including extracurricular activities and hobbies in your routine.

Prepare for Your Future: Begin thinking about post-school options, such as university, TAFE, or vocational training. Seek advice on your career path.



DEPUTY PRINCIPAL REPORT YEAR 9 & 11 CONTI.

NESA Requirements

Year 12 have received and signed for their NESA documents and Assessment Schedule. Please refer to this as it contains all guidelines about all aspects of the year ahead. A number of students are dropping a subject and if not already, shortly will appear on the timetable. This changes flexible attendance for most students so a new form must be submitted. From now on, Roll Call is only on a Friday which allows for late mornings for some students on some days.

We believe that with hard work, determination, and the right mindset, both Year 9 and Year 11 can achieve their academic goals.



If you have any concerns or questions, please don't hesitate to reach out to our school staff. We wish all our students a successful Term 4.



JANELLE RAE
Rel. Deputy Principal
Year 9 & 11

WELLBEING

Attendance

We are excited to celebrate our students attendance again this term with our fortnightly rewards. Each Friday week B we celebrate students across the school who have attended 100% of the time that fortnight.

Congratulations to our Week 2 recipients! We look forward to rewarding more students in week 4.



Transition

Our NVHS Transition Program is set to start again in Week 7. We have a range of taster days organised for our incoming Year 7 2024 students. Please see below the schedule for the weeks ahead. Further information about individual days will be published on our social media and school website.

For any questions about the below Transition Program please contact Mrs Nicole Ludlam at nicole.ludlam@det.nsw.edu.au or the school on 43 29 3780.



YEAR 7 2024 TRANSITION PROGRAM

**NARARA VALLEY
HIGH SCHOOL**
For the Future

Starting high school is an exciting time, for students and their parents. We would like to welcome all our new and existing families to Year 7, 2024 at Narara Valley High School. Outlined below is the Transition Program.

PROGRAM:

- ✓ **Monday 20 November, 2023**
Taster Lesson Program - Specialist Programs
TSP, CAPA & STEP
9-2pm
- ✓ **Tuesday 21 November, 2023**
Taster Lesson Program
Wyoming Public School
Valley View Public School
Other 2024 Year 7 Enrollments
9-2pm
- ✓ **Wednesday 22 November, 2023**
Taster Lesson Program
Niagara Park Public School
9-2pm
- ✓ **Thursday 23 November, 2023**
Connect Program
Additional transition and support for
identified students
9-2pm
- ✓ **Monday 27 November, 2023**
First Nations Transition Day
9-2pm
- ✓ **Tuesday 28 November, 2023**
Orientation Day
All students in our Year 7 cohort for 2024 are
invited to attend.
9-2pm
- ✓ **Tuesday 28 November, 2023**
Parent Information Evening
Held onsite at Narara Valley High School.
5-6pm

WELLBEING

It's in the Bag

It's in the Bag is one of Australia's most loved Christmas appeals, where we encourage our school community to put together Adult, Teen or Mum and Bub bags filled with essential items, and maybe some everyday luxuries and a handwritten note, to donate to someone in need for Christmas.

Drop your It's in the Bag donation to the front office or to Mrs Ludlam in welfare before 24 November 2023, and your incredible donations will be distributed to over 3,000 charities nationwide by our dedicated volunteers.

This Christmas let's ensure women, girls and those who menstruate, who are waking up in a domestic violence refuge or homeless shelter on Christmas feel a little bit of love and hope.

It's in the Bag
Donations accepted up until November 24th
 Please bring your donations to the front office or see Mrs Ludlam in the Welfare office

Essential items for your teen bag

- Shampoo
- Conditioner
- Period products suitable for smaller bodies
- Deodorant
- Soap
- Toothbrush
- Toothpaste

Donate at Buntings between 10th - 26th November
itsinthebag.com.au

Essential items for your mum & bub bag

- Shampoo
- Conditioner
- Toothpaste
- Toothbrush
- Soap
- Deodorant
- Maternity pads
- Breast pads
- Dummies
- Baby wash
- Newborn nappies
- Baby shampoo
- Nappy rash cream
- Disposable nappy bags

Donate at Buntings between 10th - 26th November
itsinthebag.com.au

Essential items for your adult bag

- Shampoo
- Conditioner
- Period products (tampons, pads or menstrual cups)
- Deodorant
- Soap
- Toothbrush
- Toothpaste

Donate at Buntings between 10th - 26th November
itsinthebag.com.au



WELLBEING

NVHS Wellbeing Supports



NICOLE LUDLAM
Rel. Head Teacher
Wellbeing



KATE MARTIN
Rel. Head Teacher
Wellbeing

CREATIVE AND PERFORMING ARTS

Encore Nominations

Enormous congratulations are in order for Year 12 students Brendon Kenny and Sunrise Michelle, who have been awarded the honour of a nomination for ENCORE which will be held at the Sydney Opera House in February 2024.

ENCORE is a program of outstanding performances and compositions by students from schools across NSW from the HSC Music examinations.

This is a huge achievement for Brendon and Sunrise, who will now have their HSC Music programs reviewed by NESA for possible inclusion in the 2024 ENCORE concert series.

We wish Brendon and Sunrise all the best with their application and future musical endeavours, and we look forward to seeing them on stage in future performances.



Music HSC

Congratulations to our talented Year 12 Music Students – Joesph Alvaro, Jaxon Bonham, Elliot Burgess, Kiah Edmonds, Brendon Kenny, Jessica Kylma, Sunrise Michelle, Tymur Nosovstev, Jade Patrick and Zac Wiseman – who completed their HSC Music practical examinations earlier this semester. These students presented 4 performance pieces from a program devised by themselves to a panel of external examiners, and have been working tirelessly since the start of the year on honing their personal expression, stylistic understanding and technical fluency. They are to be commended for their professional and enthusiastic approach to this part of their exams. Well done everyone!

Music at NVHS Events

Congratulations goes to CC Fortesque and Ivy Leadbitter for making a terrific contribution to our International Women's Day celebration and activities.

These two performers are to be commended for their enthusiastic and highly professional commitment to the performing arts.

Look out for them on a stage near you in the future!

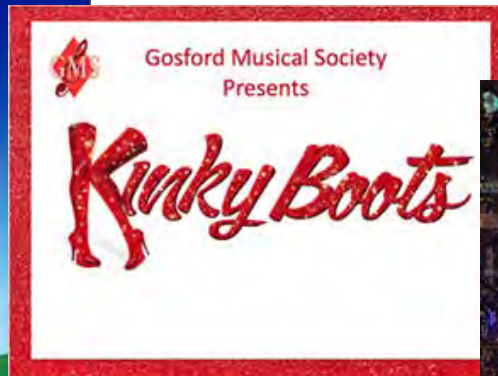


CREATIVE AND PERFORMING ARTS

Theatre Successes

Students and staff from the Creative Arts Faculty continue their involvement with theatrical endeavours across the Central Coast. This week, we congratulate those performers who have concluded successful runs in Central Coast Music Factory's *The Wizard of Oz*, Gosford Musical Society's *Kinky Boots* and Red Tree Theatre's *The Boy from Oz*, as well as those involved in upcoming productions at Jopuka, Gosford Musical Society, Wyong Music Theatre Company and Attic Theatrical and many more. All the best 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.



LYNNE AKHURST
Head Teacher CAPA



HUMAN SOCIETY & IT'S ENVIRONMENT

Welcome to Term 4. The HSIE faculty would like to thank Ms Grundy for all her hard work, support and dedication relieving as the HT HSIE and welcome Mrs Debenham to NVHS as the new substantive Head Teacher HSIE.

Year 12

Year 12 students are in the midst of their HSC Examinations and we wish them best of luck in this final stage of their schooling.

Year 11

Year 11 have begun their first HSC topics this term and are reminded of the importance of staying organised and in a regular study routine.

Year 9 & 10

Stage 5 students have been busy preparing for their upcoming Yearly Examinations in class and are encouraged to revise their course work regularly in preparation for these examinations.

Upcoming Events

- Year 10 HSIE Yearly Exam – 30th October
- Year 9 HSIE Yearly Exam – 8th November
- Year 10 Commerce Exam – 9th November
- Year 9 Commerce Exam – 9th November
- Year 10 Japanese Assessment – 1st November
- Year 9 Japanese Assessment – 6th November
- Remembrance Day Ceremony – 10th November
- Illuminate Challenge – Week 6 with Mr Brock and Mrs Pierce.



CARLA DEBENHAM
Head Teacher HSIE



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

*"It is your response to winning and losing that makes you a winner or a loser."
- Harry Sheehy*

HSC PDHPE and CAFS Examinations

Goodluck to all Year 12 students completing the HSC Personal Development, Health and Physical Activity and the Community and Family Studies examinations taking place on Monday and Tuesday of Week 4.

TSP Crossfit Excursion

TSP students recently attended a CrossFit excursion. Students participated in a variety of activities that included learning the movement mechanics of a barbell press, push press, a barbell back squat and a deadlift. They participated in a partner workout for 20 minutes, which provided a good sweat and an equally good challenge.

Thank you to Jake and Jess from CrossFit Karuna for their session and guidance. Thank you to Mr Koen, Mr Heron and Mr Bowers for taking the TSP group.



Olympics Unleashed - Athlete Visit

Matthew Gray will be connecting with TSP and Year 9 PASS students on Tuesday 7th November, as part of Olympics Unleashed.

The students will learn from Matthew Gray's Olympic journey how to build resilience, the importance of setting goals and how to find what you are passionate about.

Students will hear firsthand from Matthew Gray about how they overcame challenges to compete in their chosen sport at the very highest level, and how some lessons they've learned in sport can help students to be the best they can be – whether that's in school, at home, on the sporting field or with friends.



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

NSW All Schools Athletics

The New South Wales All Schools competition took place at Sydney Olympic Park, September 23-25th.

The following students have continued to achieve outstanding results with their representative athletics competitive career. In the holidays they competed in the NSW All Schools Athletics competition and earned the following medals!



George Wells- GOLD in Discus throwing 55.36m & GOLD in Shot Put throwing 17.20m.



Jasmine Brydson- SILVER in Shot Put throwing 4.77m.

WELL DONE!

Famous Narara Valley Blacksnakes

Central All Stars Cheer Squad defended their grand championship title – representing the Central Coast in Sydney, for the Spring Carnival last weekend. Isabella and Akylah were on the news this week, commenting on their efforts and success.

The cheerleaders are revelling in their recent victory – with all eyes now on Nationals next month which take place in Melbourne.

Congratulations to Isabella Hart, Akylah Coulter, Lilly Hart and Maia Uriel who are part of the Central All Stars Cheer Squad and are proud NVHS students on these amazing achievements.



Goodluck Blacksnakes! Leave it all out on the floor!

PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

KNOCKOUT SPORTS / GALA DAYS

→ **NVHS Year 12 students v Teachers games.** These competitive games witnessed the teachers prevailed for the 75th Annual students v teachers competition, 4 wins to 3.

→ **NVHS Rugby League 9's.** Despite their undeniable talent and dedication, the Blacksnakes have had their fair share of challenges in the 9's Rugby League. In a fiercely competitive league, they encountered both triumphs and setbacks. With two losses on their record, the Blacksnakes have faced moments of adversity that have tested their resilience and character. These losses may have been tough, but they serve as valuable learning experiences, driving the team to adapt and improve.

However, amidst these trials, the Blacksnakes managed to secure a crucial win. This victory showcases their unwavering spirit and determination. It's a testament to their ability to rise to the occasion when it matters most and their relentless pursuit of success.

For the Blacksnakes, these experiences, both the losses and the wins, are just part of the journey in the competitive world of 9's Rugby League. They will undoubtedly continue to strive for excellence, learning from their setbacks and building on their successes, all while being led by star players like Dylan Whybrow and Jay Walters who remain steadfast in their commitment to the team's success.

→ **NVHS U15s Girls Waterpolo.** Ms Morrison and Ms Akhurst have selected a school team that competed in the Sydney North Schools Knockout Competition at Gosford Pool last Friday, 20th October.

The girls had a good day, learning new skills and having a lot of fun. They placed 5th overall, with a draw against Gosford High School in the play-offs.



Upcoming Knockouts, Sports Trials and Information

- TSP Beach Games, 7th November, Week 4.
- Olympics Unleashed - TSP and 9 PASS, 7th November, Week 4.
- Year 12 Formal, 8th November, Week 4.
- TSP Taster Day 20th November, Week 7.
- Years 7 & 8 Girls League Tag 22nd November, Week 7.
- Year 7 & 8 Zone Gala Day/Rewards Day - Adcock Park 24th November, Week 7.
- Years 9 & 10 Girls League Tag 30th November, Week 8.





PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

TEACHER SPOTLIGHT



Ms Jackie Morrison, our legend PDHPE Head Teacher

How long have you been teaching? 13 years

Fav sport/s: Water Polo and Netball

Fav colour: Blue

Nicknames: Jax, Moz, J Moz

Interesting facts: Everyone thinks I am 6ft, however I am only 179cm which is 5ft 10. I have taught at NVHS my entire teaching career, and the last random fact is that I have two middle names.

*“Good sportsmanship goes beyond the game; it starts with respect.”
- Tommy Hilfiger*



JACKIE MORRISON
Rel. Head Teacher PDHPE



JESSICA MOODY
Rel. Head Teacher PDHPE



SCIENCE

HSC Science Examinations

Our 2023 Year 12 Science classes have recently completed their 3 hour HSC Examinations for Biology, Chemistry, Physics, Earth & Environmental Science and Investigating Science. We look forward to seeing their results at the end of this term.

Year 8 Valid Examinations

Our Year 8 students have recently completed an online Examination for VALID. This task is marked externally and results will be published to students early next year.

Junior Class Topics

Year 8 will be studying an Australian Environments topic this term.

Year 9 will be studying an Earth and Environmental Science topic this term.

Year 10 will be studying an Earth and Environmental Science topic this term.

Dates for the Diary

Year 8 Science – Assessment Task 4 - Yearly Examination during Week 5

Year 9 Science – Assessment Task 4 - Yearly Examination during Week 5

Year 9 Marine Studies – Assessment Task 4 - In Class Yearly Examination during Week 5

Year 10 Science – Assessment Task 4 - Yearly Examination during Week 4

Year 10 Marine Studies – No assessment tasks in Term 4

Year 12 Inv Science – Assessment Task 1 due Week 8 - 1st December, 2023

Year 12 Biology – Assessment Task 1 due Week 7 - 21st November, 2023

Year 12 Chemistry - Assessment Task 1 TBC

Year 12 Physics - Assessment Task 1 TBC

For all other assessment task details, students will need to see their class teacher.

Luna Park Excursion

Mr Miller has coordinated an excursion to Luna Park for students in Year 10 and Year 12 Physics. Students will need to use their personal student OPAL card for travel on the train. Final payments of \$37 are due by 15th November, 2023 and numbers are limited to 60 students.





SCIENCE

Year 9 Science Volcano Practical

9 Bondi and 9 Bells have recently made volcanoes to supplement their learning of volcanoes. This is always a fun activity to complete with classes.



Year 10 Science Practical Lessons

Year 10 students are improving their working scientifically skills as they view pond water under the microscopes. They were surprised to view so many invertebrates living in the water.



AMANDA BARRALE
Head Teacher Science

English

ENGLISH

Term Four is in full swing, and the English faculty would like to share the following news and updates with our school community.

Debating

Our Year 8 Debating team continue to advance in the Regional Finals. They won their most recent debate against Irrawang High School. They will now be competing in the semi-final against Hunter School of Performing Arts. Go well, girls!



Poetry

Year 12 student Jack Kenny has reached the final 8 for the Specfest Poetry Slam competition. The winner will be announced in late November. We are immensely proud of Jack's achievements.

Year Reports

Year 9 English are engaged in their Novel Study and preparing for their Yearly Exams. Each class is studying a different novel, with a focus on themes and narrative voice.

Year 10 English have completed their verse novel unit and are now engaging in a study of a range of short stories. They are working towards improving their own writing in preparation for yearly exams.

The graduating Year 12 cohort recently completed their HSC Examinations and we wish them every success.

Our new Year 12 cohort are engaged in their study of the Common Module: Texts and Human Experiences. Advanced English are studying Shakespeare's *The Merchant of Venice*, while Standard English are engaging with the Indigenous play *Rainbow's End*. English Studies are completing a study of Stephen Daldry's film *Billy Elliot*.



ANTHONY BUSH
Rel. Head Teacher English

YOUNG PARENTS PROGRAM

Are you wanting to study in 2024?

Do you have Young Children that you care for?

Why not come and study with us?

We have an on-site Creche every Wednesday & Thursday during school terms.

Enrolments are open now!

Young Parents Program

**Come join our program at
Narara Valley High School on
Wednesdays & Thursdays**

Are you a young parent?

Did you want to finish your education or continue it?

CRECHE is available for your child/children onsite while you study!

Morning tea, lunch and afternoon tea is provided and drinks

supplied for only \$3.00 per child per day

For further information, please contact our school on 4329 3780



LOUISE MILLER
Program Coordinator

COMMUNITY ANNOUNCEMENTS



ABOUT CAMP MAGIC

Camp Magic is a 3-day/2-night residential psycho-education program that incorporates a number of group-based therapies to help grieving kids to face, feel and heal in their grief. The program caters to kids aged 7-18 years old who have experienced the death of a parent, guardian or sibling.

The program provides a safe and transformative experience through a combination of the group therapy sessions as well as fun activities (adventure-based therapy), resilience-building exercises, storytelling, and connection activities to develop coping skills, gain a deeper understanding of their grief, and learn strategies to manage difficult emotions associated with their loss.

By bringing bereaved kids together to learn and connect, we reduce the sense of isolation and loneliness that grief often presents. Camp Magic is one program in our suite of programs that serves as part of the 'camper journey' in an ongoing individualised grief plan for each camper matched with their developmental growth.

Cost: \$50,000 will fund 33 campers (\$1,500 per camper)
Total cost per camp: \$83,688 (campers, volunteers, mentors etc)

"Not a single one of us would choose the heartache that grief brings, but surround yourself with a family of people who "get it" on so many levels... has been a blessing... That is what Camp Magic has given us... a family." The Smith-Hooker Family



COMMUNITY ANNOUNCEMENTS

THE PROBLEM



Feel the Magic provides grief education programs for kids aged 7 to 18, who experience the death of a parent or sibling.

1-in-20 Aussie children will experience the death of a parent before they turn 18 years old. Put into perspective, there is most likely a child grieving the loss of a parent in every classroom in Australian.

Experiencing the death of a parent during childhood, and the sequelae of associated adversities following this death, can disrupt children's lives, hinder wellbeing, and derail their development. It's associated with greater risk of maladaptive coping, mental health disorders, substance abuse, suicide, and early mortality. Grieving kids can feel anxious, depressed, isolated and alone – in addition, loss by suicide; kids feel guilt, anger, shame and impulsivity.

There is a lack of comprehensive grief support tailored to parental and sibling bereavement in children. Feel the Magic's programs is the only program that fills this gap to address the mental health impacts of childhood bereavement.

1-IN-20 AUSSIE CHILDREN WILL EXPERIENCE THE DEATH OF A PARENT BEFORE THEY TURN 18 YEARS OLD

NINE AUSTRALIANS DIE EVERY DAY BY SUICIDE

1-IN-2 YOUNG PEOPLE ARE IMPACTED BY SUICIDE BY THE TIME THEY TURN 25



WWW.FEELTHEMAGIC.ORG.AU

COMMUNITY ANNOUNCEMENTS



I'm raising funds for



FEEL THE magic
HELPING GRIEVING KIDS HEAL

WITH THE LAUNCH OF

A VIRTUAL CRUISE FOR A CAUSE

SAILING SATURDAY 23RD MARCH 2024 6PM
FOR 7 FABULOUS DAYS IN ONE GREAT NIGHT
ABOARD THE MAGIC FUNSHIP INSIDE MINGARA RECREATION CLUB

Enjoy activities normally experienced on a real cruise
Including Trivia, Bingo**and much, much more
Relax and enjoy our Professional Entertainer's Show and
Sway to the Central Coast Ukulele Club who'll also perform
There's even a virtual casino to wager "points" on Roulette and other games

Enjoy a meal/snacks and perhaps sip on a cocktail ** with full bar facilities available
Wear your favourite and loudest Hawaiian shirt to look the part
The Funship will be rockin' too with music and dancing before we say
farewell and disembark at midnight

GREAT PRIZES TO WIN

GATHER YOUR FAMILY, FRIENDS & WORK COLLEAGUES AND SAIL TOGETHER
IN YOUR OWN CABIN

CABINS START AT \$200 FOR 10 PASSENGERS
THAT INCLUDES MOST ON-BOARD ACTIVITIES**
OR
\$20 PER PASSENGER AND WE'LL PUT YOU IN A CABIN TO SHARE WITH OTHER CRUISE
LOVING SAILORS

DON'T MISS THE BOAT WITH NO DEPOSIT RESERVATIONS NOW BEING TAKEN

Sponsorship packages are also available-ask us for details
** Optional Meals and snack details, along with Bingo game cards, shore excursions and
lifebuoy costs will be advised and orders taken with payment prior to the night to secure
your cabin
Want to know more to sail with us, reserve a cabin or to offer support in anyway email
the Magic Funships' Cruise & Activities Director jeff.norman100@gmail.com

THIS IS AN OVER 18'S ONLY EVENT



COMMUNITY ANNOUNCEMENTS



Central Coast
Family Support Services

GRANDMatters Forum

Friday 10th November 2023

9:30am – 2:30pm
Mingara Events Centre
12-14 Mingara Drive, Tumbi Umbi

FREE for grandparent carers
Register on ccfss.org.au/all-events/register

This forum is to provide grandparents who have full time care of their grandchildren with accurate information, resources and support.

On the day:

- Registrations open at 8:30am
- Forum runs from 9:30am-2:30pm
- Morning tea and lunch included.
- Free childcare available.

Please join us for a day of engaging and informative guest speakers presenting topics affecting grandparent carers. Representatives from government departments and a range of community organisations will also be available to answer questions.

Key Note Speaker



Maggie Dent

Maggie will explore the topics of “Real Kids in an Unreal World”

“We can’t change the world, however we can help our children to develop emotional buoyancy and competence by experiencing life’s joys and successes, as well as its challenges and setbacks. When this is done within the safety of supportive relationships — especially in families and communities — one building block at a time from birth to 12, children can grow into being the capable, independent adults we all yearn to meet one day.”

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