

**NARARA VALLEY HIGH SCHOOL**

**NEWSLETTER**

**December 2023**





# PRINCIPAL REPORT

*The following is the text of the Principal's address at our Presentation Evening:*

It is a great honour to be giving the principal's address at another presentation assembly for Narara Valley High School. The year has been busy as always but has provided us with so much to celebrate.

It was likewise fantastic for us to celebrate our CAPA concert last night, which was a great success thanks to the excellent student performers, sound and lighting crew and organising students and teachers.

Our merit presentation assembly this morning recognised hundreds who were highly commended for their effort in class. Likewise, tonight's program details significant academic, sporting, artistic and community service achievements from students across all year groups in the school.

Our school continued to make great progress towards achieving the goals of our 2021 to 2025 strategic improvement plan. The key areas of literacy, numeracy, wellbeing, and attendance all had great gains made.

Our progress in literacy and numeracy for Years 7-9 were chiefly measured by the Department of Education's Check In Assessment this year. Narara Valley High School was well ahead of statistically similar schools in Year 7 numeracy, Year 8 Numeracy and Year 9 Numeracy, and higher than state average in Year 8 reading. Literacy and numeracy are key areas of focus in our strategic improvement plan and whilst there is still work to be done, the results above are a great tribute to the hard work of the students and teachers.

Our Year 12 cohort is awaiting their final course results as we speak, however, this is a great opportunity to again acknowledge joint dux recipients Xavier Cardozo and Sunrise Michelle. I would also like to acknowledge Taylah Smith and Sunrise Michelle for nomination for the HSC Dance showcase, Callback. Mimi Gable-Gammelgaard and Ryan Lloyd were nominated for the Shape showcase of HSC Technology major projects. Brandon Kenny and Sunrise Michelle also received nomination for the Music showcase, Encore. This recognition was truly remarkable, and I would like to congratulate the students for their achievements in these courses, under the expert guidance of their teachers.

Alongside our academic achievements, Narara Valley High School students have continued to excel in extracurricular activities. Ms Gilmour led a team of staff and students in a wonderful community service initiative working with the local charity, Coast Shelter. Student engagement in this was exceptional, as was the work of staff supporting them. In the sporting arena, the achievements of George Wells were truly remarkable, culminating in him representing Australia and winning gold at the junior commonwealth games in Trinidad and Tobago. Our most recent extracurricular triumph has been through the achievements of our junior debating team who finished 2nd in NSW out of the 347 teams who competed. This is a magnificent achievement about which you will certainly hear more (tune in to ABC Central Coast 92.5 FM tomorrow morning to hear them in action). These are but a very small selection of the achievements of our students this year. Tonight is about honouring them and so very many more. I want to also honour those students, who may not have received an award today, have worked consistently and been excellent citizens of our school community. There are a great many of you, and you make our school the vibrant and welcoming place that it is, with something for everyone.

Of course, the end of the year brings with it some sadness as some of our wonderful staff team move on to other opportunities. Our long-term Deputy Principal, Mrs Forrest, was successfully appointed Principal of Dubbo High School's Delroy Campus mid-way through this term. We spoke at length last year about her great achievements at our school and will continue to honour these.



# PRINCIPAL REPORT

Mr Louie, a long-term teacher of TAS and computing, is also leaving Narara Valley High to continue his career at St Edward's College. We thank and acknowledge Mr Louie's years of dedicated service to Narara Valley High School.

Mr Valle, Ms Valle and Mr Sanderson are fantastic Narara Valley Teachers who have secured permanent positions at long last in other schools. We thank them for their time with us and wish them all the best.

Mr Hawke, our skilled and dedicated HSIE teacher, is likewise taking a year off to take up a temporary position at Toormina High School on the mid north coast.

I would also like to acknowledge Ms Rae, our HT English and Relieving Deputy Principal this year, who has successfully secured a temporary promotion for one year. She will take up the position of Deputy Principal at Coffs Harbour Senior College.

Long serving PDHPE teacher, Year Adviser and former student, Mr Heron, will be leaving us to take up an appointment nearer to his home. Mr Heron's contributions to our school have been incredible, highlighted by his service to the HSC class of 2023. We wish him nothing but success.

In our school office, we farewell Ms Ryan and Mrs Burgess. Ms Ryan will take up a permanent position at Kincumber HS following a recent merit selection process. Congratulations, Ms Ryan on this achievement. Mrs Burgess is taking leave to move interstate and be closer to family. We wish her all the very best.

Our General Assistants, Mr Milton and Mr Halls, will begin a well earned retirement following a decades long career working in different areas of the public service. We are very grateful for all that they have done for our school and wish them good health and happiness.

Mrs Hillier is also taking leave in Term 1. We wish her a very safe and happy break and hope to see her back later next year.

Lastly, Mr McAndrew, who has most recently been working with our LINC class, will take up an opportunity at Gorokan HS teaching in the TAS area. We thank him for all that he has done for us and hope to see him back very soon.

I would like to take this opportunity to thank the organisers of today's presentation assembly. To Mrs Barrale, our HT Science and Mrs White in our school office, thank you for the months worth of work you have put in to ensure that every detail is considered and that our assembly recognises the broad range of successes in such an authentic way. Thank you also to the team of staff who have assisted them. Thank you to our entire staff team for the outstanding work you do each and every day in supporting our students. Nothing in our school can happen without you and I am truly grateful.

I would like to end by thanking the entire Narara Valley High School community for another successful year. It is clear that as a true community school, with such diverse and wonderful achievements, we have a great deal to celebrate. I am so very proud to lead this school and am extremely excited about what 2024 will bring. I wish everybody a safe and happy Christmas and holiday break. Thank you very much.

*Thank  
you*



ANDREW SKEHAN  
Principal

# 2023 PRINCIPAL HONOUR ROLL

# Congratulations!

## Principal Honour Roll

## School Dux 2023

### Year 7

Heidi Brean  
 Christopher Bu  
 Francis Casilin  
 Miller Geary  
 Bence Katai

### Year 10

Bethany Brown  
 Jude Cardozo  
 Thomas Frost  
 Renna Giokas  
 Charlotte Macleod

### Year 8

Annaliese Bolger  
 Scout De Kalb  
 Isabella Erdos  
 Olivia Rowe  
 Jasmine Smith  
 Ashley Wiseman

### Year 11

Yasmin Doushabchizadeh  
 Lyndal Hillier  
 Travis Pankhurst  
 Xander Rush  
 Jade Te Puia

### Year 9

Belinda Bu  
 Claire Dixon  
 Clare Famularo  
 Sofya Ivanova  
 Aidan Keegan

### Year 7 - Christopher Bu



### Year 10 - Charlotte Macleod



### Year 8 - Scout De Kalb



### Year 11 - Travis Pankhurst



### Year 9 - Claire Dixon





# UPCOMING EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

## 2024 DATES FOR THE CALENDAR



### Return to School - TERM 1, 2024

TUES	WED	THURS	FRI
30th Jan Staff Development Day	31st Jan Staff Development Day	1st Feb Year 7, 11 & 12 return only	2nd Feb All Students return

"The future belongs to those who believe in the beauty of their dreams"  
- Eleanor Roosevelt -

## School Uniform



## School Shoe Guidelines



Leather Boots



Leather Shoes



Leather Sneakers



Sneakers



Canvas Shoes



Non Leather





# DEPUTY PRINCIPAL REPORT YEAR 7

## YEAR 6 TRANSITION PROGRAM

Our 2024 Year 7 students have had an enjoyable time during their transition program over the last few weeks. They were able to gain an insight into high school life through taster lessons. The Year 6 students conducted Science experiments in the labs, undertook archaeological investigations, participated in art, drama and music lessons and played some games and sports with the PE faculty. To help our new students transition more comfortably into high school, they had the opportunity to meet their teachers, make new friends and gain familiarity with the layout of the school environment. On the Year 7 orientation day, the students attended a concert with performances from our school musicians and vocalists, met our welfare team and enjoyed activities with our school leaders. Welcome to NVHS and see you in 2024.

## EXAMINATIONS

I would like to extend my congratulations to our Year 7 students on their excellent behaviour and performance in their first high school examinations. It can be quite daunting for our Year 7 students to experience sitting in a large hall with the rest of their cohort under timed exam conditions. Although challenging, this experience will help to build their resilience and examination skills so they are able to better handle the pressures of the HSC.

## ATTENDANCE

At Narara Valley High School we value regular attendance. Thank you to our parents and carers for the support and value that you place on your child being at school and on time each day. Regular school attendance plays a critical role in ensuring that every student has access to the same learning opportunities. Regular school attendance is pivotal for academic achievement and personal success. When students attend every lesson consistently, they are more likely to succeed academically, develop positive relationships with others, and build essential skills. We recognise the significance of each lesson in a student's educational journey and emphasise the importance of your child's regular presence in the classroom.

Recently, you would have received an email regarding our attendance initiative which is targeting truancy. In our ongoing commitment to providing a safe and productive learning environment, we consistently monitor attendance in each lesson to ensure students are actively engaged in their learning. Parents and carers will receive an email if their child is marked as truant for part or all of each lesson. This includes if they arrive late or leave the classroom without permission. This proactive approach ensures that parents are kept well informed about their child's progress and safety throughout the school day. It also allows for the prompt correction of any roll errors. Any student found truanting will receive support from our truancy team and complete processes involved in our whole school attendance initiative. Your cooperation and partnership in addressing truancy are invaluable, and we appreciate your support.

We genuinely value the input of our parents and carers, and we encourage you to reach out if you have any suggestions, concerns, or insights regarding our efforts to achieve an excellent level of engagement for students.



NATALIE KARAZINOV  
Rel. Deputy Principal  
Year 7

MERRY CHRISTMAS



# Education

## DEPUTY PRINCIPAL REPORT YEAR 8, 10 & 12

It has been a fantastic end to 2023 with many students' achievements being celebrated at our day time merit and night time special awards presentations. I would like to take this opportunity to congratulate all the students who received awards at these events; In particular I would like to congratulate the following students who made the Principal honour roll in Years 8 and 10:

### Year 8

Annaliese Bolger  
Scout De Kalb  
Isabella Erdos  
Olivia Rowe  
Jasmine Smith  
Ashley Wiseman

Scout De Kalb was named as the 2023 Dux of Year 8.

### Year 10

Bethany Brown  
Jude Cardozo  
Thomas Frost  
Renna Giokas  
Charlotte Macleod

Charlotte Macleod was named as the 2023 Dux of Year 10.

I would like to congratulate the Year 12 students who have just received their HSC Results. I am extremely impressed with the number of students that have obtained results in the top 3 bands of their courses. Out of around 70 students that sat the HSC exams, over 40 Band 5 and 6 results were achieved. This is an amazing achievement and a fantastic reflection of the dedication of both our students and staff. Well done!

Finally, I would like to wish everyone a happy holiday and I look forward to another exciting year in 2024.



*Congratulations!*



GEOFF FLEMING  
Deputy Principal  
Year 8, 10 & 12



# DEPUTY PRINCIPAL REPORT YEAR 9 & 11

## REFLECTING ON A YEAR OF GROWTH AND ACHIEVEMENTS

Dear Narara Valley High School Community,

As we approach the end of 2023, it is with great pride and a touch of nostalgia that I write this final newsletter article for the year. The journey has been one of growth, resilience, and countless achievements.

Our Year 11 students have completed their first term of Year 12, marking a significant milestone in their academic journey. The dedication and hard work they have exhibited throughout this period are truly commendable. As Deputy Principal, I have had the privilege of witnessing their intellectual curiosity, passion for learning, and the bonds of friendship that have formed among them.

Academically, our Year 9 students have demonstrated outstanding achievements. The results from the second semester are a testament to their hard work and the dedication of our exceptional teaching staff. It is heartening to see our students not only mastering their subjects but also developing critical thinking skills and a love for lifelong learning.

The theme of growth extends beyond our students to our entire school community. This year, we have embraced new challenges and opportunities, adapting to the ever-changing landscape of education. Our commitment to fostering an environment of inclusivity, creativity, and excellence remains unwavering. The support and collaboration among students, teachers, parents, caregivers and staff have been instrumental in creating a positive and enriching learning environment.

Beyond the classroom, our school has thrived in extracurricular activities. From sports to arts, music to community service, our students have showcased their talents and passions. The holistic development of our students is a priority, and the diverse range of activities they engage in reflects the well-rounded individuals they are becoming.

As we reflect on the past year, we also look forward to the opportunities that the future holds. Our Year 11/12 students are on the brink of the final chapter in their school lives, and we have every confidence that they will carry the values and skills they've gained. For our continuing students, the journey of growth and discovery continues, and we are excited to see the incredible individuals they will become.

I extend my deepest gratitude to our dedicated teachers, support staff, parents, caregivers and the wider community for your unwavering support. It is your collaborative efforts that make our school the thriving, dynamic community it is today.

On a personal note, I leave Narara Valley High School to take up a temporary position as Relieving Deputy Principal at Coffs Harbour Senior College in 2024.

There is much to miss and I thank my colleagues for their support in the 10 years I have worked here and the well wishes from so many students.

I wish everyone a joyful holiday season filled with rest, rejuvenation, and quality time with loved ones. May the spirit of the festive season bring warmth and happiness to all.

Thank you for another remarkable year. Here's to a bright and successful 2024!



**JANELLE RAE**  
Rel. Deputy Principal  
Year 9 & 11



# END OF YEAR ASSEMBLY

## END OF YEAR MERIT ASSEMBLY

Congratulations to all of the students who received a merit award at our end of year assembly. Students were recognised in front of their peers for their excellent effort throughout the year across a range of subjects.





# END OF YEAR CEREMONY

## END OF YEAR DISTINCTION AND SPECIAL AWARD CEREMONY

On Wednesday, we recognised the amazing achievements of students who received Distinction awards, Cultural Blues, Sports Blues, Age Champions, Special Awards, Principals Honour Role and Dux of each year group.

It was fantastic to welcome so many parents and carers on site to help celebrate these outstanding achievements. The evening was enhanced by three outstanding musical items. These students were phenomenal.

A huge thank you goes to Mrs Barrale and Mrs White for all of their work in making both our ceremony so special.





# WELLBEING

## NVHS 2023 WALK AGAINST DOMESTIC VIOLENCE

Students from Narara Valley High School were invited to participate in the 2023 Walk Against Domestic Violence. This event was organised by the Central Coast Domestic Violence Committee (CCDVC) and promoted and supported by SafeSteps VIC.

On Wednesday 6th December 2023, our school community came together to raise awareness about the issue of domestic violence on the Central Coast.

Students engaged in:

- Raising Awareness: Helping shine a light on the issue of domestic violence in our community.
- Showing Solidarity: Demonstrating support for survivors and families.
- Educating Yourself: Gaining valuable information from speeches and service stalls.

Events such as the Walk Against Domestic Violence contribute to building a community that stands against domestic violence and supports those affected by it.



## YEAR 10 LOVE BITES

Congratulations to Year 10 students who today completed their Love Bites program on Tuesday 5th December.

It was all about identifying healthy and unhealthy relationships, learning about how to call out the red flags, communicating and understanding consent, being an active bystander, and seeking support for yourself and friends.

[#consenteducation](#) [#lovebites](#) [#Coastshelter](#)





# WELLBEING

## YEAR 10 LOVE BITES

Congratulations Year 9 students completed the Love Bites Program. Discussions around relationships, love and control engaged the students even in the extreme heat.

The program covers themes such as gender expectations and relationships, responding to jealous feelings, love and control, warning signs of a controlling/abusive relationship, supporting friends, seeking help and breaking up with respect.

The students were praised for their fantastic behaviour, engagement and respect throughout the day. Well done Year 9.

[#consenteducation](#) [#lovebites](#) [#Coastshelter](#)



# MOVEMBER<sup>®</sup>

## BLOKES BREAKY

Last week saw the NVHS annual event, the 5th Bloses Breakfast! A great event organised by our fantastic teachers to support men's health.

The students participated in a fun-filled morning full of handball, ping-pong, live music and a special guest barber! Which was topped off with a bacon and egg sandwich.

Thanks to our guest speaker Rabs. All the best on your new chapter. A big thank you to Mr Heron and Mr Koen for being the driving force behind this annual celebration.





# WELLBEING

## WE CARE CONNECT

Our 'We Care Connect' fundraiser is up and running with a festive section set up in our library.

We have been collecting donations for newborns to 18 year olds, to ensure that those less fortunate have something to open this Christmas

We'd like to thank our students, staff and community members for their kind donations. We are so thankful for the support this Christmas season.

We look forward to showing the donations on our social media in the coming days.

# WE CARE CONNECT



## PBL REWARDS EVENT - FLATTY CUP

Our inaugural "PBL - Flatty Cup" fishing competition ran on Monday at Drifter's Wharf in Gosford. It was a warm day with the students showing perseverance and determination all day long. In the end, we unfortunately didn't land any monster flathead, but most students managed to get onto a range of smaller whiting, blackfish and bream.

A huge thank you to our local fishing stores, West Gosford Anaconda and BCF for donating prizes that were thoroughly enjoyed by our deserving winners on the day:

Seth O - Year 8

Toby R - Year 9

Ronan W - Year 9

Ethan H - Year 7

Louis S - Year 7

Mikayla T - Year 8

Nathan B - Year 8







# WELLBEING

## PBL REWARDS EVENTS - PICKLEBALL COMPETITION

Last Tuesday saw a Pickleball Competition that will be remembered for years to come. All students made their way to the hall during Period 5 to see a fantastic display of athleticism and sportsmanship.

Mr Heron introduced our teams one by one, where students got to know a bit more about the players/athletes they were about to witness. Mr Carroll and Mr Murray had voices of angels as they commentated the matches offering support, banter and ongoing crowd entertainment.

Congratulations to all our Blacksnakes who took the court.

Match details:

### Match 1

Winners: Ethan Hopper & Luka Zivanovic

Runners up: Jake Allen & Conner Swan

### Match 2

Winners: Liam Kennedy & Aidan Webber

Runners up: Hayley Baldock & Jude Cardozo

### Match 3

Winners: Jesse Walker & Jarrah Fender-Waters

Runners up: Jon Conejos & Kodi Teesson



Check out our socials for a video of our competitors in action.



@NVHSOfficial



# WELLBEING

## PBL REWARDS EVENTS - ICE CREAM MAN

The Ice Cream Man couldn't have arrived at a better time on Thursday with the hot weather. Students with an impressive number of PBLs and/no negative mentions were rewarded with an ice cream or slushie before our christmas movie.

Our amazing NVHS staff were also treated with an ice cream after another fantastic year of teaching.



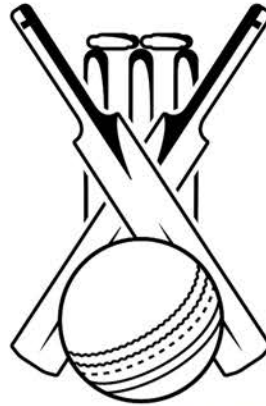


# WELLBEING

## PBL REWARDS EVENTS - CHRISTMAS MUFTI AND NVHS BIG BASH

NVHS finishing up the school year on Friday a positive! All students and staff getting involved in our first NVHS Big Bash.

We enjoyed an ice block and a fine display of cricket right up until the bell.



# AWESOME!



# WELLBEING

## PBL REWARDS

This week we recognised students who have demonstrated our PBL values of Respect, Responsibility and Personal Best during Term 4.

The winning students received prizes for Excellent Uniform, 100% Attendance, Yondr and / or positive PBL mentions.

Congratulations to the following students. We hope they enjoy their prize.

### \$50 TEEN VOUCHERS (YONDR)

Charlotte Burkinshaw - Yr7  
Ethan Kaser - Yr 8  
Chloe Brown - Yr 9  
Shyannah Osmond - Yr 10  
Zac Dunkerley - Yr 11

### \$50 EVERYONE VOUCHER (UNIFORM)

Levi Elliott - Yr 7  
Nate Toma - yr 8  
Cameron Ray - Yr 9  
Lara Corton - Yr 10  
Alice Greenwood - Yr 11

### \$100 JB HI (100% ATTENDANCE)

Christopher Bu - Yr 7  
Lucy Behm - Yr 9  
Olivia Mozley - Yr 11

### \$25 AQUA PASS VOUCHERS

Daniel Draper - Yr 7  
Madison Hunt - Yr 8  
Sam Bonaventura - Yr 9  
Danny Sands - Yr 10  
Micah Bolger - Yr 11






# WELLBEING

## COAST SHELTER GIFT WRAPPING STATION

School may be out but Jarrah, Travis, Lachlan, Renna, Ruby, Millie and Alice generously donated their time today to volunteer at the Coast Shelter Gift Wrapping Station at Erina Fair. Ms Gilmour, Miss Martin, Mrs Sheather and Miss Valle were privileged to share the experience and witness the students' kindness, enthusiasm and community spirit.



 Coast Shelter

## Christmas Appeal 2023

Help us make Christmas special for everyone accessing Coast Shelter's homelessness and domestic & family violence support services...

If you are in a position to help, please visit [coastshelterchristmasappeal.com.au](https://coastshelterchristmasappeal.com.au)

Your support will be enormously appreciated - because it really does give hope where it's needed most.





# WELLBEING

## STAFF CHRISTMAS SPIRIT

Our staff were looking extra festive in Christmas Mufti today for our last day of 2023. We appreciate everything you all do for our students, enjoy a well deserved break.



**NICOLE LUDLAM**  
Rel. Head Teacher  
Wellbeing



**KATE MARTIN**  
Rel. Head Teacher  
Wellbeing

**MERRY**  
**CHRISTMAS**





# SUPPORT UNIT

## YENGO CLASS

Students in the Yengo class had a great year in and out of the classroom. They enjoyed participating in a range of practical lessons and had many experiences on Community Access; like sketching at the Edogawa Commemorative Garden, bushwalking, shopping and bowling. We even had a Sydney North Athletics star! Two of our awesome students graduated this year and even though they will be missed we wish them all the best for their future. Yengo class would like to wish everyone a Merry Christmas and a fun, safe holiday.



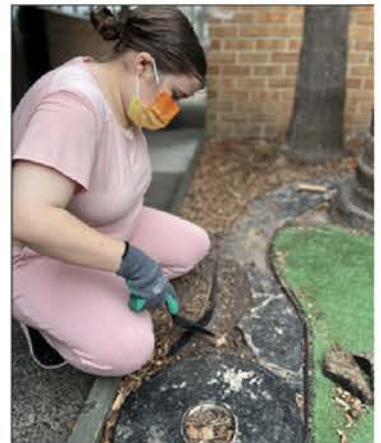
**GROWING CRYSTALS IN SCIENCE CLASS**



**ENJOYING EDOGAWA GARDENS**



**OUR SYDNEY NORTH CHAMPION**



**SCHOOL BEAUTIFICATION**



**VIKING LONGHOUSE**



**NUMERACY**



**PLASTER MASK MAKING**



# SUPPORT UNIT

## OUR YEAR 12 GRADUATES

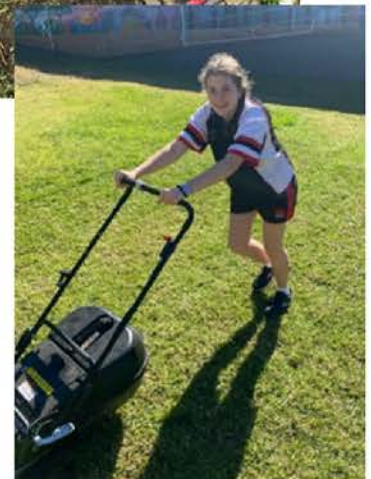


CLASS OF 2023



### JOB READY

Support students have been attending Job Ready during Targeted Programs. They have worked extremely hard and enjoyed the experience.







# HUMAN SOCIETY & ITS ENVIRONMENT

## REMEMBRANCE DAY

On Friday, 10th November, Narara Valley High School held its annual School Remembrance Day Assembly. This year marks the 105th anniversary of the end of World War 1 when at 11am on the 11th of November, 1918, after more than four years of continuous fighting, the firing ceased along the Western Front as an Armistice was called. After the end of the Second World War, the name 'Armistice Day' was changed to 'Remembrance Day' so that day would commemorate all of the war dead. I would like to take this opportunity to thank all Narara Valley High School Staff and Students for their cooperation on the day which ensured a respectful and dignified commemoration assembly.



## ILLUMINATE CHALLENGE

In week 6 students from Year 9 and 10 competed at the University of Newcastle for the Illuminate Challenge. During the week long program students had to develop, pitch and prototype ideas that would combat issues in agriculture, food waste and sustainability. The students had to pitch these ideas to 35 other school teams, as well as leading professionals in these fields. In the process, the Year 9 team won the "Students Choice - Best Idea" award, and were approached by OzHarvest, to further workshop, and pitch their idea to the company.



Well done to both teams, on their achievements and the success of the program!





# HUMAN SOCIETY & ITS ENVIRONMENT

## YEAR 9 MAITLAND BAY FIELDWORK EXCURSION

On the 7th of December Year 9 students bushwalked to the beautiful Maitland Bay to complete mandatory fieldwork as part of their Geography coursework. Students enjoyed the wonderful weather and day out exploring the natural features, flora and fauna of the site. Thank you to students for their participation and positive attitude on the day.



Thank you to all HSIE Staff and Students for a great year and we hope that you all have a wonderful and safe Christmas.



CARLA DEBENHAM  
Head Teacher HSIE







# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

“It’s not the will to win that matters - everyone has that. It’s the will to prepare to win that matters.”  
- Paul ‘Bear’ Bryant

## PDHPE END OF YEAR WRAP!

What a year it has been, so many success in our classrooms and out on the sporting fields. As the school year comes to a close it is a perfect opportunity to reflect on the times achievements, memories and challenges. Life Ready, Year 12 Staff v Students, Year 10 Volleyball Assessment, TSP Game Days and CAFS IRP Assessments to name a few.

I would also like this opportunity to thank the PDHPE staff here at NVHS for their continued commitment to providing engaging learning activities and extra curricular options for our students. One of these phenomenal teachers, Mr Darren Heron is embarking on a new teaching journey closer to home. Mr Heron has been a vital part of our team for 7 years and the staff and students will miss him immensely. We wish him the best of luck.

Have a safe and merry Christmas and we will see you all back in 2024.

## SPORT SELECTIONS

Sport Selections for 2024 Year 9 and 10s have been completed and the selected sports are attached to the notice board outside of the PDHPE staffroom.

## SPORT THANK YOU

Thank you to the large number of students who continually demonstrated Narara Valley's PBL values at school and out in the community. We have had Red Bus company and venues reach out to say how wonderful the manners of our students brighten their day.

Well done, Blacksnakes!

*Good Luck  
in your  
New Job!*





# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## BLOKES BREAKFAST

Thursday 30th November, saw the end of Movember. To celebrate and continue to raise awareness, Mr Heron and Mr Koen organised a Blokes Breaky. The boys seemed to enjoy the morning. Thank you to J and Kate for organising the food, the TAS boys and the others on the BBQ, thank you. Our boy band Mr Murraray, Mr Baker, Mr Ross and Mr Legg for their dulcet tones. Thank you to Mr Atmore for organising Rabbits from Star 104.5 and his dedication to the month of Movember and to the staff that helped supervise students.

Special mention and thank you to Keanu for barbering and donating all of his proceeds going to Mens' Health - what a legend.

There were a large number of students who helped out such as Jackson Mccrone, Ben Pugh, Micah Bolger, Nic Tsourangis and co. Also, to anyone else that we haven't mentioned.



MOVEMBER



## SLR FITNESS TESTING

Recently Year 12 SLR conducted their planned Fitness Testing Assessment Task at Niagara Park Primary School. The group of SLR students taught the fitness components, detailed the significance of each test, demonstrated how to execute each test and genuinely encouraged them along the way. The focus was to educate and provide an enjoyable experience for the group of Year 6 students.

It was fantastic to witness how quickly SLR lead from the front by being so organised, informative and inclusive. The students should be very proud of their component leadership skills and positive representation of the SLR course and school.

Well done, Blacksnakes, and thank you Niagara Park for hosting us once again!







# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## YEAR 7 & 8 ZONE GALA DAY

An amazing group of NVHS students represented our school at the Brisbane Water Gala Day on Friday 24th November. The students who were invited to the event have consistently demonstrated a great attitude, responsibility, respect and sportsmanship. Thank you to Mr Koen and PDHPE for organising the day. You all displayed exceptional enthusiasm all day.



## YEAR 12 PDHPE

Mr Wickert took his Year 12 PDHPE class through a strength and conditioning session during Week 7. Students undertook various anaerobic, aerobic and muscular endurance forms of training to apply their knowledge and understanding of content in a practical setting. It was 90% of students' first time at a gym. They thoroughly enjoyed the experience. Mr Wickert provided guidance, technique correction and advice throughout the session.

Students had been carbohydrate loading as a strategy to get through the workout. They also consumed protein and supplements post workout to assist with muscle repair. Mr Wickert took them to Gee Recovery for muscle repair, relaxation and massage. Students were in ice baths, saunas and compression chairs.

Thank you to Mr Wickert for creating this application lesson for our Year 12 PDHPE class. Students have been able to apply their knowledge and understanding of the Factors Affecting Performance content in context. They can understand and apply concepts such as sets, reps, effort. Students can reflect on physiological strategies that allowed most of them to recovery effectively and walk into school pain free the next day.







# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## TSP GAME DAY

The Targeted Sports Program wrapped up their year of practice with their final TSP Game Day of 2023. Multiple games were played on a hot day at Duffys Oval and Breakers Indoor Sports Stadium against Terrigal High School & Wadalba Community School. Students demonstrated drive to work for one another and give their best. Thankyou for the year TSP students and to our Year 8s who will move on from TSP next year.



## SLR CROSSFIT

Year 12 SLR attended a Strength & Conditioning session at Crossfit Karuna in West Gosford. All students were active learners and really progressed in a short space of time learning the barbell back squat. They also went all out in a partner workout to cap off a great morning. The students were so humble and listened to every word for advice.

Thanks to Jake and Jen at Crossfit Karuna for providing the opportunity for these students to improve their knowledge and fitness.



## AUSTRALIAN ATHLETICS ALL SCHOOLS (NATIONALS)

Good luck to George Wells in his Australian Athletics All Schools competition (Nationals) on the 8th and 10th of December. We wish you all the best George!







# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## FAMOUS NARARA VALLEY BLACKSNAKES - Central All Stars Cheer Squad

Congratulations to Isabella Hart, Akylah Coulter, Lilly Hart and Maia Uriel who competed in National AASCF Cheerleading competition held in Melbourne last week. All the girls came away with incredible results in each team they competed with including some 'hit zero' results which means a flawless performance with no errors! Absolute incredible!

Isabelle, Maia & Lilly - Lady Jags - performed amazingly but were unlucky to miss out in the Top 5 due to a small safety deduction.

Lilly & Akylah - Sparkle Squad - Hit zero and placed 6th in Australia!

Isabelle & Maia - Lady League - Hit zero and placed 4th in Australia!

Isabelle & Akylah - Lady Boss - Hit zero and awarded GRAND National Champions!

Well done, Blacksnakes!



## UPCOMING KNOCKOUTS, SPORTS TRIALS AND INFORMATION

- TSP Beach Games
- PBL Day







# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## TEACHER SPOTLIGHT



**Mr Luke Bowers**

**How long have you been teaching?** This is my second year of teaching

**Fav sport/s:** Surfing

**Fav colour:** Light blue

**Nicknames:** Bowers. Austin Powers (Koen)

**Interesting facts:** Moved from the Sunshine Coast in January 2023. Travelling overseas to Hawaii and Canada in the holidays. Once I surfed in a comp and won it!

*“The only one who can tell you ‘you can’t win’ is you and you don’t have to listen.” - Jessica Ennis-Hill*



**JACKIE MORRISON**  
Rel. Head Teacher PDHPE



**JESSICA MOODY**  
Rel. Head Teacher PDHPE





# SCIENCE

## LUNA PARK EXCURSION

Luna Park was an enjoyable foray down to North Sydney. Year 10 students and Year 12 Physics students arrived by train on the morning of Monday 27th November. Narara Valley Students shared the day with several other schools within the Sydney area, on a day with unfiltered sunshine. All the amusement park rides were in operation and the students, by and large, enjoyed the action-packed day. Thankyou to Mr Miller, Mr Enders and Ms Rosemeyer for taking the students on this excursion too.



## YEAR 9 MARINE STUDIES

Mr Enders and Mr Hawke had the pleasure of accompanying the Year 9 Marine Studies class on their excursion to Woy Woy Fisherman's Wharf for a behind the scenes tour of their shop, followed by a fish on the wharf. All students were well behaved and displayed the PBL values.





# SCIENCE

## STAFF MOVEMENTS

Ms Barron has recently returned to her classes after enjoying a short break on long service leave. We are happy to have her back teaching her classes for the last two weeks of the term.

Mr Miller has also recently returned to his classes after enjoying a few weeks at home on paternity leave. Congratulations on the birth of your third son.

Mr Coster has been juggling lots of classes, teaching a combination of Mr Miller and Ms Barron's classes and we have been so grateful for the lessons that he has delivered to all the classes he has taught this term.

## GETTING READY FOR 2024

Just a reminder that all students are required to wear fully enclosed black leather shoes when in a Lab, so please ensure that when you are buying new shoes that they meet the school's requirements and uniform policy.

All students should have an A4 exercise book and basic stationary ready for every Science lesson.



AMANDA BARRALE  
Head Teacher Science





# English

## ENGLISH

In English, we are winding down after a busy and successful year. We hope that students and their families have a safe and happy holiday, with warmest wishes for Christmas.

### YEAR 9

Year 9 completed their Yearly Examination with a focus on their class novel study, and have since completed a range of film and genre studies.

### YEAR 10

Year 10 finished their assessments off with a unit on creative writing. They are completing the year with a range of genre and music studies.

### YEAR 12

Our newest Year 12 cohort have completed their Common Module, focusing on the following texts:

English Advanced – Shakespeare’s Merchant of Venice

English Standard – Jane Harrison, Rainbow’s End

English Studies – Stephen Daldry, Billy Elliot

All classes will now move onto their next Module.

### SPECFEST POETRY SLAM COMPETITION

On Friday 24th November, Jack Kenny of Year 12 travelled to Sydney to compete in the Specfest Poetry Slam Competition. This is an offshoot of the Schools Spectacular weekend.

On stage, outside Qudos Bank Arena, Jack enthralled the crowd with a beautiful, evocative delivery of his original poem ‘Fabulous.’ Jack was one of eight performers who were chosen from across NSW to participate in this event.

It was absolutely fantastic to see NVHS represented in this very public forum and a huge congratulations to Jack for representing himself and our school so well.





# English

## ENGLISH

### NSW PREMIER'S DEBATING CHALLENGE

Our debating season began in term one with our Year 12 team kicking things off in the straight knock out competition. The team of Xavier Cardozo, Dylan Bladergroen, Cyprien Bullard, Darcy Turl, and Hadrian Caacbay performed well before being eliminated in the 5th round. An impressive showing from some of our more seasoned campaigners.

Our Year 9 team of Claire Dixon, Gabby Tragaris, Gabby Papworth-Lints, and Sharlotte Fischer became zone champions by beating Gosford High, Henry Kendall, Lisarow High School, and Merewether High School. After winning our zone, the team advanced to the 3rd round of the finals before being eliminated by Armidale Secondary High School. While they are proud of their performance, the team are keen to go further in next year's competition.

From this team, Gabby Tragaris and Gabby Papworth-Lints, were elected to try out for the Junior State Debating Championship Regional Representative Team. It is with great pride that we acknowledge that Gabby Tragaris was successful and joined a team of Year 10 students from Gosford High, Merewether High, and Callaghan College. Gabby and the Hunter/Central Coast team did an amazing job and after pool play at the JSDC State Finals had a 4-1 record which earned them qualification in the semi-finals. They would lose to eventual winners Sydney. Gabby did a wonderful job to represent Narara Valley High School and the Hunter/Central Coast Region at state level.

Our Year 7 team learned a lot in their first year of debating. While they did not win many of their debates, they gained some invaluable experience and will be better prepared as they move forward into the competition in 2024.

Finally, our Year 8 team who grew from strength to strength throughout the Premier's Debating Challenge. Half of the team had never debated before but you would never know it as they became Zone and then Regional Champions by going through 8 rounds of pool and knockout competition! In term 4 the team travelled to Sydney University for the State Championships which took place over three days. The 10 Regional Champions from all over NSW gathered together and with victories over Epping Boys High, Guyra Central School, Aurora College, The Ponds High, and St George Girls High, our girls competed for the title of state champion against Byron Bay High School. In a valiant effort, our girls walked away with the silver medal and in a competition that began with 347 teams were declared runners-up. We are so proud of what these inspiring young women were able to achieve. Congratulations Isabella Erdos, Cordelia Garbyal, Scout De Kalb, and Jasmine Smith!



"We're not here to take part, we're here to take over".



**ANTHONY BUSH**  
Rel. Head Teacher English







# TECHNOLOGICAL AND APPLIED STUDIES

It has been a big and very productive year for the TAS Department. Students have been engaged in creating a variety of projects.

## SHAPE NOMINATIONS

Enormous Congratulations to both Ryan Llyod and Mimi Gabel Gammelgaard of Year 12, who were awarded the honour of a nomination for SHAPE for their Industrial Technology Multimedia Major Projects.

The Shape exhibition features a selection of students' exemplary 2023 HSC major projects from Design and Technology, Industrial Technology and Textiles and Design. This is a huge achievement for Ryan and Mimi. Ryan's project was shortlisted for possible inclusion in the 2024 SHAPE exhibition but unfortunately was not selected. We wish Ryan and Mimi all the best in their future endeavours in this field.

## HSC INDUSTRIAL TECHNOLOGY TIMBER AND MULTIMEDIA, FOOD TECHNOLOGY AND VET HOSPITALITY

We are proud of all our Year 12 Students who completed major projects and sat TAS HSC examinations in 2023 and wish them all the best in their future chosen pathways.

## TAS STAFF CHANGES 2023

Stuart Harvey HT – Stuart has been a member of NVHS for 25 years involving himself in many facets of school life. We wish Stuart all the best in his next chapter.

Chris Louie – Chris has been a member of NVHS for the last 18 years. He has been an active staff member and a valuable member of the TAS faculty. His dedication and enthusiasm are going to be missed and we wish him all the best as he takes on a position at St Edward's College East Gosford.

Matt Sanderson – Matt has been a member of NVHS for 12 months and takes up a permanent position at Quirindi High School in 2024. As a first year out teacher, Matt embraced teaching and his skills and dedication are going to be missed.

As Relieving Head Teacher, I would also like to thank everyone for their support over the last two years and look forward to 2024 as we embark on a new chapter in the TAS faculty.



JEANETTE SELLARS  
Rel. Head Teacher TAS





# TECHNOLOGICAL AND APPLIED STUDIES



Well Done

2023





# 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



**AVOCA BEACHSIDE MARKETS**  
**2024 DATES**

JANUARY 28TH	JULY 28TH
FEBRUARY 25TH	AUGUST 25TH
MARCH 24TH	SEPTEMBER 22ND
APRIL 28TH	OCTOBER 27TH
MAY 26TH	NOVEMBER 24TH
JUNE 23RD	DEC 7TH TWILIGHT

**HEAZLETT PARK FORESHORE**  
**9AM - 2PM**



## Central Coast Summer Holiday Chess Comp

Minimum ability: Correctly move pieces and complete games independently.

**Ages 6 to 17**

Monday 8 January

**Must pre-enter by Sat 6 January**



For NSW Country players only, as defined at [nswjcl.org.au](http://nswjcl.org.au) (m'ship)

Limit 140 players  
**DON'T PAY UNTIL ENTRY IS CONFIRMED**

Where: Central Coast Grammar School

When: Monday 8 Jan, 9.30am-4.00pm

Late arrivals will miss the first round

Entry: By Saturday 6 January, fee \$10

Please provide following info to enter...

Player's name and DOB  
Relevant medical information  
Parent emergency contact number  
Parent email address

Lunch: BYO food and drinks

Trophies: 1<sup>st</sup> to 5<sup>th</sup> plus age medals

Format: Swiss, everyone plays 7 rounds

Time control: 15 mins per player

**DON'T PAY UNTIL YOUR ENTRY IS CONFIRMED BY EMAIL**

Please give player's name as online payment reference.

**CASH ON THE DAY IS QUITE OK IF YOU HAVE PRE-ENTERED!!**

Payment options:

- Pay me online 637000 713 826 707, or
- By PayPal to my email address, or
- Cash on the day.

Contact for info and entries:

Gary Losh 0432 453 726 or [glosh6090@gmail.com](mailto:glosh6090@gmail.com)

## Checkmate competition

Participation optional.

Find the checkmates and win prizes.

Rated by the NSWJCL

All unrated players will be given a chess rating based on their results.

See all JCL ratings at...

[www.chessratings.com.au](http://www.chessratings.com.au)

**Non profit**

Run by volunteers with the help of our generous host Central Coast Grammar School.



# COMMUNITY ANNOUNCEMENTS



## Playsession for Early Childhood Education & Care Ourimbah

### WHAT IS PLAYSESSION

Playsession is a valuable teaching tool for our students who are undertaking studies in Early Childhood courses. Each week, the students will provide open-ended learning experiences/ and environments for the children to explore.

We have a dedicated childcare room with a lovely playground.

Students will be:

- Encouraging all children to develop their own creative style
- Valuing the process available at each experience rather than the end product

Your support of individual creativity and awareness of respecting each child's attempts and achievements is encouraged.

The students are assessed throughout each Playsession based on their ability to both implement planned experiences and to encourage children's involvement using a variety of strategies.

Digital media may be used for educational purposes and/or marketing. For example, when students set up a play learning environment for children, a video recording may be taken to provide them with an opportunity to reflect on and evaluate the learning environment.

### DETAILS AND HOW TO GET INVOLVED:

#### WHEN

- Monday, Tuesday and Thursdays in term time (no Playsession in TAFE holidays)

#### TIME

- 10am – 12pm

#### WHERE

- TAFE NSW Ourimbah  
Early Childhood Studies Centre (Yerra building)  
10 Chittaway Road OURIMBAH NSW 2250

#### COST

- \$5 per session payable at the beginning of term for the whole term via EFTPOS. Tax receipt available.

#### PARKING

- Free and reserved parking behind Yerra building

#### CONTACT

- Email [stacy.lind-dickford2@tafensw.edu.au](mailto:stacy.lind-dickford2@tafensw.edu.au) or phone 7920 4703