



# Newsletter No: 1

# 28 February 2023

## Coming Events:

### 2023

- 2 Mar - Zone Swimming
- 3 Mar - Clean 4 Shores
- 7 Mar - Yr7 Parent/Teacher Evening
- 9 Mar - U14's Rugby League Buckley Shield  
- Open Boys Touch
- 10 Mar— Niagara Park Athletics Carnival
- 16 Mar— White Card
- 17 Mar— Smashed Yr 8 Students
- 22 Mar— Yr 11 Ancient History Excursion
- 29 Mar - Yr 7 Vaccinations
- Week 7 - NAPLAN Year 9
- Week 8 - NAPLAN Year 7

### In this Issue:

Principal's Report .....	1
DP Report Year 7 .....	2-6
DP Report Years 8,10,12 .....	7
DP Report Years 9,11 .....	8
Welfare Report .....	9-12
HSIE Report .....	13
English Report .....	14
TAS Report .....	15
PDHPE Report .....	16-19
CAPA Report .....	20
CAREERS Report .....	21-22
Vaccination Info .....	23
School Info .....	24-25

## PRINCIPAL'S REPORT

It has been a very positive and productive start to 2023 for students and staff of Narara Valley High School. In just half a term, there has been a great deal happening in the school which is well chronicled in this newsletter.

I would like to warmly welcome the following new staff members to our wonderful school:

- Mr Peter Sultana – Teacher, Support Unit
- Mr Ayden Hutchinson – SLSO, Support Unit
- Ms Danielle Richardson – Teacher, Mathematics faculty
- Mr Nick Rodrigues – Teacher PDHPE faculty
- Ms Gillian Leecroft – Teacher PDHPE faculty
- Ms Claire Lendich – School Counsellor
- Ms Kate Hoffman – Teacher, English faculty
- Mr Matt Sanderson – Teacher, TAS faculty

I would also like to welcome back the following staff, who are returning to us following a period of leave:

- Ms Vanessa Conrow – Teacher, CAPA faculty
- Ms Christine Skoryk – Teacher CAPA faculty
- Ms Kiera Heron – Teacher, Learning and Support

Our incoming Year 7 group have settled in very well to high school life. A wonderful time was had by all at the Year 7 camp, which is well documented in the Deputy Principal articles. It has been a pleasure to welcome our newest year group to the Narara Valley High School community.

The school swimming carnival was held on Friday 17 February and was an overwhelming success. My sincere thanks to Mrs Drew, Mrs Morrison and the vast team of staff who worked so hard to make it so. Student participation levels were very high on the day and all who attended demonstrated our core values of respect, responsibility and personal best.

Our school leadership team continue the vital work of strategic planning. Our strategic improvement plan will be renewed by the end of this term and published on the school website. Core themes of literacy, numeracy, effective classroom practice, Aboriginal education, HSC success, attendance and student engagement will form a large part of our goal setting. Given the recent external validation, the school has been able to make effective use of existing evidence sets, renewed with more current data, to inform our plan.

Please take time to take in the wonderful articles and features of this newsletter, our first for 2023.

### ANDREW SKEHAN

Principal

## DP's REPORT Year 7

Our Year 7 students have transitioned smoothly into high school and I have enjoyed getting to meet our new students. This period of transition can be both a challenging and exciting time. Our new students face many changes including meeting new people and making new friends, missing old friends, navigating our school campus, learning new rules and expectations, having multiple subjects and teachers, managing study schedules and new routines, and social media and technology use. Core to improving our students' outcomes is creating and maintaining an environment that is safe, creates connections and fosters a genuine sense of belonging for all.

Our Year 7 students have two core teachers for their Humanities and MPS subjects and have a main classroom, reducing movements around the school. This consistency helps to support student belonging and develops strong relationships with peers and teachers. Our Year 7 teachers also focus on developing student resilience, participation and embracing diversity. We have a strong focus on wellbeing underpinned by our PBL values of Respect, Responsibility and Personal Best.

### Year 7 Parent/Teacher Meet and Greet

A collaborative approach, between home and school, during this important phase of schooling is essential to improving long term student outcomes. I encourage parents to communicate regularly with the school about your child and their progress. If you have any concerns, please contact me, the Year Adviser, Mr Enders, or your child's class teacher. I would like to begin our partnership by extending an invitation to our Year 7 parents and carers, for our Year 7 Meet and Greet BBQ. This will be an informal event held on Tuesday, March the 7<sup>th</sup>, from 5pm to 6pm. Please take the opportunity to meet your child's teachers and get to know our school community.



### NAPLAN

Each year the National Assessment Program – Literacy and Numeracy, assesses specific foundational skills of students across Australia. This year, NAPLAN testing starts on March 15<sup>th</sup> for our Year 7 and Year 9 students. Students will complete four online tests for reading comprehension, writing, language conventions and numeracy across multiple days. The best approach for preparing your child for NAPLAN is to encourage your child to apply themselves as best as they can across the testing days.

## NAPLAN 2023

Information for students in Years 7 and 9

### How can I get ready for NAPLAN?

Use the demonstration tests to practise the types of questions and tools available in the online tests.

Access the demonstration tests here:

<https://www.nap.edu.au/online-assessment/public-demonstration-site>

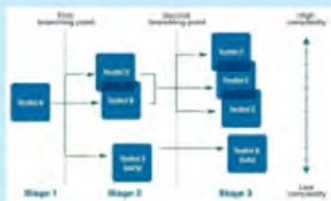


### Can I use my own calculator for the numeracy test?

No. The online numeracy test will have an on-screen calculator. Try the NAPLAN online calculator in the numeracy demonstration tests on the public demonstration site.

### Do I need to touch type?

No. You do not need to be able to touch type to complete the tests.



### What is tailored testing?

The test will change depending on your performance in the test. Questions get easier or harder based on your answers.

### Conventions of language test important information

A message will appear on your device to let you know you have finished the spelling section of the test.

Check your answers before selecting *'Yes, I want to start the next section'*.

After you select *'Yes, I want to start the next section'*, the grammar and punctuation section will start. You will **not** be able to go back to the spelling section of the test.



Questions? Speak with your teacher or visit [www.nap.edu.au/online-assessment](https://www.nap.edu.au/online-assessment)

## DP's REPORT Year 7

### Year 7 Camp

Our Year 7 camp was a fun, entertaining and at times exhausting experience. Our students showed reliance, bravery, overcame fears and spent time outside their comfort zones. They demonstrated pride in attempting new challenges, working together, problem solving and most importantly had fun and forged new friendships. I want to thank our school leaders who provided peer support and mentorship to the Year 7 students during the camp. Our leaders were caring, mature and did their best to help students when they were feeling down or needed a little encouragement. I would also like to acknowledge the efforts of our teachers and support staff who encouraged and cared for our students at camp. As a camp veteran, I can safely say camp is a tiring but rewarding experience.

### Bus Zones

Just a reminder that our "Kiss and Ride" area is a drop off zone only. It allows our students to be quickly and safely dropped to school. Please do not park in the Kiss and Ride area or Bus Zone in the allocated timeframes. Members of our school community have been fined by council for parking in this area. If parents and carers need to come into the school, there is parking available on the opposite side of the road.



**NATALIE KARASINOV**

Rel. Deputy Principal Year 7

NSW Education Standards Authority

## Information for parents and carers NAPLAN 2023



### What is NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses the literacy and numeracy skills of students in Years 3, 5, 7 and 9.

Students participate in NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

NAPLAN provides an understanding of how individual students are performing at the time of the tests. The tests are just one aspect of a school's assessment and reporting process – it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools and education authorities with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

### The benefits of NAPLAN tests online

**More precise results with an adaptive design:** Tailored tests adapt to a student's performance and ask questions that match the student's achievement levels.

**Better engagement:** Research into online assessment indicates that students engage well with online tests as the questions are tailored to their achievement levels.

### Tailored testing

Tailored testing provides a more precise assessment of a student's performance. Students at each year level start the tests with a similar set of questions. Depending on the number of questions they answer correctly, the next set of questions may be more, or less, difficult.

A student's NAPLAN result is based on both the amount and difficulty of questions the student answers correctly. A student who completes a more difficult set of questions is more likely to achieve a higher score.

Watch a video (3:06 length) to learn more about tailored testing: <https://youtu.be/oGFseJAM3Ew>

### Supporting your child

The best approach for preparing your child for NAPLAN is to encourage your child to do the best they can on the day.

Excessive preparation or the use of coaching providers is not recommended.

Students can use the public demonstration site to practise the tools and type of questions they will experience in NAPLAN:

<https://www.nap.edu.au/online-assessment/public-demonstration-site>

### NAPLAN 2023 test window

From 2023, NAPLAN will be held in March. This change has been made so results can be returned to schools earlier in the year. This will support teachers to understand the learning needs of their students and allow them to plan accordingly.

**NAPLAN test window:** 15 – 27 March 2023.

The 9-day test window accommodates schools with fewer devices that require flexibility in scheduling.

## What if my child was absent on the day of a scheduled NAPLAN test?

Where possible, schools may arrange catch-up tests for individual students who were absent on the day of a scheduled NAPLAN test.

All Year 3 writing catch-up tests must be completed by Friday 20 March 2023.

All other catch-up tests must be completed by Monday 27 March 2023.

## COVID-19 advice

Parents should keep students at home if they are experiencing COVID-19 symptoms.

Your child's school will be required to conduct NAPLAN testing in accordance with the latest NSW Government COVID-19 advice.

## Year 3 writing test

The Year 3 writing test is conducted on paper. All other Year 3 NAPLAN tests will be online.

## Students' digital skills

The digital skills required to complete NAPLAN are skills that students use in everyday classroom activities.

Students do not need to be able to touch type to complete the test. The online test is not about keyboard skills (just as the paper test was not about handwriting skills).

## Withdrawals and exemptions

You can withdraw your child from NAPLAN tests.

A student may be granted a formal exemption if they have:

- significant intellectual disability and/or students with significant comorbidity that severely limit their capacity to participate in the tests, or
- a language background other than English, arrived from overseas and have been attending school in Australia for less than a year before the test.

Contact your child's school for further information and to complete the parent/carer consent form.

## Privacy

NESA is responsible for the collection of personal information from NSW schools to be used during NAPLAN testing and reporting.

All data collected for NAPLAN is managed in accordance with NSW and Federal privacy legislation described in NESA's privacy management plan, which can be found on the NESA website:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/who-we-are/privacy/naplan-privacy>

## Results

Parents/carers receive two reports showing their child's achievements in NAPLAN: the individual student report (ISR) and additional student report (ASR). The ISR and ASR should always be interpreted with care. Teachers will have the best insight into a child's educational progress.

Reports are dispatched to schools who then distribute the reports to parents/carers.

## More information

For further NAPLAN information visit:  
<https://nap.edu.au/naplan/for-parents-carers>

## Questions?

If you have any questions, please contact your child's teacher in the first instance.

## NSW Education Standards Authority NAPLAN team

Phone: 1300 119 556 or (02) 9367 8382

Email: [naplan.nsw@nesa.nsw.edu.au](mailto:naplan.nsw@nesa.nsw.edu.au)

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

I would like to welcome Year 8, 10 and 12 students back for 2023 and the final year in stage 4 Stage 5 and stage 6 of their education at Narara Valley High School.

It was fantastic to get away with Year 7 students on the Great Aussie Bush Camp. The participation from our students in the various activities I managed to get around to in the three days was amazing. I congratulate all the students who attended the camp on their behaviour and willingness to step out of their comfort zone and participate in activities such as the High Ropes and Giant Swing. I am sure that all the students who attended took away some great memories from the experience.

I would like to thank all the staff who attended the camp. Without dedicated staff members who are willing to spend time away from their own families, opportunities such as this would not be available to our students. On that note I was extremely impressed by our senior leaders whom also attended the camp. They displayed exemplary leadership skills and made the teachers' jobs much easier. I hope they also took away some great memories from the experience.

Year 8 students have settled in to 2023 well, and will have some important decisions to make later in the year as they select which electives they wish to study in Stage 5 (Years 9 and 10). I will provide more information on this process at a later stage, but I advise students start to think about future goals and what courses they may be interested in studying.

On that note Year 10 students also have some extremely important decisions as they approach the end of Stage 5 of their education. It is important that they work on study skills, organisation and setting goals at the beginning of this year to train themselves for senior study in 2024. Again, I would advise Year 10 students to spend some time reflecting on which subjects they have an interest in and any future goals they may have. Spend the first part of this year talking to their teacher about what subjects they can study in Year 11 and 12 and have conversations about whether those subjects are suitable for their personal goals and abilities.

Our Year 12 students are speeding towards the half way point of their final year. I spoke to students at an early roll call to remind them that they have less than 120 school days left and the importance of ensuring that they attend everyone of these days and utilise what little time they have left to reach their potential. We are currently looking at arranging some meeting times near the end of this term to check in with students and see what supports they may need in their final year.

I am looking forward to working with the teaching staff, students and community in providing a fulfilling educational experience in 2023.

### GEOFF FLEMING

Deputy Principal Years 8, 10 and 12

## DP's REPORT Years 9 & 11

This term, it is my pleasure to be the Deputy Principal responsible for our students in Year 9 and 11. These are definitely challenging years as the students are transitioning through the stages of learning. Mr Koen (Year 9 Adviser) and Ms Gilmour (Rel. Year 11 Adviser) will work with me to support students on a daily basis. Both Mr Koen and Ms Gilmour are available to speak to students each morning at roll call and during Year Adviser Meetings.

### Year 9

I would like to congratulate our Year 9 students on demonstrating the PBL values. Each week the Year 9 cohort have had the highest number of positive PBL mentions. It demonstrates that they have transitioned smoothly to studying the Stage 5 courses and are enjoying their three Elective Subjects.

This week Year 9 students received a copy of the 2023 Assessment Booklet, and an electronic copy was also emailed home to parents / carers. Students were reminded that they need to complete all classwork and assessment tasks to their personal best and if they need support they should initially approach their class teacher, faculty Head Teacher or Mr Koen (Year 9 Adviser).

### Year 11

I am very proud of the manner in which the majority of Year 11 students have engaged with their studies as our new 'Senior Students' and they are all wearing their Senior Jackets with pride.


Attendance to class and submission of assessment tasks will remain a priority for students this year. All Year 11 students received a hard copy of the 2023 Assessment Booklet and an electronic copy was also emailed to both students and their parents / carers. Students have been reminded that they need to communicate with their class teacher and faculty Head Teachers if they are experiencing issues, either in class or with the completion of Assessment Tasks. As all classes are now confirmed, students will no longer be able to move between courses. Students who are having issues in a class can seek help from their class teacher, mentor or Year Adviser. Senior students also have access to our Careers and Transition staff if they are looking at moving from school to work or if they need help to prepare a resume for casual employment.

### Sick Notes

This week all students were issued with a small pad of notes that they can complete and return to the school office as another form of explaining why they have been absent from school. Parents need to explain why their child has missed a school day and they can do this a number of ways:

1. Phoning the office
2. Responding to an SMS text
3. Returning a signed note explaining the absence

We appreciate your support as we strive to improve student attendance rates.

  
**NARARA VALLEY HIGH SCHOOL**  
**A NOTE TO THE OFFICE**

Student \_\_\_\_\_ Yr \_\_\_\_\_

Parent/carer \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

**Total or partial absence:**

Absent  Late Arrival time \_\_\_\_\_

Early Leaver time \_\_\_\_\_

**Reason for absence:**

Sick  Other (please specify) \_\_\_\_\_

Hospitalisation \_\_\_\_\_

Attending appointments \_\_\_\_\_

**Parent Signature:**

\_\_\_\_\_

\_\_\_\_\_

### Explaining every absence



If your child is:

- Sick
- Has a medical appointment
- Has to travel for family business
- Involved in Sorry Business



### Let us know



So we can plan continued support for your child's learning and wellbeing

**Every day matters**



**AMANDA BARRALE**

Rel Deputy Principal Years 9 & 11



## WELFARE REPORT

Welcome to 2023 and another exciting year for our school Well-being team. We have started off the year with introductions to our newest cohort, developing rapport with our students, parents, and carers.

We will continue to communicate with parents/carers with regards to the availability of programs for your students and what the Well-being faculty can offer to support our diverse range of students.

If you have any questions about student well-being, please direct your calls or emails to:

**Head Teachers Well-being's** – Lauren Rolfe and Nicole Ludlam

Year Group	Year Adviser
7	Mr Max Enders
8	Mr Jackson Carroll
9	Mr Dallas Koen
10	Mr Micah Murray
11	Ms Brenda Gilmour (Relieving)
12	Mr Darren Heron

### Year 7 Camp

During Week 3, our Year 7 students attended a 3-day camp. Staff and students stayed at 'The Great Aussie Bush Camp', Tea Gardens and created some long-lasting memories.

Year 7 students participated in activities such as the high ropes course, canoeing, giant swing and mud island. Our school leaders from Year 9-12 attended the camp to support our Year 7 students and worked on developing connections and rapport with our newest cohort.

A huge thank you to all the staff who took time away from their own families to attend the camp.



## WELFARE REPORT cont..



### Soroptimist Program

We had the pleasure of Jill Goodwin from Soroptimist International Brisbane Water present Narara Valley High School with \$500 towards the running of the 2023 Aspire Program.

This is a seven week program that aims to raise self esteem, positive self image, positive relationships, goal setting and career path planning for teenage girls. Our sincerest thanks to Soroptimist Brisbane Water for supporting our students.



### **PAWS Term 1, Week 3.**

Our students were engaged in a range of sessions including Lego Masters, Mindful Colouring, Handball, Knitting & Crocheting and Dungeons & Dragons, just to name a few. This year we have offered a study skills session for our senior students. It was so great to see so many of our seniors using this time to catch up on course work and Assessment Tasks with staff there to help when required.

We are looking forward to PAWS again in Week 7. Week 5 Wednesday A, will be a whole school assembly and students will be recognised with PBL awards.



## WELFARE REPORT cont...

### Upcoming Events:



### Thank you

We would like to take the opportunity to thank 'Operation Back to School Initiative'. We received 40 backpacks filled with stationery and lunch boxes to donate to students at NVHS.

Their mission is to bridge the gap in education for children and teens experiencing adversities, whilst promoting inclusion and empowering students to reach their potential.

These donations will have such a positive impact in some of our students' lives and we are very thankful for the opportunity to provide these to those who would benefit from this.

We would like to thank the below sponsors for making this program possible.



## WELFARE REPORT cont..

### Wellbeing Programs

#### Seasons for Growth Program

Change and loss are issues that affect all of us at some stage in our lives.

At Narara Valley High School we recognise that when change occurs in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage their changes effectively.

We are offering Seasons for Growth, guided by our Chaplain in Term 2. If you would like your child to participate in this program, please contact the school.



### Attendance

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier, and your child will build and maintain friendships with other children.

If you require any support with your child's attendance, please don't hesitate to contact the school.

Congratulations to our 100% Attendance Rewards recipients. These students won our fortnightly attendance raffle. Keep up the amazing work!



The NSW Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

### Days missed = years lost

A day here and there doesn't seem like much, but...



**Attendance Matters**  
If your child is sick or absent, you are required to notify the school as soon as possible on the day of absence.

02 4329 3780  
nararavaly-h.school@det.nsw.edu.au

NICOLE LUDLAM/LAUREN ROLFE

Rel. Head Teacher Welfare

## H.S.I.E Report

The HSIE faculty is pleased to welcome Students, Parents and Carers back for another productive year of learning about Human Society and its Environment.

Our Year 7 Language students will enjoy classes in either French or Japanese.

For years 9 and 10, we offer mandatory Geography and History for all students. In addition, Stage 5 elective classes on offer are Japanese and Commerce.

HSIE topics studied in Year 9 include Sustainable Biomes, The Industrial Revolution, Movement of People, Changing Places and Australians at War.

In Year 10, topics covered are Environmental Change and Management, The Cold War, Rights and Freedoms and Human Wellbeing.

In Year 11, subjects and teachers are:

- \* Ancient History – Mr Grant Hawke
- \* Business Studies – Mrs Michelle Pierce
- \* Japanese – Mrs Sophie Spence
- \* Legal Studies – Mr Craig Crispin
- \* Modern History – Mr Grant Hawke
- \* Society and Culture – Mr Micah Murray
- \* Work Studies – Mr Larry Cairns

In Year 12, subjects and teachers are:

- \* Ancient History – Mr Michael Britt
- \* Business Studies – Mr Thomas O'Rourke
- \* Japanese Beginners and Continuers – Mrs Amy Robinson
- \* Legal Studies – Mr Craig Crispin
- \* Modern History – Mr Grant Hawke
- \* Society and Culture - Mrs Michaela Davidson
- \* Work Studies – Mr Larry Cairns

It is important that students attend classes regularly so as not to miss out on vital course content. If a student is absent for any reason, it is their responsibility to see their teacher and catch up when they return to school. All HSIE classes have a dedicated Google Classroom.

Year 9 and 10 HSIE classes will be issued with Assessment Task notifications in the coming weeks.

Mr Hawke's Year 11 Ancient History class will receive a permission note this week for an exciting and enriching excursion to visit the Ancient History Museum at Macquarie University. They will participate in a seminar on ethics, the preservation of cultural heritage and the display of human remains

### **JESSICA GRUNDY**

Relieving Head Teacher - HSIE

## ENGLISH REPORT

We would like to extend a warm welcome back to school and to English.

Our staff this year are:

Jessica Grundy, who is also relieving as Head Teacher HSIE

Anthony Bush, who is also in charge of our Student Leadership Team and teaches Humanities

Mariella Valle, who also teaches Humanities

Susan Thomas, who is also our Librarian

Kate Hoffman, who will also be in the Library one day a week

Jessica Vella, who also teaches Humanities

Janelle Rae, the Head Teacher

Stella Shepherd has left Narara Valley to take up a post in Queanbeyan High School, and we wish her every success.

Extra-Curricular Activities

In English we offer Public Speaking, Debating, Literacy Week and various competitions that students can enter.

Year 9

Year 9 is in English classes for the first time and settling in well. They are currently studying a unit designed to improve their writing in a variety of settings. They learn about argument, style and intertextuality. Year 9 will complete their NAPLAN examination in Week 7, and the Writing section will contribute to their assessment marks.

Year 10

Year 10 has started with a non-fiction unit of work on Documentaries. Each class is studying a different film, such as Chris Hemsworth's "Limitless". The classes are studying how filmmakers employ different techniques to create an argument and influence our point of view. Their assessment is to create a presentation influenced by their class documentary.

Year 11

Year 11 English Studies Mandatory Module is the World of Work, looking at different texts. Both Advanced and Standard do the compulsory Reading to Write where we study a range of short texts in different styles and learn how to write in those styles using a variety of techniques. Advanced then move on to The Great Gatsby and Standard do a verse novel.

Year 12

All courses are completing their second topic. Standard are completing a close study of the film "The Truman Show", while Advanced are completing a critical study of Great Expectations. They will be assessed by completing a Multi-Modal Presentation in Week 7.

Communication

Please feel free to communicate with your child's teacher with any concerns and teachers will do the same if necessary.

**JANELLE RAE**

H.T English

## TAS REPORT

Welcome back to 2023 from the TAS faculty.

Our faculty for 2023 is - Mrs Sellars (Relieving HT), Mrs Anderson (VET Coordinator), Tansia Green (Careers and Transition), Mr Hunt, Mr Louie, Mr Willetts and we welcome Matt Sanderson to our Faculty for 2023.

Our Senior Industrial Technology students have hit the ground running with their major projects. These projects are worth 60% of their HSC mark and are due early in Term 3. We look forward to seeing the creations from our Timber and Multimedia students this year.

Our Food classes which include Food Technology, Café Culture and Technology Mandatory – Agri Food have started the year off being creative in the kitchen. Just a reminder that all students require an APRON and CONTAINER for Food Technology lessons. We are also unable to provide a plastic fork or spoon to students so they will require a utensil to eat some of their products with.

Our Agricultural, Timber, Metal, Multimedia and Engineering classes are starting to move onto the practical components after completing some introductory theory related to the workshops.

Just a reminder if your child has selected a TAS Elective in Years 9, 10, 11 or 12 that there is a fee attached to these subjects in order to purchase resources. An invoice will be sent home shortly and we would appreciate these being paid so we can continue maximising the learning experiences for your child in these classes.



### JEANETTE SELLARS

Rel H.T. TAS

## PDHPE REPORT



### WELCOME TO 2023

Welcome back! Another big year ahead with several exciting opportunities to represent NVHS.

### COURSES RUNNING THIS YEAR

The PDHPE faculty continues to grow. The following courses are running through our faculty:

- \* Years 8-10 Personal Development, Health and Physical Education (PDHPE)
- \* Stage 4 Talented Sports Program (TSP)
- \* Stage 5 Physical Activity and Sports Science (PASS)
- \* Stage 5 Child Studies
- \* Stage 6 PDHPE
- \* Stage 6 Community and Family Studies (CAFS)
- \* Stage 6 Sport, Lifestyle and Recreation (SLR)

### PE UNIFORM

We expect that every practical PE lesson you will get changed into your PE uniform. ***You may also wear your PE uniform on the day you have it - not just the period.***

If you do not have your PE uniform, it will be recorded on Sentral and if you have three times without your uniform a letter will be sent home and you will be issued a detention.

Obviously unforeseen circumstances occur, so if your uniform is in the wash or dirty, then bring a note from home and an alternate set of clothes.



### PARTICIPATION IN PRACTICAL LESSONS

All students are expected to participate in most, if not all, practical PE lessons. PDHPE involves health lessons and practical lessons and therefore has corresponding outcomes that need to be met by students to complete the course. If a student is unable to participate, a note from home including a satisfactory reason is required.

We make every practical lesson enjoyable and wish to see all students participate in all aspects of the course



## PDHPE cont..



### NVHS ANNUAL SWIMMING CARNIVAL



The 32nd Annual NVHS Swimming Carnival was held on Friday, February 17th at Gosford Pool.

Thank you to Ms Drew for all of the amazing organisation and facilitation of the epic carnival. Thank you to all staff involved and the amazing teamwork that was displayed throughout the day.



Also thank you to all the students who participated in the Carnival. It was fantastic to see all of the positive encouragement in the water and also in the stands.

## PDHPE cont..



There were some outstanding results with several records being broken. These included:

### New Records

Spencer Curtis - 14Y Boys 200m Freestyle- 2:35.30

Connor Swan - Junior Boys 200IM- 4:22.78

Phoebe Wells - 14Y Girls 200m Freestyle- 2:56.52

- 14Y Girls 50m Butterfly- 39.03

Throughout the day there were exceptional displays of sportsmanship from several amazing NVHS students including but not limited to Jacob Hunt, Hayley Doyle, Cooper Swan and Christian McLean.

### Swimming Carnival House Points

The Final Point Score was as follows:

**1<sup>st</sup> Garnder- 623**

**2<sup>nd</sup> Saxby- 548**

**3<sup>rd</sup> Bannister- 504**

**4<sup>th</sup> Mackay- 374**

Congratulations to the following students in their achievements of overall performers on the day:

- \* Top Overall Girl Swimmer - Elizabeth Lyon
- \* Top Overall Boy Swimmer - Connor Swan

## PDHPE cont..



### BRISBANE WATER ZONE SWIMMING CARNIVAL

This carnival will be held in Week 5, on Thursday 2nd March, at the Peninsular Centre, Woy Woy. There will be notes and further information given to students who will compete at the carnival from Ms Drew and/or Mr Koen



### SYDNEY NORTH SPORTS TRIALS

There are a number of Sydney North Trials happening across the region.

- ▶ **Rugby 7s (Girls)**- Tuesday 21st February- Ryde Park- **Week 4**
- ▶ **Soccer (Girls)**- Friday 3rd March- Narrabeen Sports High- **Week 5**
- ▶ **AFL (Boys)**- Tuesday 7<sup>th</sup> March- Rofe Park Hornsby- **Week 6**
- ▶ **Basketball (Boys & Girls)** - Friday 10th March- North Sydney Indoor Sport Centre- **Week 6**



### KNOCKOUT SPORTS

Several of our NVHS knockout teams are being selected, training and playing at the moment. The **Open Girls Basketball Team** plays Cherrybrook Technology HS at Cherrybrook on Thursday 23rd Feb.

The **Open Boys Basketball Team** plays on Friday 24th Feb against Erina HS

## TEACHER SPOTLIGHT

**Mr Nicholas Rodriguez aka 'Rod'**

**How long they have been teaching:** This is my official first year of teaching.

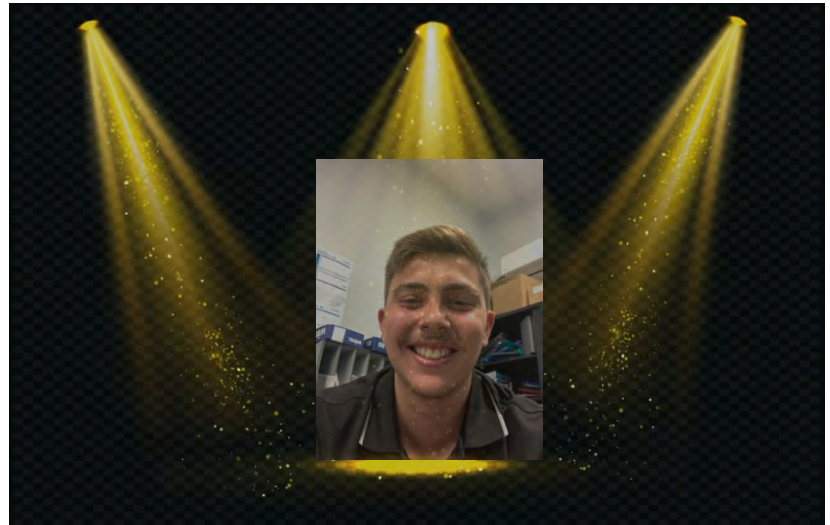
**Fav food:** Curried sausages

**Fav sport:** Rugby League

**Fav colour:** Yellow

**Nicknames:** Night Rod, Rod

**Interesting facts:** I write right-handed but I am a left-handed batsman in cricket. I play tennis both left and right-handed, so technically I don't have a backhand! I'm also a Southpaw boxer. This was passed down from my grandad, to my dad, to me!



*"Don't walk into a place like you want to buy it, walk in like you own it"*

*- Matthew McConaughey*

*I haven't made all A's in the art of living. But I give a damn. And I'll take an experienced C over an ignorant A any day."*

*- Matthew McConaughey*

## Ms Moody

Rel. Head Teacher PDHPE

## CAPA REPORT

Welcome back to 2023. CAPA have some exciting things coming up in the next few weeks with A Central Vision exhibition at Gosford Gallery, 2023 primary school Music and Drama tour and Dance auditions for Starstruck 2023.

CAPA Concert 2022 images below.



**LYNN AKHURST**

H.T. CAPA

## CAREERS REPORT

### White Card – Thursday 16 March 2023

A course has been organised for students who expressed an interest via a google form, the link to which was emailed home to all students and parents in Years 10 to 12. Notes have been issued to these students. There are a few places left. If any other student is interested, they need to drop into the careers office to pick up a note. The course will start at 7.30am in TAS 9 and costs \$100 to be paid in advance at the office or online.

### Central Coast Career Pathways EXPO – Tuesday 4 April 2023

The CCCPE is the region's biggest expo event! Attracting over 3,500 Year 10, 11 and 12 students from across the Central Coast each year, the expo gives these students the opportunity to gather information from over 200 exhibitors about the careers, courses and jobs they are interested in. Exhibitors are grouped into 17 industry areas – including employer and professional associations, TAFE, universities, colleges, training providers and employment agencies.

We have space for 50 students to attend. Notes were emailed home and are also available from the Careers office. The cost of \$20 covers bus to and from the venue, and entry fee. It is a whole day event, and we have booked NVHS into an extra session. The Skills and Thrills Showcase will be presenting with their LIVE band and a demonstration of the positive aspects and opportunities within the VET sector.

### CAT Chat

CAT Chat is a series of mini career expos where we have grouped similar occupations together. Representatives from the different groups will present to students about what they do - the good, the bad and the ugly. Students will hear about the different professions, and then are able to have one on one chats with people employed in the industry.

Students in years 9 – 12 have the option of choosing which sessions they want to attend, as some may not be of interest. It will run on Tuesday Week A, Period 3 in Terms 2 and 3.

All Year 10 students are expected to attend at least one session as part of the Careers course.

Please click on the link and complete the form to select sessions of interest: <https://forms.gle/5vHZFCGYAyTxX5Sf6>

The link will close on 5th April.

### Work Experience – Year 10

Year 10 students have been completing their Work Experience Readiness Certificates online in their Careers classes. Once completed, students are able to complete work experience during school terms. NVHS does not have a scheduled block release for work experience. Students are encouraged to engage in work experience at any point during Year 10 that they feel comfortable, as long as it does not interfere with scheduled assessments. Students who are wishing to begin their WE journey should drop into the Careers office to collect a starter pack.

## CAREERS REPORT cont..

### USI

All students should have a USI. A USI is an individual education number for life. It also provides students with an online record of all vocational education and training (VET) undertaken in Australia.

If you're at university, TAFE or doing other nationally recognised training, you need a USI. Without one, you can't get Commonwealth financial assistance or your qualification or statement of attainment.

Year 10 students will need to create their USI (link: <https://www.usi.gov.au/>) and record it on a google form so we have a record for easy access when choosing a VET course or applying for TAFE courses, white card courses or first aid courses while at school.

Year 10 link: <https://forms.gle/FEpT8sFayvrEjbVi8>

### School Based Apprenticeship / Traineeship

We would like to congratulate three of our Year 11 students who have made a very positive start to their future pathway.

Zoe Hollins, Shanaya Weatherall-Saunders and Benjamin Whitfield have all commenced a School Based Traineeship this year. School-based apprenticeships and traineeships (SBATs) allow senior high school students to commence an apprenticeship or traineeship while at school. Students work one day per week with their employer while also completing the theoretical component of their training.

Zoe has commenced her training at Toukley Preschool Kindergarten and is loving working with the children and completing her Certificate III in Children's Services – Early Childhood Education

Shanaya is completing her Certificate III in Health Services Assistance through Central Coast Local Health District while working one day a week at Gosford Hospital.

Ben is enjoying working with Reece Plumbing Actrol in West Gosford while completing his Certificate II in Warehousing Operations.

Congratulations to these three students, and a big thank you to their employers for supporting our students to achieve success.



### TANSIA GREEN/LESLEY TOBIN

Careers Advisors

## NSW SCHOOL VACCINATION PROGRAM

In 2023 the following vaccines will be offered:

If your child is in Year 7 or Year 10 this year, you can now provide online consent for their routine school vaccinations. In Year 7, students are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

**Vaccination will only be provided at school if consent has been received.**

### How to provide consent:

1. To complete online consent for your child's school vaccinations, visit: <https://nswhealth.service-now.com/school>
2. Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a ServiceNSW account, refer to ServiceNSW to create one.
3. Update or confirm your personal details in ServiceNSW as required.
4. Complete the School Vaccination Consent Form for your child/ren. You will need to:
  - a) Enter your child's personal details
  - b) Provide the Medicare card details for you and your child
  - c) Read the linked Parent Information Sheet and privacy statement
  - d) Provide consent

If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form directly from your child's school.

### The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

For more information on routine school vaccinations, please visit

[www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination).

If you require information in your language, please visit:

[www.health.nsw.gov.au/immunisation/Pages/school\\_vaccination\\_language.aspx](http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx)

**Is your child in year 7 or year 10?**

**Provide your consent for routine school vaccinations online.**

**Year 7**

- Diphtheria-tetanus-pertussis (dTpa)
- Human papillomavirus (HPV)

**Year 10**

- Meningococcal ACWY

Scan the QR code to give your consent now.

For more information visit [health.nsw.gov.au/schoolvaccination](http://health.nsw.gov.au/schoolvaccination)

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NSW Health

**BE BUS AWARE**  
**Stay alert and**  
**cross with care**

Bus Safety Week 2023  
Monday 20 - Sunday 26 February



# BE BUS AWARE

**Wait until the bus**  
**has gone then use a**  
**safe place to cross**



**BeBusAware.com.au**

© Transport for NSW January 2023





HEALTH4ME

Supporting young people to eat healthy and be physically active, tackling the issues important to YOU!

The Health4Me research study provides support through text messages about physical activity, nutrition and wellbeing. We want to find out if this program can help to improve your health. If you're between the ages of 12-18 and have an active mobile phone, consider joining our study!

All participants will receive a gift voucher for their time completing each of the study activities.



THE UNIVERSITY OF SYDNEY

This study has received ethics approval from The University of Sydney HREC (approval number 2022/402)

CONTACT US



[health4me.study@sydney.edu.au](mailto:health4me.study@sydney.edu.au)



0468 684 450



[health4mestudy.com](http://health4mestudy.com)