

NARARA VALLEY HIGH SCHOOL

**NEWSLETTER**

**February 2024**

# PRINCIPAL REPORT

The start of 2024 has been a busy and very positive one at Narara Valley High School. Already we have seen a huge array of activities take place, both inside the classrooms and outside of them.

It was my pleasure to welcome the following new staff members to our school at the start of this year:

Mr Roy Goodenough – Deputy Principal  
Mr Mitchell Gulpers – Head Teacher TAS  
Ms Bronwyn Stevenson – Teacher, Support  
Mr Stanley Baric – Teacher, Support  
Ms Shannon Rose – Teacher, Support  
Ms Beth Chilcott – SLSO, Support  
Ms Ronnie Duck – SLSO, Support  
Ms Madison Wright – Teacher, HSIE & English  
Mr Andrew Stofberg – Teacher, HSIE  
Ms Jami Young – Teacher, English

# Welcome

This year our Support Unit has expanded to 8 classes, which is a testament to the excellent outcomes achieved by the staff and students. We were thrilled to welcome the extra two classes to our school.

Our Year 7 students enjoyed a great camp experience from 12-14th February. The students reported having a great time getting to know each other and taking part in some wonderful activities. I would like to thank the staff who made it all possible.

On Friday 23rd February, we held our annual swimming carnival. This day was a great success, with high levels of participation and outstanding spirit demonstrated throughout the day. I would like to acknowledge the hard work of the Narara Valley High School staff who made the day possible, in particular Mr Luke Bowers as organiser and Mrs Jackie Morrison as Head Teacher PDHPE. Days such as this contribute significantly to the culture of participation and success that defines Narara Valley High School.



ANDREW SKEHAN  
Principal



# UPCOMING EVENTS

## MARCH

4th	Open Boys Water Polo
5th	Life Ready - RYDA
6th	Open Girls Water Polo
6th	Year 7 2025 Primary School Visits
7th	Brisbane Water Zone Swimming Carnival
8th	White Card Course
8th	International Women's Day
8th	Open Boys Basketball Competition
11th	Niagara Park PS Parent Information Session
12th	Valley View PS Parent Information Session
13th	Wyoming PS Parent Information Session
13th - 18th	NAPLAN
19th	School Tour & Specialist Programs Information Evening
20th	Sydney North Swimming Carnival
29th	Good Friday - Public Holiday

## APRIL

1st	Easter Monday - Public Holiday
4th	School Cross Country
12th	Last day of Term 1
30th	First day of Term 2



# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

## INTRODUCTION



My name is Roy Goodenough and I have commenced this term as Deputy Principal for Years 7 and 10. For the past three years I have been Deputy Principal Inclusion and Support at Gorokan High School which is a large comprehensive High School in Tuggerah Lakes. Prior to that I was relieving Deputy Principal here at Narara Valley. During my time here I was very fortunate to develop positive relationships with staff, students, and our broader school community. I hope to be able to continue to foster meaningful partnerships with our families to enhance the outcomes for your children in the coming years.

I pride myself on being accessible to students and families and am always able to be contacted. I look forward to being an active part of your child's educational experience at Narara Valley High School and will work very closely with you to ensure that your child is given every opportunity to connect, succeed and thrive during High School.

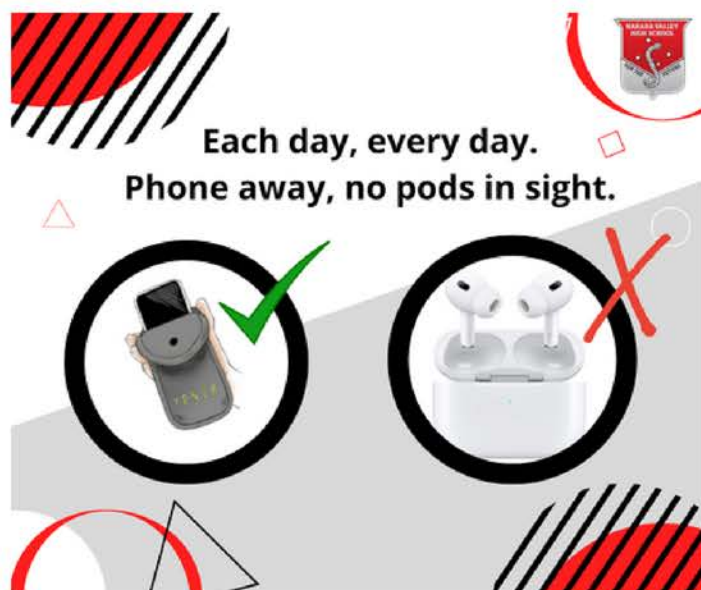
## YEAR 7

Year 7 have settled in well to High School life and expectations. Many of our students have already formed positive relationships and have engaged in a wide range of exciting teaching and learning activities that support their social and academic growth. Our Year 7 camp was an absolute success with students participating in a wide range of fun, active and resilience building activities at the Great Aussie Bush Camp. Feedback from Staff and our Year 12 School Leaders was extremely positive and I personally enjoyed participating in the Giant Swing while supporting students to try some new activities that placed them out of their usual comfort zone.

All Year 7 students have been issued their Yondr pouches and are expected to place their phones in the Yondr pouch before Roll Call each morning. Students can unlock their pouches to retrieve their phones at the end of the school day at several stations located near the front gates. I will be catching up with a couple of students who have not received their pouch in the coming week. It is very important that students get into a positive habit of placing their phone in their Yondr pouch while at school. It is a government requirement that phones are not to be used by students while they are at school and our Yondr pouches provide a proactive strategy to support students to make a positive choice.

See link below for further information on Yondr pouches at Narara Valley High School:

<https://nararavaly-h.schools.nsw.gov.au/supporting-our-students/yondr-pouch.html>







# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

Our Student Targeted Enrichment Program (STEP), Targeted Sports Program (TSP) and CAPA Program have also commenced. These positive programs support the academic, sporting, and creative arts growth of our gifted and talented students in Year 7. We pride ourselves on providing every child with the opportunity to have access to engaging and challenging learning experiences while at school. We hope all our Year 7 students are building positive friendships with peers and trusting connections with staff. This transition point from primary school to high school is so very important and can have a long-term impact on a child's sense of belonging. Please do not hesitate to contact your child's Year Advisor – Mrs Warnest or myself should you have any questions or concerns.

## YEAR 10

It has been a pleasure reconnecting with our Year 10 students. When I was last at Narara Valley High School these students were my Year 7 group. So, to see them becoming young adults is quite impressive. Most students have gotten into a positive routine after returning from the school holidays and are actively participating in their learning.

All students have been given their 2024 Year 10 Assessment Schedule Booklet. This outlines the requirements for students to successfully complete each course, including attendance, diligence and sustained effort throughout the whole year. If students are having issues meeting the minimum requirements to achieve their ROSA the school will be in regular contact with families to develop appropriate plans to resolve any issues.

See link below for further information on the ROSA:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/leaving-school/record-of-school-achievement>

The Assessment Schedule Booklet also has the assessment timeline and value of each assessment task for all mandatory and elective subjects offered at Narara Valley High School. Students are encouraged to familiarise themselves with the schedule and to plan with a diary, calendar, or spreadsheet for the coming year. Our teachers will advise students of the due dates for assessment tasks well in advance. But it is always important to be organised and prepared.

Mr Koen and I spent time going through the booklets and the expectations for Year 10. All students must complete all assessment tasks and must apply themselves diligently in class for every lesson. This includes completing all set class activities and having consistent attendance. Students who do not complete all assessment tasks or apply themselves in class will be at risk of not achieving the ROSA. The Assessment Booklet is online and readily available for parents to review.

See link below for digital copy of Year 10 Assessment Schedule 2024:

[https://nararavalley-h.schools.nsw.gov.au/content/dam/doe/sws/schools/n/nararavalley-h/download-box/Year\\_10\\_Assessment\\_Booklet\\_2024.pdf](https://nararavalley-h.schools.nsw.gov.au/content/dam/doe/sws/schools/n/nararavalley-h/download-box/Year_10_Assessment_Booklet_2024.pdf)

Please do not hesitate to contact Mr. Koen or myself should you have any queries regarding the requirements for Year 10. We look forward supporting you child as they complete Stage 5 of High School and consider appropriate pathways for 2025 onwards.



# DEPUTY PRINCIPAL REPORT YEAR 7 & 10

## HSC MINIMUM STANDARDS

Students need reading, writing and numeracy for everyday life after school. This is why students in NSW are being supported to meet a minimum standard of literacy and numeracy to receive the HSC.

To show they meet the HSC minimum standard, students need to achieve Level 3 or 4 in short online reading, writing and numeracy tests of skills for everyday life.

Our Year 10 students will start completing these tests during Term 1 2024:

- The online Reading test will be completed during a Science lesson.
- The online Numeracy test will be completed during a Maths lesson.
- The online Writing test will be completed during an English lesson.

Students have four opportunities each year to complete the test.

Any student who is identified as needing additional support will be supported by Mrs Evans (LAST) and Mrs Barrale (Coordinator).

See link below for information relating to HSC minimum standards:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard>

## FINALLY

I look forward to working with my students and their families in 2024 and wish everyone a successful year filled with positive growth opportunities.



ROY GOODENOUGH  
Deputy Principal  
Year 7 & 10

# Welcome



# Education

## DEPUTY PRINCIPAL REPORT YEAR 9 & 12

What an extremely busy month it has been for both year 9 and year 12 students at Narara Valley High School.

The majority of Year 9 students have had a very settled start to the year and seem to be enjoying their elective subjects. Students are required to complete 200 hours in these courses, meaning that all students are now locked in to the electives they have chosen.

I would like to take this opportunity to remind Year 9 students as they start Stage 5 of their education that they are likely to face;

- An increase in subject difficulty as they begin Stage 5
- An increase in homework
- They must develop and apply critical thinking skills to solve unseen problems

Year 9 is a very important step on a student's journey to HSC success and I look forward to supporting them in being successful in Stage 5 of their education.

It is important that all students are meeting our core values of respect, responsibility and personal best.

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 full 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 2024.



GEOFF FLEMING  
Deputy Principal  
Year 9 & 12



# DEPUTY PRINCIPAL REPORT YEAR 8 & 11

We have welcomed our students back to a new school year and trust they are refreshed from their summer holiday and ready for a great year of opportunities and experiences. Year 8 and 11 have are settling in well and are back into the routine of school. Year 11 students are adapting to the rigours of Stage 6 courses and are encouraged to ensure they are proactive with their time to avoid falling behind with the demands of their subjects. Year 8 are experiencing their new technology and CAPA subjects in addition to their core Mathematics, Science and Humanities lessons.

Year 11 have been issued with their assessment schedule booklet which can also be found under assessments on our school website. The schedule outlines the details of all assessment tasks for each subject so that students can plan for these tasks effectively. The booklet also contains guidelines for assessment submission and stage 6 requirements that are governed by NESA (NSW Education Standards Authority). Year 11 should be touching base with their mentors to assist with their time management and meeting the requirements of the Preliminary Year. It is very important that students complete all course requirements to enable them to continue on to the HSC year, even if they do not intend to continue with a course for their HSC. Course content is determined by NESA and needs to be covered for attainment of the credential.

Tasks must be submitted by the specified time and a medical certificate is required if they are ill. Students are advised to speak to their class teachers if they have questions regarding their tasks. They can also seek support from their year advisor Mr Murray.

The Year 11 Information Evening was held in Week Four and allowed parents and carers to hear from many teachers regarding VET, assessment, early University entry, special provisions and life skills. If you missed this event and have any questions please contact the front office who will direct you to the appropriate staff member to assist you.

## SCHOOL UNIFORM

Students have been reminded to be in full school uniform, either traditional uniform or the sports uniform. Other than the traditional skirt or shorts, all parts of our uniform must have our school logo. These items can only be purchased at our uniform shop, with the exception of the boys school shorts. If you are experiencing challenges with purchasing the uniform, please contact the school.

Those out of uniform, without a parent/caregiver note, will be issued with a recess detention.

Students who are wearing non-school jumpers, football shorts or bike pants will be issued a loan uniform and parents will be contacted.





# DEPUTY PRINCIPAL REPORT YEAR 7 & 9 NAPLAN

NAPLAN for Years 7 and 9 is fast approaching and will take place from Wednesday March 13th to Monday March 18th.

NAPLAN provides schools with valuable information about your child's learning progress in literacy and numeracy. NAPLAN is one of the many ways student learning is assessed in Years 7 and 9 in high school. The NAPLAN schedule is as follows:

- Writing - Wednesday 13th March
- Reading - Thursday 14th March
- Language Conventions - Friday 15th March
- Numeracy - Monday 18th March



Catch-up tests for individual students who were absent on the day of a scheduled NAPLAN test will be completed by Monday 25 March 2024.

Your child's teacher is preparing students for NAPLAN and will provide appropriate support and guidance. Students will become familiar with the types of questions in the tests and the online testing platform that we use. Students are not expected to study for NAPLAN and do not need excessive preparation or the use of services by coaching providers. You can support your child by reassuring them that NAPLAN is a part of their school program. If you or your child would like to know more about the NAPLAN online platform you can go to the [public demonstration site](https://nap.edu.au/naplan/public-demonstration-site) and do some practice tests and or access [past NAPLAN papers](https://www.nap.edu.au/resources) that are also available online. A parents and carers NAPLAN guide has been emailed to parents to provide further information.

<https://nap.edu.au/naplan/public-demonstration-site>

<https://www.nap.edu.au/resources>



**NATALIE KARAZINOV**  
Rel. Deputy Principal  
Year 8 & 11



# WELLBEING

## YEAR 7 CAMP

Our new Year 7 students started their high school journey with a fantastic trip to the Great Aussie Bush Camp. Students attended camp on Monday 12th – Wednesday 14th February.

It was a fantastic opportunity to build relationships, meet new friends and participate in activities that pushed them outside their comfort zone.

Students participated in some of the following activities:

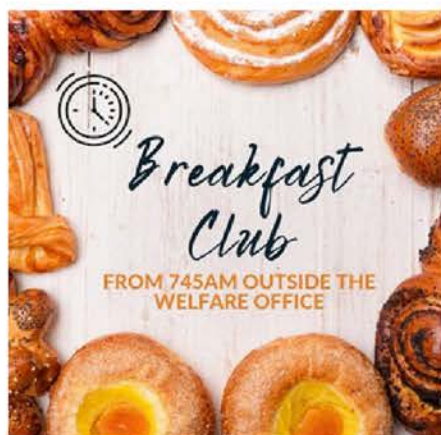
- Giant Swing
- Dual Flying Fox
- High Ropes Course
- Bush Craft
- Beach Games
- Sea Kayaking
- Lost Island

A big thank you to our Year 12 school leaders and captains that supported our new Year 7's through their camp journey.





# WELLBEING



## BREAKFAST CLUB

A reminder that all students have access to Breakfast Club every Friday morning from 7.45am outside the Welfare office.

## SMASHED PERFORMANCE

Year 8 were the audience in Gibbers performance of 'Smashed' on Friday 16th February. We love having this performance each year where students observe, explore and reflect on vital underage drinking themes.

Well done Year 8, you were a fantastic audience



## Year 11 PARENT/CARER INFORMATION SESSION

**DON'T MISS OUT!**

**Tuesday 20th February 5pm**

Topics covered: Starting Stage 6 subjects, Assessment Schedules, VET subjects, eVET subjects, University Early Entry, University admission and more.

Where: School Library

Light refreshments provided.



## YEAR 11 PARENT INFORMATION NIGHT

Thank you to the families who attended the Year 11 Parent Information session on Tuesday evening. It was fantastic to see so many people interested in the information relevant to stage 6.

Some of the topic areas covered included:

- Assessment
- Special Provisions and Life Skills
- Vet, eVet and SBAT
- University Admission and Early entry applications
- Wellbeing

We look forward to hosting a session early Term 4 as these students enter Year 12



# WELLBEING

## YEAR 7 MEET THE TEACHERS BBQ

A big thank you to those who attended our Year 7 BBQ on Tuesday 27th February. It was a fantastic opportunity for families to meet their child's new teachers.

We are so grateful to our community for being part of such an important moment in your child schooling journey.

Thank you to our outstanding leadership team for their support tonight with cooking, serving and navigating the introductions between families and our staff.





# WELLBEING

## UPCOMING EVENTS



**Narara Valley High School  
YEAR 6-7 TRANSITION**

Parent Information Sessions  
5pm-6pm

**DATES AND VENUES**

Monday 11th March  
Niagara Park Public School

Tuesday 12th March  
Valley View Public School

Wednesday 13th March  
Wyoming Public School

**Learn More**  
<https://nararavaly-h.schools.nsw.gov.au/supporting-our-students/year-6-to-7-transition-program.html>



**NARARA VALLEY  
HIGH SCHOOL**

Year 7 2025 Transition  
School tour and Specialist Program  
Information Evening

**Tuesday 19th March, 2024**

4.30-5.30pm: School tours  
5.45-6pm: Year 7 2025 Information  
6-6.30pm: Specialist Program Information

**For more information:**  
**VISIT OUR WEBSITE:**  
<https://nararavaly-h.schools.nsw.gov.au/learning-at-our-school/specialist-programs.html>



**NICOLE LUDLAM**  
Rel. Head Teacher  
Wellbeing



**LAUREN ROLFE**  
Rel. Head Teacher  
Wellbeing



# HISTORY SOCIETY & IT'S ENVIRONMENT

Welcome back to all students, the HSIE Faculty hopes you have had a relaxing break. As we get back into the familiar school routine we remind students of the importance of staying organised and having a Language and or HSIE workbook and pen ready for every lesson. We look forward to a successful first term with all students.

## ESTELLE LAZER LECTURE - YEAR 12 ANCIENT HISTORY - 22ND OF FEBRUARY, 2024

On Thursday the 22nd of February the Year 12 Ancient History class were lucky enough to hear from one of Australia's most experienced and highly-respected independent archaeologists, Estelle Lazer. She has worked with the human remains at Pompeii for over three decades and her field work has given her a deep and valuable insight into the ethical issues around human remains, new technologies, changing interpretations, conservation and site management. Narara Valley High School Ancient History students joined a zoom lecture where they were lectured by Estelle on the latest scientific and imaging technologies at the sites Pompeii and Herculaneum and had the opportunity to ask questions. Students enjoyed the lecture and were able to develop a more in depth understanding of their core topic for their HSC.



## YEAR 7 JAPANESE CLASSES

Year 7 has had a great start to the year. They have been learning about Japanese Greetings and how to write the word for 'konnichiwa' in the Japanese script called hiragana. Robinson Sensei is proud of their efforts.





# HISTORY SOCIETY & IT'S ENVIRONMENT

## UPCOMING EXCURSION DATES

21st March 2024      Year 12 Modern History Excursion to the Sydney Jewish Museum

## UPCOMING ASSESSMENT DATES

### YEAR 12

- Year 12 Ancient History - Task 2  
Due: 27/3/2024
- Year 12 Business Studies - Task 2  
Due: 28/3/2024
- Year 12 Legal Studies - Task 2  
Due: Week 8 - Term 1
- Year 12 Modern History - Task 2  
Due: 26/3/2024
- Year 12 Society and Culture - Task 2  
Due: 3/4/2024
- Year 12 Work Studies - Task 2  
Due: 1/3/2024

### YEAR 11

- Year 11 Ancient History - Task 1  
Due: 26/3/2024
- Year 11 Business Studies - Task 1  
Due: 21/3/2024
- Year 11 Legal Studies - Task 1  
Due: Week 10 - Term 1
- Year 11 Modern History - Task 1  
Due: Week 10 - Term 1
- Year 11 Society and Culture - Task 1  
Due: 28/3/2024

### YEAR 10

- Year 10 Geography - Task 1  
Due: Week 9 - Term 1
- Year 10 Commerce - Task 1  
Due: Week 9 - Term 1

### YEAR 9

- Year 9 History - Task 1  
Due: Week 9 - Term 1
- Year 9 Commerce - Task 1  
Due: Week 9 - Term 1

### YEAR 7

- Year 7 Language (Japanese and French) - Task 1  
Due: Week 8 and 9 - Term 1



CARLA DEBENHAM  
Head Teacher HSIE

**ORGANIZATION  
IS KEY...**



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

"Never say never because limits, like fears, are often just illusions." - Michael Jordan

## TARGETED SPORT PROGRAM (TSP)

Well under way with two weeks of coaches, students are clearly enjoying the program. The Year 8 Targeted Sports students participated in a leadership in sport session with Mr Koen last week. Within the two hour session it was evident how the students were adapting their leadership styles to bring the best out of all participants in their groups. It was a lot of fun for the staff and students involved.



## ONLINE SPORT PERMISSION NOTE

Reminder that School Sport permission note and payment should be completed so that students can attend sport.

With two weeks of School Sport already this year, 2024 is looking bright. If there are any issues or concerns, please contact Mr Koen (Sports Organiser).



## 2024 PDHPE STAFF

Ms Morrison - Head Teacher - Mon, Tues, Thurs, Friday  
 Ms Moody - Tues, Wed, Thursday (Head Teacher Wednesdays)  
 Mr Wickert - Mon, Tues, Wed, Thurs - Athletics Carnival Organiser  
 Mr Koen - Mon-Fri - Year 10 Year Advisor, Sports Organiser  
 Mr Rodrigues - Mon-Fri - Cross Country Carnival Organiser  
 Ms Ludlam - Head Teacher Welfare  
 Mr Bannister - Wed, Thurs - Bannister House Leader  
 Mr Bowers - Mon-Fri - Swimming Carnival Organiser



We look forward to meeting you, see you throughout the year ahead.



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## SWIMMING CARNIVAL

In a dazzling display of aquatic prowess, the swimming carnival reached its thrilling conclusion with House Gardner emerging as the undisputed champions for a second year in a row. The pool was a stage for remarkable feats, and Gardner's athletes showcased a perfect blend of skill, determination, and teamwork that ultimately secured their victory.

Saxby House proved to be formidable competitors, securing a well-deserved second place. Their swimmers exhibited exceptional talent and dedication, pushing themselves to the limits and contributing significantly to the carnival's high level of competition. Participation was key in securing the silver, which was won in the dying seconds of the notorious final event of the day, the salmon race.

Bannister House claimed the third spot with a commendable performance, demonstrating resilience and sportsmanship throughout the event. Their swimmers showcased a combination of technique and endurance that earned them a well-earned place on the podium.

Mackay House, while finishing in fourth place, showcased admirable spirit and determination. Their athletes competed with passion, leaving a lasting impression on the spectators and highlighting the true essence of sportsmanship.





# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## KNOCKOUT SPORTS / GALA DAYS

→ NVHS Open Girls Basketball Knockout. The first knockout game of 2024 saw our NVHS Blacksnakes play against cross town rivals, the Lisarow Lizards. Our team was led by a confident Samantha Hill, who scored 18 of our 22 points. Thank you to all of the girls in the team, each one of you played really well and demonstrated excellent sportsmanship and enthusiasm. Unfortunately Lisarow HS won and will go through to the next round. Thank you to Ms Moody for organising and taking the team to Niagara Park Stadium.

→ Please take note of the table below with all the knockout sports and teachers that are taking these so that you can reach out and speak with them.

## NVHS KNOCKOUT SPORT COACHES 2024

SPORT	TEACHER	FACULTY
AFL BOYS + GIRLS	Max Enders + Brock Carey + Luke Bowers	Science
BASKETBALL - OPEN GIRLS	Jess Moody	PDHPE
BASKETBALL - OPEN BOYS	Jackie Morrison	PDHPE
BASKETBALL - GIRLS UNDER 15'S	Jess Moody	PDHPE
BASKETBALL – BOYS UNDER 15'S	Jackie Morrison	PDHPE
CHESS	Alex Miller	Science
CRICKET – GIRLS	Brian Bannister + Andrew Stofberg	PDHPE
CRICKET – BOYS	Brian Bannister + Andrew Stofberg	PDHPE
FUTSAL – GIRLS	Nicole Ludlam + Hugh Wickert	Welfare
FUTSAL - BOYS	Hugh Wickert + Nicole Ludlam	PDHPE
HOCKEY - GIRLS	Hugh Wickert	PDHPE
HOCKEY- BOYS	Hugh Wickert	PDHPE
NETBALL – GIRLS JUNIORS	Brock Carey	HSIE
NETBALL – BOYS JUNIORS	Brock Carey	HSIE
NETBALL – GIRLS OPENS	Jess Moody	PDHPE
NETBALL- BOYS OPENS	Jess Moody	PDHPE
OZTAG – GIRLS	Nicole Ludlam + Mitch Gulpers	Welfare
OZTAG – BOYS	Mitch Gulpers + Nicole Ludlam	TAS



# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

SPORT	TEACHER	FACULTY
RUGBY LEAGUE- U13'S	Luke Bowers + Dallas Koen	PDHPE
RUGBY LEAGUE- u14's	Jackson Carroll + Micah Murray	TAL
RUGBY LEAGUE- u15's	Nicholas Rodrigues + Luke Bowers	PDHPE
RUGBY LEAGUE- u16's	Dallas Koen + Nicholas Rodrigues	PDHPE
RUGBY LEAGUE- OPENS	Dallas Koen + Luke Bowers	PDHPE
RUGBY LEAGUE- GIRLS 14's & 18's	Jackson Carroll + Shannon Rose	TAL
RUGBY LEAGUE- GIRLS 16's	Dallas Koen + Shannon Rose	PDHPE
RUGBY League TAG- GIRLS Year 7 & 8	Luke Bowers + Shannon Rose	PDHPE
RUGBY League TAG- GIRLS Year 9 & 10	Nicholas Rodrigues + Shannon Rose	PDHPE
RUGBY UNION- BOYS & GIRLS	Anthony Bush + Luke Bowers	English
SOCCER – UNDER 15'S GIRLS	Mark Atmore + Hugh Wickert	English
SOCCER – OPEN GIRLS	Mark Atmore + Hugh Wickert	English
SOCCER – UNDER 15'S BOYS	Mark Atmore + Hugh Wickert	English
SOCCER – OPEN BOYS	Mark Atmore + Hugh Wickert	English
TOUCH FOOTBALL – JUNIOR GIRLS	Mitch Gulpers + Nicholas Rodrigues	TAS
TOUCH FOOTBALL – JUNIOR BOYS	Mitch Gulpers + Nicholas Rodrigues	TAS
TOUCH FOOTBALL – SENIOR GIRLS	Nicholas Rodrigues + Mitch Gulpers	PDHPE
TOUCH FOOTBALL – SENIOR BOYS	Nicholas Rodrigues + Mitch Gulpers	PDHPE
VOLLEYBALL – OPENS GIRLS	Brian Bannister	PDHPE
VOLLEYBALL – OPENS BOYS	Brian Bannister	PDHPE
WATER POLO U15 GIRLS	Lynn Akhurst	CAPA
WATER POLO OPEN GIRLS	Lynn Akhurst	CAPA
WATER POLO OPEN BOYS	Jackie Morrison	PDHPE



## GO TEAM!





# PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

## UPCOMING SYDNEY NORTH REGIONAL SPORTS TRIALS AND INFORMATION

- Volleyball (Open Boys)- Friday 23rd February- Ryde Aquatic Leisure Centre - Week 4
- Basketball (Open Boys & Girls)- Friday 1st March- North Sydney Indoor Sport Centre- Week 5
- Soccer (Girls)- Friday 1st March- Narrabeen Sports High- Week 5
- Soccer 1st Trial (Open Boys)- Monday 4th March- Brisbane Water Secondary College- Week 6
- AFL (u15's Boys & Girls)- Tuesday 5th March- Rofe Park Hornsby- Week 6
- Golf (Open Boys & Girls)- Monday 11th May- Woy Woy Everglades Country Club- Week 7
- Soccer 2nd Trial (Open Boys)- Tuesday 12th March- Melwood Oval- Week 7
- Hockey (Open Boys & Girls)- Wednesday 12th March- Wyong Regional Hockey Complex- Week 7
- Netball (Girls)- Thursday 14th March- Breakers Indoor Sports Stadium- Week 7
- Rugby League (u15's & u18's)- Tuesday 26th March- Forestville Oval- Week 9
- Rugby Union (Senior Boys)- Thursday 28th March- Ourimbah Razorbacks Rugby Club- Week 9



**If you play at representative levels for these sports and are interested in attending the trials, please see Mr Koen in the PDHPE staffroom to get a permission note.**

Below is a link to see Sydney North and NSWCHS updated trials for sports, dates and extended information:

[https://app.education.nsw.gov.au/sport/sydney-north/calendar?](https://app.education.nsw.gov.au/sport/sydney-north/calendar?t=380&a=8&sp=&el=0&et=&act=&st=1,2,8,3,5,4&pl=false&par=true&dis=true&se=true&nep=false&nes=false&ml=False&vat=true&vaw=false&vad=false)

[t=380&a=8&sp=&el=0&et=&act=&st=1,2,8,3,5,4&pl=false&par=true&dis=true&se=true&nep=false&nes=false&ml=False&vat=true&vaw=false&vad=false](https://app.education.nsw.gov.au/sport/sydney-north/calendar?t=380&a=8&sp=&el=0&et=&act=&st=1,2,8,3,5,4&pl=false&par=true&dis=true&se=true&nep=false&nes=false&ml=False&vat=true&vaw=false&vad=false)

**'Make sure your worst enemy doesn't live between your own two ears.'**

**- Laird Hamilton**



JACKIE MORRISON  
Rel. Head Teacher PDHPE



JESSICA MOODY  
Rel. Head Teacher PDHPE



# SCIENCE

## OUR SCIENCE TEACHERS

Mrs Amanda Barrale (Head Teacher) - Junior Science, Yr 11 Biology  
 Mr Max Enders – Junior Science, Marine and Aquaculture Technology, Yr 12 Investigating Science and Yr 11 Biology  
 Mrs Caroline Clouston – Junior Science and Yrs 11 and 12 Chemistry  
 Ms Deb Barron – Junior Science, Yr 12 Biology and Yr 11 Investigating Science  
 Mrs Lauren Rolfe – Yr 12 Marine Studies  
 Mr Alex Miller – Junior Science and Yrs 11 and 12 Physics  
 Mrs Elayna Truszewski - Junior Science

## DATES FOR THE DIARY

- Year 8 Science – Assessment Task due 14th March, 2024
- Year 9 Science – Assessment Task due 28th February, 2024
- Year 10 Science – Assessment Task due 18th March, 2024
- Year 9 Marine and Aquaculture – Assessment Task due 19th March, 2024
- Year 10 Marine and Aquaculture – Assessment Task due 26th February, 2024
- Year 11 Biology – Assessment Task due 13th March, 2024
- Year 11 Inv Science – Assessment Task due 22nd March, 2024
- Year 11 Chemistry - Assessment Task due 8th March, 2024
- Year 12 Inv Science - Assessment Task due 8th March, 2024
- Year 12 Chemistry - Assessment Task due 13th March, 2024
- Clean4Shore Excursion – 28th February, 2024
- Year 9 Marine Excursion - SURFING 19th March, 2024
- Year 10 Marine Excursion - SNORKELLING 22nd March 2024



## SCIENCE BOOKS AND EQUIPMENT REQUIREMENTS

Students need an A4 Exercise Book (approx. 190 pages) each lesson. Students should also have a pencil case with pens, pencils, highlighters, glue and a ruler.

## CORRECT FOOTWEAR

Students need to wear fully enclosed shoes to participate in Science Practical lessons.



## GOOGLE CLASSROOMS

All students should have now joined their specific classes Google Classroom. Students need to see their classroom teacher for their code if they have not already joined the class.



Google Classroom



# SCIENCE

## BATEAU BAY EXCURSION

Our Year 11 Science students recently completed their field work on the rock platform at Bateau Bay. It was great to see the students working collaboratively collecting abiotic and biotic data.



## YEAR 11 AND 12 MICROPLASTICS EXCURSION

Our senior students were engaged with Rumbalara Education Centre teacher, learning about the impact of microplastics on the environment. Their fieldwork component had them identifying the microplastics found in the sand at Terrigal Lagoon.







# SCIENCE

## SCIENCE STUDENTS ENGAGED IN LEARNING



AMANDA BARRALE  
Head Teacher Science





# LIBRARY

## 2024 PREMIER'S READING CHALLENGE

Looking for interested students who would like to participate in the 2024 Premier's Reading Challenge.

Students can come and put their name down with Ms Thomas in the Library.

We will hold a few fun meetings to check on progress and share ideas during the Challenge time frame.



Artwork by Sami Bayly

NSW Department of Education

## 2024 NSW Premier's Reading Challenge

Start reading now!

[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)

### Key dates for students in K-10:

Challenge opens  
Monday 26 February  
Challenge closes  
for student entries  
Friday 23 August



**SUSAN THOMAS**  
Librarian





# TECHNOLOGICAL AND APPLIED STUDIES

## WELCOME BACK TO 2024 FROM THE TAS FACULTY

Our faculty for 2024 is – Mr. Mitch Gulpers (Head Teacher), Mrs Jeanette Sellars (Relieving HT), Mrs. Sarah Anderson (VET Coordinator), Mrs. Tansia Green and Mrs. Lesley Tobin (Careers and Transition), Mr. Steve Hunt, Mr. Andrew Willetts, Mrs. Louise Miller (Young Parents Program), Mrs Jeanette Lawley (Kitchen Assistant) and we welcome Mr. Luke Ryder to our Faculty for 2024.

Our Food classes which include Food Technology, Café Culture and Hospitality have started the year off producing some amazing food items the kitchen. Just a reminder that all students MUST bring an APRON and CONTAINER for Food Technology lessons so they can complete practical tasks. 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.

As students start to move into the practical spaces after completing some introductory theory, a reminder that students are also required to have correct leather school shoes for WHS in these TAS courses: Agriculture, Timber, Metal, Multimedia and Engineering.

Also 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 to ensure the best and engaging learning can go ahead. 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.

Lastly I would like to acknowledge the hard work of the 2023 Year 12 Industrial Technology – Timber students led by Mr. Hunt. They completed some amazing timber projects for their HSC, as seen in some of the pictures here.



**MITCH GULPERS**  
Head Teacher TAS





# TECHNOLOGICAL AND APPLIED STUDIES

## VET

Our VET students have begun their journey to gaining qualifications in their respective areas of Hospitality, Construction, Manufacturing and Engineering, Business Services and Primary Industries. Congratulations to those students who attended and completed their mandatory VET Induction. Students were very respectful and attentive during this process. Any students enrolled in a VET subject who have not yet completed the Induction will be required to do so when requested. Any students who have not yet created a USI (Unique Student Identifier Number – National Qualification Framework) will need to do so as soon as possible. Click the link below to complete this registration if your child has not already done so. You will need your Medicare details to complete this process. <https://www.usi.gov.au/>

Students have been advised of their course expectations, uniform requirements and fee requirements for 2024. We kindly ask for your cooperation in assuring that students are prepared for their lessons appropriately.

Students in Year 11 have begun their work readiness preparation for Term 2 2024. Each teacher will ensure students are aware of all expectations for Work Placement as outlined in their Induction and parents/caregivers of these students should have received an email with an information flyer to assist with any uncertainties.

There are lots of exciting things in the making this year in the VET area and we hope your students enjoy the journey!



**SARAH ANDERSON**  
VET Coordinator





# CAREER AND TRANSITION

## WHITE CARD – FRIDAY 8TH MARCH 2024

Notes have been issued to students who have expressed an interest in completing their White Card (Construction Industry Safety Induction). 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 7.30 am in TAS 9 and costs \$100 to be paid in advance at the office or online.



## CENTRAL COAST CAREER PATHWAYS EXPO – TUESDAY 9TH APRIL 2023



The CCCPE is the region's biggest expo event! The expo allows students to gather information from over 200 exhibitors about the careers, courses, and jobs they are interested in. Exhibitors are from different areas – including employer and professional associations, TAFE, universities, colleges, training providers, and employment agencies.

We have space for 46 students to attend. Notes will be emailed home and are also available from the Careers' office. The cost of \$20 covers the bus to and from the venue, and the 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.

## YEAR 12

Year 12 students who are University bound have been offered the opportunity to attend lunchtime sessions to discuss issues and concerns around applying to university. So far, we have covered Early Entry and updating our Student Online details to ensure students receive all necessary information from NESA regarding their HSC exam timetable and exam results including final ATAR. Upcoming sessions will cover how to use the UAC website effectively and how to prepare personal statements for early entry applications. All information covered is available on the University 2025 Google Classroom.





# CAREER AND TRANSITION

## YEAR 10

### Careers

Year 10 students have been investigating resumes and looking at creating their own. We will be doing career quizzes to identify employability skills and examples they can include.

### 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/GPjmcgpafLG16c7y7>



We are very pleased to be able to congratulate our students who have commenced their careers early by taking up the opportunity of a School Based Traineeship. These students will be completing their qualification as part of their HSC, which will involve further study, plus on-the-job training, generally one day per week. Students are completing the following qualifications:

- Certificate II in Supply Chain Operations with Reece Plumbing Erina
- Certificate III in Allied Health Assistance with Trilogy Disability Services
- Certificate III in Business at Wollutuka Institute UON
- Certificate III in Retail at McDonalds
- Certificate III in Health Services Assistance with Central Coast Local Health District



# CAREER AND TRANSITION

## EXTERNAL VOCATIONAL COURSES

We have a number of students who have made an external course part of their pathway to the HSC. These courses are studied either Face to Face with students traveling to TAFE, Virtually with students having 3-hour blocks one day per week and course material being delivered via a virtual classroom, or digitally with students completing and submitting course work entirely online with no teacher contact except feedback.

Courses that Year 11 students have chosen in 2024 are:

- Electrotechnology
- Design Fundamentals: Fashion
- Real Estate Practice
- Information Technology: Cloud Computing & Networking
- School Based Education Support
- Human Services: Allied Health Assistant
- Tourism, Travel and Events: Tourism
- Information and Digital Technology
- Workplace Skills
- Design Fundamentals: General Design



TANSIA GREEN  
Careers & Transition

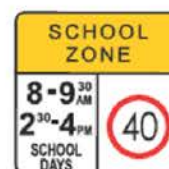


# COMMUNITY ANNOUNCEMENTS

## Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

- ✓ A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- ✓ **School Bus lights** – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



- ✓ A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



**THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP**

**BUT YOU MUST**

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones  
HEAVY FINES and DEMERIT POINTS APPLY**

- ✓ A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



- ✓ A **No Stopping Zone** means no stopping at any time.



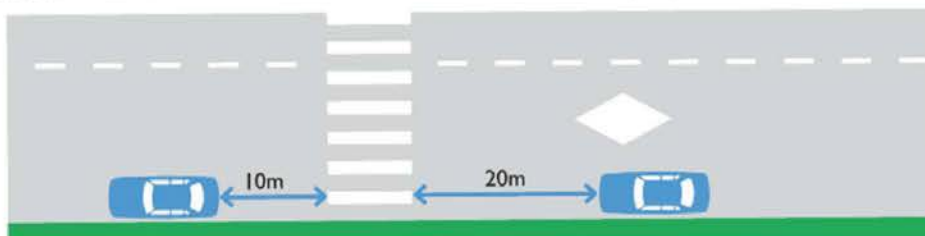


# COMMUNITY ANNOUNCEMENTS

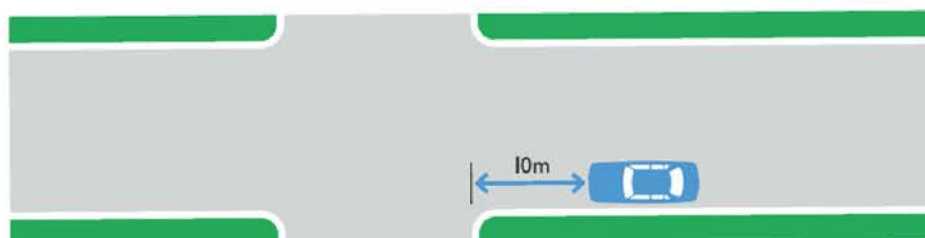
## Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

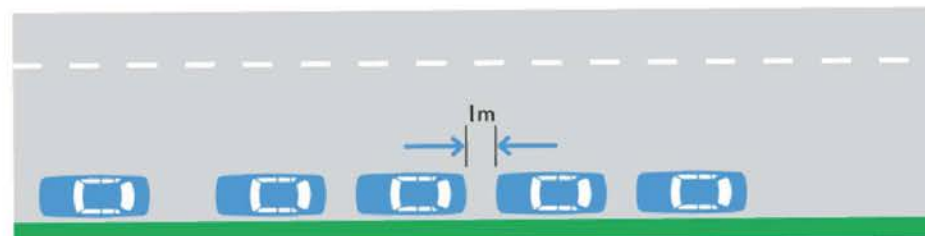
- ❑ Double parked (that is in the road alongside a car that is parked)
- ❑ Across a driveway or footpath
- ❑ On a median strip or traffic island
- ❑ On footpaths and nature strips
- ❑ On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- ❑ Within an intersection
- ❑ Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- ❑ In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- ❑ At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- ❑ Within three metres of any double centre lines
- ❑ Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.





# COMMUNITY ANNOUNCEMENTS



## Join the Mighty Storm in 2024

### GOSFORD KARIONG STORM

Invites Boys and Girls of all ages to come and play rugby league at a great family club.



For more information  
Phone 0402 190 282  
Email gkrego@outlook.com

With quality coaching and support, children get to experience the great game of Rugby League in a fun and inclusive environment. With a focus on effort and determination, your child is encouraged to give their best and be there for their mates. All players with Gosford Kariong receive a club shirt, socks, and shorts as part of their registration. They also receive a trophy at our end of year presentation event.



## GOSFORD CITY FC SEASON 2024



### Information and Try Football Session

Sun 11th Feb, 9-11am @ Gavenlock Oval, Narara

Come down and ask us anything about the upcoming season.  
Try Football sessions run for 30 mins at 9am, 9:30am,  
10am and 10:30am. All Ages are Welcome.



2024 registrations are open  
[www.gosfordcityfc.org.au/registration](http://www.gosfordcityfc.org.au/registration)

Join us at your local club- family friendly,  
new or experienced players, all welcome!

Under 5's to Over 45's teams / Mixed teams /  
Girls only Comp from 5 years up  
For Fun, Friendship, Fitness & Football!  
[www.gosfordcityfc.org.au](http://www.gosfordcityfc.org.au)